

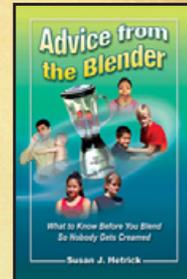
FROM THE CREATORS OF FACING THE GIANTS

FIREPROOF

RECIPE FOR A BLENDED FAMILY

By Susan Hetrick

- Realistic Expectations
- A Strong Marriage
- A United Parenting Team
- TLC – Time, Love, Compassion
- Exceptional Communication Skills
- A Common Goal: What's Best for the Children
- Flexibility
- Prayer



www.advicefromtheblender.com

Gently blend all ingredients. Allow to infuse over time. Serve with unconditional love.

As you engage in this process of blending your family, there will be moments when it seems like nothing is working. Living in a stepfamily is stressful. It's like having several new roommates, only these roommates come in all shapes, sizes and age-groups; and some of them may not want to be there. Understanding this is crucial for living life in the blender. Find ways to alleviate that stress for yourself, your spouse and your children.

- Deliberately decide to love each other – be understanding if this isn't easy.
- Commit to communicate for 15 minutes every day: as a couple, and as a family.
- Get to know each new family member; invest in some one-on-one time.
- Pray together for your family.
- Keep those date nights on your calendar – a strong marriage is essential.

Above all, speak kindly to one another and don't take anything personally. Keep in mind that blending is a process, not an event. God wants you to succeed as a family – a family who just happens to be living in a blender.



Susan J. Hetrick is the author of *Advice from the Blender: what to know before you blend so nobody gets creamed.* (2007, Xulon Press) Susan has a unique understanding of the challenges facing Christian stepfamilies today. She continues to write and is a sought-after speaker on various Blending Family topics. More information on blended families can be found on her website: www.advicefromtheblender.com.

To purchase the book visit these sites:

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