My Blended Family Map

My family is changing. All my feelings are okay, and I can say them.

Name: _____ **Date:** _____

1 How I feel about our new family

Tick all that fit. Feelings can change every day

- [ ] Happy
- [ ] Excited
- [ ] Worried
- [ ] Angry
- [ ] Sad
- [ ] Left out
- [ ] Okay
- [ ] Not sure

2 Things on my mind

Tick the ones I want to talk about

- [ ] My own space
- [ ] Sharing a room
- [ ] New house rules
- [ ] My other parent
- [ ] What to call them
- [ ] New siblings
- [ ] Time with my parent
- [ ] Two home schedule

3 What changed and what stays the same

Write or tell a grown up who can write it for me

Something that changed: _____

Something that stays the same: _____

Something I miss: _____

A question I have: _____

4 My family circle

Draw everyone in my family. If I have two homes, I can draw both

My family circle:

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My Blended Family Plan

What helps me, our family agreements and getting to know each other.

Name: _____ **Date:** _____

1 Things that help me

Pick 2 or 3 and share them with my parent

- [ ] My own space
- [ ] Time with my parent
- [ ] Same bedtime routine
- [ ] Calls to my other home
- [ ] A family meeting
- [ ] Saying how I feel
- [ ] A calm down spot
- [ ] Fun time together

2 Our family agreements

Decide these together at a family meeting

A rule we all follow: _____

What I call my stepparent: _____

My private space is: _____

When I feel upset I can: _____

3 Getting to know each other

Color a box each week. Getting close takes time

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
We did something fun	☐	☐	☐	☐	☐	☐	☐
We talked or laughed	☐	☐	☐	☐	☐	☐	☐
I felt okay at home	☐	☐	☐	☐	☐	☐	☐

4 For the adult helper

Go slowly, keep both homes safe to love

Go slowly. At first the parent leads discipline and the stepparent builds a friendly bond (AAP, APA).

Never ask a child to choose a side, carry messages or hear put downs of the other parent. No one replaces a parent.

Adjusting can take years. Comparisons and testing are common. Ask a counselor if struggles last or grow.

Crisis: call or text 988. Danger: 911.

Adult notes: what my child said, our agreements, what to share with the other home or the school

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