Table of Contents

intro	duction
	Active Parenting for Stepfamilies Overview
	About This Version of Active Parenting
	Who Should Take Active Parenting for Stepfamilies?
	Why a Video and Discussion Program?
	The Active Parenting Learning System
	The Active Parenting Learning System
	The Program Materials
	Who Can Lead an Active Parenting Now Group?
	In Preparation
	Tips for Using This Guide15
	Parenting Is Prevention16
	The Active Parenting Evidence Base
	The Active Parenting Community
Sess	
Stepf	amily Living: A Different Parenting Challenge
	Getting Started
11	The Purpose of Parenting
111	What Makes Stepfamilies Different?
111.	Healing from Loss • Exploring Expectations • Adapting to Change
10.6	Chairman Loss - Exploring Expectations - Adapting to Change
IV.	Styles of Parenting
77.00	Qualities of Character & Success • The Three Styles
V.	Participation: The Method of Choice
	Mutual Respect
VI.	Marriage Enrichment Activity
VII.	
VIII.	Home Activities40
	1 1999 1991 1991 1991 1991 1991 1991 1
Sessi	ion 2
Findi	ng Your Way: Stepfamily Communication & Problem-Solving
1.	Review44
II.	Share & Tell
	The Active Stepparent
****	5 Guidelines for Active Stepparents
n/	Who Owns the Problem?
	Cooperation & Communication
· V.	
100	Cooperation Defined • Cooperation & Problem Handling Communication Blocks
VI.	
	What are Communication Blocks? • Communication Blocks Activity
VII.	Active Communication60
	5 Steps of Active Communication • Communication Between Adults • Responding to Feelings
	Stepfamily Enrichment Activity: Bedtime Routines & Words of Affection
	Marriage Enrichment Activity: Listening with Empathy
X.	Family Meeting: Talking about Change
	Home Activities
Sessi	
A Tal	e of Two Histories: Turning Differences into Opportunities
	Review
	Share & Tell
	Avoid Labeling Right or Wrong
	Limits: What They Are, and Why They Matter
IV.	Space Limits • Time Limits • Money Limits • Authority Limits
4.6	Space climits - rime climits - wioney climits - Authority climits Cought in the Middle
	Caught in the Middle82
VI.	The Role of Responsibility

	Stepfamily Enrichment Activity: Getting to Know You/Easing Transitions
	Marriage Enrichment Activity: Values Summit
	Family Meeting: Allowances and Chores
X.	Home Activities
Sessi	on 4
The (Challenge of Discipline
1.	Review92
11.	Share & Tell
	The Problem with Punishment and Reward95 Punishment Activity
IV.	The Think-Feel-Do Cycle97
V.	Effective Discipline
VL	Polite Requests, "I" Messages, and Firm Directions
VII.	Logical Consequences
VIII.	Stepfamily Considerations about Discipline
IX.	Family Meeting: Problem-Prevention Talks
	Stepfamily Enrichment Activity: Teaching a Skill
XI.	Marriage Enrichment Activity: Supporting Your Partner
XII.	Home Activities
Sess	on 5
From	Anger & Power Struggles to Courage & Self-Esteem
t.	Review
11.	Share & Tell
	Power Struggles
	The Two-Hand Push Activity
IV.	The FLAC Method
V.	Courage and Self-Esteem
	The Power of Encouragement
	From Discouragement to Encouragement • Overprotection vs. Stimulating Independence • Building on Strengths • Showing Confidence • Valuing the Child for What She Is • Encouragement Circle
VII.	Family Enrichment Activity: Letter of Encouragement
	Stepfamily Meeting: Emphasizing the Family Unit/Your Stepfamily Crest
	Marriage Enrichment Activity: Encouraging Each Other
X.	Home Activities
	ion 6
Celel	orating Stepfamily Successes
. 1.	Review140
	Share & Tell141
	The Risks of Drugs, Sexuality, and Violence in Your Stepfamily
IV.	Making a Conscious Commitment
V.	Celebrating Your Stepfamily's Successes
676	Sharing Stepfamily Crests • What Have You Learned? • Stepfamily Dance
VI.	Closing
VII	Completing Your Experience as a Leader