

# Relate Guide To Step Families - Suzie Hayman

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According to statistics, one in three people in the UK today is likely to be involved in a step-family at some point in their life. In Step-Families, Suzie Hayman looks at the problems that may arise as a result of this life-change and offers strategies for coping with them. It is common for a 'new' parent to suffer from feelings of isolation, guilt and anxiety while the established parent is concerned with balancing his or her needs with those of their partner, their children and possibly step-children. How do you also manage a sexual relationship if you are a single parent? Or accept the on-going role of the partner's 'ex' and the involvement of grandparents? Suzie Hayman uses personal stories to suggest ways in which you can come to terms with feelings, resolve problems and anticipate trouble before it starts. She takes a candid look at family politics - from an adult's point of view as well as a child's - and also addresses the relationship issues which arise if you and your partner decide to have children of your own. Author: Hayman, Suzie Publisher: Ebury Digital Illustration: N Language: ENG Title: Relate Guide To Step Families Pages: 00256 (Encrypted EPUB) On Sale: 2012-07-31 SKU-13/ISBN: 9780091856663 Category: Self-Help : General

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