

# 20 Tips To Make A Blended Family Succeed



## 20 Tips To Make A Blended Family Succeed

**Presented By The FRED67 Community**

F.P Publishing(UK) 2017



[www.checkfred.com](http://www.checkfred.com)

[Presented By The Fred67 Community Newsletter](#)

## Index

INTRODUCTION.....	6
Blended Families - Tips on How to Be a Team.....	6
Common Problems and Solutions for New Step-Parents.....	8
Disagreement with Your Spouse on Parenting Matters.....	8
Disrespect from Your Stepchild.....	8
Your Spouse’s Ex Using Their Child to Get to You.....	9
Lack of Bonding with Child.....	9
Making the Rules in a Blended Family.....	10
Blended Families - Step Parenting through the Teen Years.....	12
Tips for Getting to Know Your Stepchildren.....	14
Take It Slow.....	14
Be Yourself.....	14
Don’t Try to “Parent” Too Quickly.....	14
Don’t Try to Replace Another Parent.....	14
Notice the Little Details.....	15
Quality and Quantity Time.....	15
Step Parents - Friends Not Foes.....	16
Slowly Ease Into Your Role As A Step-parent.....	18
Creative Ways to Connect with Your Stepchildren.....	19
Make Their Interests Your Own.....	19
One-on-One Time.....	19
Ask Them Questions about Your Spouse.....	19
Share Your Talents.....	20
Be Patient.....	20
What Can Stepfamilies Do to Be Successful?.....	21
Be Honest and Open.....	21
Be Fair.....	21
Spend Individual Time with One Another.....	21
Respect One Another.....	22
Understand Emotions.....	22
Splitting Your Time between Your New Spouse and His/Her Children.....	23
His, Mine, Yours and Ours.....	25
How to Handle Sibling Rivalry in Stepfamilies.....	27
Be Fair.....	27
Be Impartial, No Favourites.....	27
Design Rules That Promote Unity.....	27
Both Parents Must Be on the Same Page.....	28
Build Relationships between Children.....	28
Tips for Dads - Spending Time with Your Pre-teen .....	29
Boys.....	29

Girls.....	30
Connecting with Your Family - Ideas for Dads .....	31
Know Your Kids.....	31
Listen...Really Listen .....	31
Cultivate Your Relationship with Your Child's Mother.....	31
Share.....	32
Top Tips for Dads - Getting Involved with Your Family .....	33
Ask.....	33
Give Him a Task.....	33
The Proper Mindset.....	33
Look for Opportunities.....	34
You Don't Have to be Perfect.....	34
Divorced Dads - How to Make the Most of Your Time.....	35
Scheduled Time.....	35
Plan the Time.....	35
You're the Parent.....	36
Think Beyond the Paper.....	36
Life as an Every Other Weekend Parent.....	37
Turning Jealousy Inside Out in a Blended Family.....	39
Grandparents and Blended Families.....	41
How to Have a Good Relationship with Your Step Child's Parent.....	43
CONCLUSION.....	44
Resources;.....	45

## **LEGAL NOTICE:**

The Publisher has strived to be as accurate and complete as possible in the creation of this report, not withstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the world & the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

In practical advice books, like anything else in life, there are no guarantees of income made. Readers are cautioned to rely on their own judgement about their individual circumstances and to act accordingly.

This book is not intended for use as a 'source' of health, legal, business, accounting or financial advice. All readers are advised to seek the services of competent professionals in the health, legal, business, accounting, and finance fields. This publication is for guidance only.

F.P Publishing(UK) 2017

*(You may find affiliate links in this E-book. Please be aware that I will receive a commission should you purchase products or services via those links)*

**You are encouraged to print this book for easy reading.**

**Please Pass This Book Along To Your Family, Friends & Associates.**

[Presented By The Fred67 Community Newsletter](#)

# INTRODUCTION

**Notice;** .... This report has been purchased as 'PLR' and as such written from the perspective of the individual author who originally wrote it. I am passing it forward as I realise these are 'popular' views and as such we must not pander to the 'Politically Correct' agenda who would have our freedom to express our personal views freely as opposed to 'forcing' views/opinions ON us via these 'Politically-Correct' advocates ..... Please enjoy or reject as you see fit. **But DO NOT Complain about differing views to your own as they will be ignored.**

## Blended Families - Tips on How to Be a Team

Blended families have such a unique dynamic about them. You get this couple that came together with one or both having children from a previous relationship. The couple falls in love and dreams of their children loving each other.

But here you have these children who came from two different broken homes coming together having all of these new siblings. How do you make that work? How do you become a team and turn these strangers into a family that loves, or at least respects one another? It's not always easy, but here are some tips on how you can make your blended family a team.

- 1. Everyone in the family must have value.** If anyone feels that they are expendable, then you will not build an effective team. This person is not going to be interested in being a part of the new family.
- 2. There should be no judging of opinions.** Different opinions don't mean wrong opinions, it just means different. If you understand this, then it will be easier to build your team. Even better still, making sure others don't judge by making it a no-judge zone will go a long way.
- 3. Differences are an opportunity to grow.** These different opinions need to be embraced and used as a chance to grow and change the family unit. So you need to be willing to listen and to try to make things work for the betterment of the family unit.

[Presented By The Fred67 Community Newsletter](#)

**4. No irrational thinking.** Parents must always have reasonable thoughts to propel the family forward. Don't make unnecessary expectations on members of the family, like expecting everyone to instantly love one another. Work on getting them to tolerate each other first.

**5. Everyone needs to be involved in the resolution process.** When planning the family vacation, everyone in the family should be involved in that process - no matter how much conflict may arise from it. This is a great chance to remind everyone that we don't judge each other's thoughts and everyone is valuable.

**6. Cooperation is essential.** Don't make it a dictatorship. Lead by example - it's NOT my way or the highway. The moment you stop cooperating is the moment you lose all control.

**7. Be willing to deal with uncomfortable circumstances** in order to reach the end goal of a nicely blended family. It will be worth it all in the end.

**8. Be trustworthy.** Parents must create a space of trust. The children are going to be skeptical of everything at first. You'll need to show them you can be trusted, and that you are willing and able to trust your children as well.

**9. Do not manipulate.** Persuasion always works better than manipulation. [Narcissism](#) is an ugly trait :-(

**10. Group consensus is important.** Your family is not good by just listening to one person. Everyone must have a say and come to an agreement or compromise on matters.

If you follow these steps to team building, then you shouldn't have a problem creating a happy blended family. We might not be talking Brady Bunch, but something that at least functions and works is the goal here. It is very possible if you remember these ten steps.

## **Common Problems and Solutions for New Step-Parents**

Becoming a step-parent can be one of the most amazing, yet most challenging things you will ever experience. It can be tough to settle into a new role as a step-parent, but once you have ridden out the tough times, it is worth every moment of sacrifice.

There are many issues that are common to step-parents and through the experiences of others, you can learn a lot to apply to your own situation. Here are some common problems that new step-parents face, and what you can do to resolve these issues.

### ***Disagreement with Your Spouse on Parenting Matters***

No two homes are exactly the same, and chances are that you and your new spouse have come together from two households that have run things entirely different from one another. This can be a good thing. New habits and ways of life can be a good growing experience for all, and variety is the spice of life.

It can be a challenge at first, though. If you and your spouse parent in a completely different manner, there will be certain things that you will simply need to decide to agree upon. It will make it easier to blend a family when both parents in the home are on the same page in matters relating to parenting. Find a way to compromise on the major issues, and be a complement to each other on the decisions that are less important.

### ***Disrespect from Your Stepchild***

It is difficult for a child to suddenly have a new parent figure to adjust to when they had no choice in the matter. Respect will not always come easily from your stepchildren. Make a point of earning their respect as opposed to demanding it, and things will go more smoothly. Respect will happen naturally more and more as your new stepchildren learn that you are an individual that they can fully trust.

## ***Your Spouse's Ex Using Their Child to Get to You***

When you marry someone with children, you are joining forever with that individual, their child, as well as their child's other parent. It might seem like a silly way to look at it, but it is the truth. Whether you are helping your partner raise their children, or acting more as a friend role to them, you will likely have many interactions with their other parent.

Sometimes a spouse's ex can become jealous and use their child to get to you in a negative way. If you sense this is happening, bring it up with your spouse when the children are not around. When the children are around, it is appropriate to show respect for their natural parents at all times. This will reassure them that you are not competing with, or trying to take the place of, their natural parent. This clears the way for a genuine, trusting relationship to succeed between all of you.

## ***Lack of Bonding with Child***

If it seems that your stepchild does not like you or doesn't want to be around you, give it some time. It is often challenging for stepchildren to accept what has become their "new normal," and it can take some time for everyone to get to know each other. Always extend friendship to your stepchildren, but be patient and willing to move at their pace, no matter how slow it may be. You will eventually get there.

**Step-parenting is no easy task.** Be patient with yourself and your stepchildren. In time you will realize that despite all the work, these relationships were worth every single effort.



## Making the Rules in a Blended Family

Don't you wish blended families worked as seamlessly as they seem to work on TV? The new spouse and his kids all move in and everyone just seems to know just what to do. Well, life isn't a TV program. In real life, for things to work you have to lay down the law. And then you have to enforce it. Here are some tips for making and enforcing the rules of your new blended family.

**1. *First things first*** - you have to get together with your spouse and come up with rules that both of you can live with. Agree on the basics to start with, things like what is expected of each child around the house and bedtimes and routines. Keep it simple. Try laying out something like this...

- \* Treat everyone in the house with respect
- \* Listen to parents (this includes step parents)
- \* Pick up after yourself
- \* Open lines of communication
- \* Try your best

**2. *Once you get that all hashed out with your spouse***, sit down and share these expectations with the children. Call a family meeting and maintain order by having a talking stick where only the person holding the item can speak so there's no shouting over one another.

If the children pose questions that you have not discussed with your spouse and you don't seem to be on the same page, don't hash it out in front of the children. Let them know you'll come back to that after discussing it further in private with one another. This way the children are not influencing or putting a wedge between the two parents. Plus they will see that you are committed to being a unit and all decisions must go through the two of you.

**3. *Set the consequences for breaking the rules***, and stick to them. This should also be shared in the family meeting so everyone not only knows what's expected of them, but also what the consequences will be if they break the rules.

Consequences might look different for each family and really each child. Taking away the TV from a child who isn't that interested in watching TV obviously isn't going to be a good idea, so letting the children know a list of possible consequences and that the consequence will fit the "crime" and the

offender will make it clear.

**4. Understand that this likely isn't going to be met with open arms,** especially with older children. You might hear, "You're not my real parent!" a lot. Being ready to respond to that will help. Don't make it a power struggle, though. One quick statement about how that makes you feel and leaving it at that and then talking to your spouse when you can is the best way to handle the backlash. Your spouse will need to express to the children that he expects you to be treated with respect.

All in all, when it comes to setting rules in the family it's important to spell everything out and keep open lines of communication. Be flexible, but firm. Maintain a united front with your spouse at all times. You just might be able to have the Brady Bunch family after all.

## **Blended Families - Step Parenting through the Teen Years**

**Teenagers are often difficult.** They are opinionated know-it-alls, and deceptive. And that's just normal teenage behaviour. When you add being a blended family to the mix and actually having to step parent these hormonal beasts, it gets tricky. But, you can survive the teen years as a step parent with some of these pointers.

**1. Understand that dealing with a broken family** adds extra stresses to the life of a teenager. The more empathy you are able to give them to what they are going through, the better relationship you will have with your step children throughout the teen years. So realize that there is likely going to be jealousy, some loyalty concerns, and even lots of uncertainty.

**2. Make sure you are doing everything you can** to make this new child in your life feel safe and secure. There has already been great upheaval in their life and now there's this new face. You will need to take time to earn the trust of this teenager and to do that you will need to show him (or her) that you aren't going anywhere no matter what he throws at you. And he'll probably try a lot.

**3. Don't go into the relationship looking to be another parent.** Start out being the teenager's friend. Teenagers don't take to authority as it is, and as a new person they are not going to take too kindly to it from you. So don't go in trying to parent. Leave the heavy lifting to your spouse. You don't need to be going and getting into a power struggle with an awkward teenager.

**4. Take it slow.** You can't expect there to be an instant connection. Just because you love this teenager's parent and he loves you, doesn't mean this child is going to feel the same way. Remember, there's going to be that whole jealousy factor, loyalty concerns, and plenty of uncertainty about you and if you're right for the family.

**Don't make anything mandatory.** Put yourself out there, but don't force bonding time. Sometimes you have to just let a teen come to you. If you do pick a bonding activity, make sure you are doing something they are interested in. Find out who their favourite band is and see if you can get concert tickets for you and him to do just the two of you.

**5. Don't be too in your face.** Even if you're very touchy feely, this can be a huge turn-off to a teenager - especially one who's still trying to feel you out. If he offers you a hug, don't refuse, but you probably shouldn't be the one to initiate it.

**6. Sit down with your spouse and define your role.** Make sure it's clear that it wouldn't be a good idea for you to step in as the disciplinarian at this stage in a teenager's life. Stress that you want to get to know and love his child, but you can't do that if you're stuck in constant power struggles.

**All in all, the best approach is a more hands-off approach.** Let the teenager come to you. Pushing it too hard will make him run screaming from you. If you let it happen, then you should be able to gain the trust of this moody teenager and be able to enjoy him on a level that perhaps his biological parents don't have the luxury of enjoying.

## **Tips for Getting to Know Your Stepchildren**

Every stepfamily comes with a set of new relationships to be formed. This can be daunting or a welcome adventure, depending on how you look at it. With every relationship between a step-parent and a stepchild comes a chance to sow positive things into a child and his or her future. It is one of the most meaningful relationships you will invest in during the course of your life. What are some things you can do to get to know your stepchild more effectively?

### ***Take It Slow***

When two families join together as a stepfamily, there are many relationships to be formed. It takes time to get to know someone in a true way. Forcing a superficial relationship for the sake of appearances is harmful in the long run. Don't force any child to get to know you more quickly than they are comfortable with. Be patient, and let each child lead according to their comfort level. Relationships take time, and those between a step-parent and stepchild are no exception.

### ***Be Yourself***

Don't try to become someone you are not, just to appeal to your stepchild. Children can almost always discern true character from a fake personality. Chances are that your special qualities will play a positive role in their life in some way. Be yourself, and let your own unique, positive energy shine through.

### ***Don't Try to "Parent" Too Quickly***

Don't jump on board with discipline or decision making too quickly in regards to your stepchildren. Before you become an authority figure, you must first earn the respect needed to hold that position. This place can take years to get to, so don't be surprised if it takes time.

### ***Don't Try to Replace Another Parent***

[Presented By The Fred67 Community Newsletter](#)

One of the biggest mistakes a step-parent can make is trying to become a child's mother or father when they already have one. Even if a child no longer has their other parent in the picture, it is not your right to try to replace them. Most children will react with loyalty towards their natural parent, and you will quickly end up fighting a losing battle. Always hold your stepchild's other parent in a place of honour and respect so that your stepchild never feels the need to choose sides.

### ***Notice the Little Details***

Pay attention to what is going on in your stepchild's life. Without hovering, make a point of noticing the little things. When your stepchild has an interest in something, go out of your way to bring it up in the conversation or to bring an item home that is related to their interest. Look for positive things about your stepchild that you can compliment him or her on, and focus on those.

### ***Quality and Quantity Time***

Every relationship needs both quality and quantity time in order to grow. Seek out opportunities to spend special moments together, but don't forget to simply make the time to be together even if you have nothing planned. Special moments happen many times when no one is looking for them.

Getting to know your stepchildren is a process that takes time. Find ways to connect in the obvious opportunities, as well as in the more mundane moments of life. Little by little your relationship will grow into one you will both treasure in years to come.

## Step Parents - Friends Not Foes

It sure would be great if every step family out there could be The Brady Bunch. Unfortunately, it doesn't always go that smoothly. However, you can achieve an almost Brady Bunch feel if you follow these tips. Try these steps to be a friend and not a foe when you become a step parent.

**1. Take baby steps.** You have just married into this instant family and you have so much love to give, but while you're ready to share your life, this new child has experienced a whole lot of change and uncertainty. Most likely he or she is not going to be ready to accept you. You'll need to prove yourself that you're going to stick around. Let it develop naturally. Over time you can develop a more deep and meaningful relationship. Pushing it in the beginning is a sure-fire way to become a foe.

**2. Put the child's needs first.** It might be tempting to spoil a step child with all of their wants - buy their love, so to speak. But there are certain needs that you must provide them with first. Kids' needs include love, affection, and consistency. Material wants are best earned with things like good behavior or grades.

**3. Maintain house rules.** It's important to have very clear rules laid out that everyone is aware of, and it's even more important that you maintain consistency with these rules. This will help with transitions and will also make everyone feel like they are being treated equally. Therefore no hard feelings or viewing the step parent as evil.

**4. Embrace new family traditions.** Create something special. Maybe do something one-on-one or as a family, for example crafts or cooking together, or playing word games in the car. Just have fun and be yourself. You're not trying to win their love. You're just trying to get to know them and they you better. If you try to force it, they will pick up on that and it will backfire in your face.

**5. Always be kind about the ex.** No matter how poorly you might think of them, engaging in name calling and put-downs is not going to win you any brownie points. Remember, this child loves both parents unconditionally and he will become defensive if you are putting down his mum or dad.

Even if the child is complaining about the birth parent to you, you should always be respectful. Make sure you are courteous when speaking to the other parent as well. No matter how hard it might be, be the bigger person.

**6. *Don't turn the kids into spies.*** Asking a child what happened when they were at the other parent's house will cause resentment. Ask if they had a good time and leave it at that. There's no need to go into more or ask what was said. If they offer it up that's one thing, but don't go fishing for it.

Leave the kids out of adult matters as well. If you have something you want to ask of the other parent, then just ask it. There's no need to have the child ask grown-up questions of the parent. It will only put a bigger divide between everyone.

**7. *Maintain communication.*** This is the cornerstone of any good relationship. Open and honest communication will make things work. Talk to everyone in the family and encourage the same from your children. Letting them know you are there when they need someone to talk to and you're interested in their problems.

Don't expect everything to go smoothly right out of the gate. All of this is new and it's going to take a lot to get used to. There are going to be bumps along the way. The important thing is you don't give up. The best things in life don't come easy.



## **Slowly Ease Into Your Role As A Step-parent**

One of the most difficult tasks for anyone is to assume the role of step-parent. The hurdles you and the child must overcome are daunting. The only way in which you can achieve a successful and meaningful relationship with the child is to slowly ease into your role as a step-parent.

As a child, losing a parent can be traumatic. Further, having that parent replaced by a stranger can cause a child serious emotional problems. If the child is very young, becoming their step-parent can be relatively easy. However, for an older child – there are issues which you, as a step-parent, may face on a daily basis. It will be difficult, but not impossible to eventually forge a bond with the child.

A step-parent needs to be patient, loving and careful not to quickly come across as someone who is replacing the lost parent. It has to be clearly stated from the outset that you are not taking over as the child's mum or dad; that you can never replace them in any way. In addition, you have to give the child time to mourn and recover from the loss.

You will no doubt experience opposition, and even contempt. It's natural for a child to feel this way.

Once you begin a dialogue with the child, reassure him or her you are not asking to be called mum or dad; that you are not, nor can never be the mum or dad they once had; and you would like to begin a relationship based on friendship. Another key factor is that the child needs to trust you. One of the most frightening aspects to losing a parent is the prospect of losing the other. It must be made clear you are not taking mum or dad away; but would like to become a friend; someone the child can talk to; confide in; trust.

When talking to a child, listen. Do not make demands on the child as this will only alienate you from him or her. Allow the child time to heal; then and only then will he or she see you not as a threat, but as someone who cares and is willing to love and be there when needed. It will take a great amount of patience. You will not be accepted so easily. There will be many tests which a child will use to ascertain your worthiness as a step-parent. Take it one day at a time; keep an open mind and heart, and you will both prevail.

As stated from the outset, slowly ease into your role as a step-parent. The time, love, patience, and commitment you put forth into making the family whole again will be a struggle, but the end result will be worth everything.

## **Creative Ways to Connect with Your Stepchildren**

Becoming a step-parent can be daunting. In addition to building a relationship with your new spouse, there is the pressure to connect with some of the most important people in their lives... their children. This is not an easy task, but there are many ways you can make successful efforts to connect with them.

### ***Make Their Interests Your Own***

Whether it's a three-year-old who loves Lego, or a teen who is obsessed with basketball, make an effort to get to know more about what your stepchild loves to do. Don't be fake, as children can always sense an imposter. Show genuine interest in who they are and in the things they like to do. Make time to include their favourite things in your life, and you will reap the reward of a having a stepchild who knows that they are special to you and worth your time.

### ***One-on-One Time***

Although it is fun and important to have time with the whole family, make time for some one-on-one bonding with each of your stepchildren. Find out what they would enjoy doing, and make it happen. It could be a walk to the park, or a concert that a pre-teen has been wanting to attend. It doesn't take much to make your time together special.

Always be patient as all children are different. Some may feel comfortable spending time alone with you early on, while for other children it may take years. Let them lead by what they are personally comfortable with.

### ***Ask Them Questions about Your Spouse***

Since it is likely that your child has known your new spouse longer than you have, give your stepchild a chance to be the storyteller. Ask them about funny stories that you haven't heard, and ask if there are any humorous things you should know about. This will allow your stepchild to see that you respect that they have a special relationship and insight into their parent that no one else does. It also brings bonding as you laugh together about someone you both love.

## ***Share Your Talents***

Everyone has some kind of talent. Do you play an instrument, or even juggle extraordinarily well? Share your talent and skills with your new stepchild. They might be in awe, laugh, or even roll their eyes... but the time will give you something to focus on other than your relationship. This will relieve pressure and offer some light-hearted discussion about things that are not overly serious. Who knows... your stepchild may even end up developing your talent and taking it on as their own.

## ***Be Patient***

One of the main things that can come between a step-parent and their stepchild is a lack of patience on either part. It can be tempting as a step-parent to want to rush things and have a strong relationship right from the start. However, it doesn't work well this way. Relax, and if you feel that your stepchild feels pressure from you in any way, then ease up and slow down. Let your stepchild know you want a relationship with them, yet are willing to let them choose the timetable it develops in.

There are many ways a step-parent and stepchild can connect. You can connect in big and small ways, and the ways in which to connect are limited only by your imagination. Use your creativity and you will find your relationship growing in a positive way.

## **What Can Stepfamilies Do to Be Successful?**

Anyone who is or has been part of a stepfamily can agree that it is both rewarding and challenging. When a couple with children join as a family, not only do they need to find the right fit in a partner, but they also need to find the right fit for each and every member of the family.

Because there will be so many new individual relationships that grow from a union where children are involved, it is important to have some guidelines as to how you are going to encourage positive family dynamics. There are a few things you can do that will better your chance of making your stepfamily a positive experience for everyone involved.

### ***Be Honest and Open***

Although being discreet and kind can go a long way, there also needs to be a safe way for children in a stepfamily to voice their concerns and frustrations. Sometimes children can feel like they are out of control in the situation, since they do not choose their parent's new partner or their new family. Give each child time to speak with you about what they are not happy about, and be sure to respond in a way that encourages them to talk more.

### ***Be Fair***

A positive stepfamily is one where all children are treated fairly. Although it is a challenge to blend the rules and habits of two households, it is essential that you find a way to make it all work together. If the children of one parent have a limit on junk food or particular movies, for example, it will be much easier to enforce when everyone has the same rules.

### ***Spend Individual Time with One Another***

It is easy to get swept up in a romantic relationship and make it the focus. For the sake of your children, however, it is important that each adult spend one-on-one time with each child in order to develop meaningful relationships. It can be as simple as playing basketball together, or a trip to the ice cream store.

Also, each original family should not be discouraged from spending time alone every once in awhile. While it is good to assimilate families as much as possible, it is also important for a child to keep their relationship with their original parent and siblings. Make time every now and then to do something as a small group.

### ***Respect One Another***

Every stepfamily must have respect in order to thrive. This needs to be followed by adults and children alike. Make a rule that respect is non-negotiable, and that each family member should proactively look for ways to show it to others.

### ***Understand Emotions***

Know that there are going to be emotions, and lots of them. Sometimes it may feel like nothing but a huge whirlwind of emotions that is never going to calm down. Show understanding to everyone involved, especially the children. If a child is raging and full of anger, understand that he (or she) may simply be feeling sad about the family he once had and may be mourning the loss. Know that for every outward emotion, it may represent several more that are lying beneath the surface.

**Above all, be patient.** Creating a successful stepfamily takes a lot of work. It may often seem like the proverbial “one step forward, two steps back.” Keep on trying no matter how tough it gets. Be diligent and you will be rewarded with the fruit of your labour, which manifests someday as the functional, beautiful stepfamily you now dream about.

## **Splitting Your Time between Your New Spouse and His/Her Children**

Marrying someone who already has children can be a blessing, but it can also be a nightmare. It's a nightmare when you have to deal with an insecure ex. But you know the heart wants what the heart wants, and sometimes you have to take the bad with the good. So you want to make the most of it and be careful not to step on anyone's toes when you become the step parent.

But hey, you just got married here and you want to make sure you are spending time with your new spouse. Here are some tips for splitting your time between your new spouse and his/her children.

**1. Always understand that you won't always be #1.** Yes, when you get married it's supposed to be about you and your spouse and everything is centred around you. But when you have children, that tends to go out the window. Your spouse has had time to get used to splitting his emotions and sharing his heart. Now you have to understand that you won't always come first, and really you shouldn't want to.

This doesn't mean you should never be #1, but your new spouse does have other people counting on him and sometimes you have to be prepared to step back and wait your turn.

**2. Spend time with the child.** Set up some one-on-one time, but also enjoy your new spouse with his kids. It might not be the romantic date night you envisioned, but it shouldn't matter so long as you're spending time with your new spouse. And he will appreciate your effort in taking the time to make his child feel special and respecting the time he has with his child.

**3. Set a date night.** Make sure your spouse sees this time as a priority. It's hard to split your time between kids and a spouse, but it's important. Get creative. Wait until the kids are in bed if need be. Steal away time during your lunch break. Just make sure you're finding time to be a couple.

**4. Make it clear to your spouse and their children** that you want them to spend time with their children too. You're not in competition here. You can allow them to have one-on-one time with no hurt feelings.

**5. Take a walk with your spouse.** It's amazing how much can be hashed out on a walk around the neighbourhood.

**6. Take a vacation.** Plan something for a time when your spouse's children will be with another parent. Just make it a priority to get away together.

**7. Enjoy the little things.** A busy life might make it hard to find time together, but stealing away a few moments here and there by cooking a meal together or doing tasks you enjoy doing together around the house can have a real bonding effect - in spite of all of the craziness of a house with children, even when they are not your own.

Starting a marriage off with children from a previous marriage is a balancing act. But establishing a good stable home life is important for everyone involved, especially the children. So be there, but don't be needy and always understand that your spouse can have room in his heart to love you and his children.

However, if you're ever getting to the point where you're feeling neglected, make sure to take your spouse aside (away from the children) and let him know how you're feeling and suggest doing some of the things listed above to reconnect. He should appreciate your honesty about how you're feeling and want to accommodate you as best he can.

Marrying a person with children doesn't have to be a deal breaker as long as you're willing to work at it, and so is the other person.

## His, Mine, Yours and Ours

Marriage is never easy. But when you are starting a new marriage where each of you have children from a previous relationship, it makes compromising that much more crucial and difficult.

His kids, my kids, our kids. You want to make it work this time. You have to make it work this time, and that means you need to learn to compromise. How do you compromise to make it all work out? Here are three tips on how to compromise in your blended family.

**1. Be prepared to rethink your expectations.** If you have a family that is made up of his kids, your kids, and our kids makes making rules difficult. You will have kids who aren't there all the time and some which are. You have to be consistent with the rules, though. Don't back down when it comes to your own kids and push harder on his kids.

It has to be clear expectations from the get go, but you'll have to discuss your expectations with your spouse. He might not see things the same way as you, so you need to be prepared to let go of some things to get the things that are really important to you.

**2. Show appreciation.** We all want to be appreciated. It makes us feel happy and also more willing to compromise in areas we might otherwise insist on doing things our way. So when it comes to compromising on the parenting of his kids, your kids, and our kids, you want everyone to feel appreciated - that they are a valued member of the family and their opinions do count.

**3. Be willing to change.** You have got to be flexible when you are in a blended family. Everything is going to be a power struggle in the beginning. In order to help that power struggle fizzle out, you need to be willing to let go of things and allow for change to happen.

It won't happen overnight, but with compromise comes change. You will have to revisit rule changing often as the children age or as you perhaps add your own children as a couple to the relationship. Don't wait to discuss rule changes when something else in the home changes. It's a good time to re-evaluate as a family.



Compromise is always hard. You always end up losing something just to gain something else. You always have to compromise in a relationship, but compromise is of the utmost importance when you have a blended family. His kids are used to life in a certain way; your kids are used to live in a certain way. And if you have kids together, then you will be throwing everyone's life into a tail spin.

That's not to say it's not worth it, though. If you work hard at getting compromise right, then you should have no problems with anything else having a blended family throws at you. You will be creating the basis of your relationship as a family with compromise. So make that a priority in your relationship to make things a success.

## **How to Handle Sibling Rivalry in Stepfamilies**

Any family with more than one child contains sibling rivalry, at least part of the time. Take the natural competition children feel towards one another, and add the dynamics of a stepfamily, and things can get quite intense. Sibling rivalry in stepfamilies has the added stress of all the new relationships forming, and adults who desperately want everything to work out alright. How can you handle this situation when it happens to your family?

### ***Be Fair***

Treating all children fairly is a must, regardless of who their natural parent is. When two families join, there are inevitably situations where toes are stepped on and feelings get hurt. This can be greatly minimized by making an intentional effort to be fair and treat all children in the same way.

### ***Be Impartial, No Favourites***

No one wants to admit it, but it is easy to favour your own child when making decisions and settling arguments among step-siblings. It can also be easy to show more kindness to the most likeable of your spouse's children, or the one with whom you have the most in common. Unfortunately, this can lead to resentment and uncontrollable sibling rivalry as the children struggle to make it to the top of the pyramid. In all your interactions, be sure you are looking fairly at all sides of the story, and giving equal consideration to everyone involved.

### ***Design Rules That Promote Unity***

Keep things fair. If one part of the family is allowed to do something the other part isn't, it will bring negative rivalry between all the children. Make rules consistent, and strive to uphold a level of similarity in decisions that are made. Make every decision with the best interest of all children each and every time.

## ***Both Parents Must Be on the Same Page***

As parents coming from two different households, you will have habits and ways of doing things entrenched in how you live your life. When you become a stepfamily, it's important to put aside your independence to a certain extent, and come together on the same page. If you are both working together to eliminate sibling rivalry, you will work much more effectively as a team. As parents, back each other up when one makes a decision, and stand together whenever possible.

## ***Build Relationships between Children***

All children experience sibling rivalry to some extent. This can intensify in a stepfamily where everyone is just getting to know each other. You can buffer this effect by intentionally working on building relationships between all the children involved.

Too often, children feel as though they have been forced into a stepfamily and have had no say in any of it. Make time to do things together that everyone will enjoy, and encourage relationship building in each and every new relationship that is formed. This will help everyone take on the teamwork mentality, and leave behind the jealousy and resentment.

Building a stepfamily comes with many challenges. Each new child-to-child relationship that is formed comes with the potential of sibling rivalry. There are many steps you can take towards ending the negative rivalry and encouraging a strong bond between all family members. Take these steps to build a positive and healthy relationship between your children, and enjoy watching the results.

## Tips for Dads - Spending Time with Your Pre-teen

For many dads, spending time with a pre-teen is a bit of a challenge. Pre-teens have different "requirements," so to speak, and different wants and needs than younger kids. Dads may feel like their pre-teen children are drifting away from them, but their emerging independence is actually a good thing. It doesn't mean they don't want and need you to spend time with them.

For pre-teens - that is, children aged approximately 9 to 12 - there are some special times you can spend together. Here are some tips for dads who are looking for ways to spend time with their pre-teens.

### **Boys**

Here are some fun ideas for dads and pre-teen boys.

\* ***Make a meal for Mum*** - Get together with your son and plan a meal for his mum (or step-mum, aunt, grandmother, or other woman who means a lot to you both). This helps teach your son how to be helpful and do things for the women in his life (his future wife will thank you!). It also is a fun bonding activity.

Breakfast is a good place to start. Breakfast foods tend to be forgiving and leave room for creativity (like Belgian waffles with personalized toppings). You and your son can plan the whole meal, from shopping list to serving, and do all the steps together.

\* ***Fishing*** - Old-fashioned but fun, fishing with Dad can provide a lifetime of memories. You don't necessarily have to have any elaborate equipment or a fancy boat; many local parks and forests allow fishing in their creeks, ponds, lakes, and so forth.

\* ***Get together with other dads*** - See if you can get together with your son's friend's dads, and plan a group outing. You can go hiking or biking, or just go to a movie together. You could even just go out to a meal together. The point is, getting with other dads can help you with other ideas for get-togethers and your son will get to spend time with you and his friends.

\* **Camping** - Taking your son camping can be as elaborate as a weekend overnight in an RV or as simple as a day in the forest with a campfire lunch. Camping is something that preteen boys tend to really enjoy.

## **Girls**

Dads may feel like they don't relate to their daughters much as they hit the pre-teen years. But your little girl still needs you and wants to spend time with you, so try some of these ideas.

\* **Out for a meal** - Taking your daughter to a restaurant is a simple activity that can mean a lot to a young girl. You might make it a regular thing, whether it's breakfast, lunch, or dinner or just a coffee break in the mid-afternoon.

\* **Shopping** - Don't let the concept of shopping scare you away from spending this precious time with your daughter. Make it a shopping trip for a specific item, like a birthday present for a friend, family member, or sibling. Or maybe take her shopping for a Mother's Day gift. If you like, you might buy her a little piece of jewellery or something similar to remember your shopping trip.

\* **Entertainment** - Take your daughter to a movie, or read a book with her over the summer. Talk about what you think of the movie or book. It will become something you both know about, and it gives you a "door" into your daughter's world.

## Connecting with Your Family - Ideas for Dads

You may do things with your kids and still not really feel connected to them...or maybe you are not sure how to interact with them. For some dads, sometimes a little help is needed to feel that connection. Here are some ideas.

### ***Know Your Kids***

First of all, get to know your kids. You may think you already know them, but do you? Do you know what they're passionate about? Spend some time paying attention to what your kids are into. What shows do they watch? Do they like to stay home and get buried in a good book, or are they always running around with friends? What makes them tick? Here are some things to observe as you get to really know your kids.

\* ***Unscheduled time*** - Watch what your kids do during unscheduled time. What's their "default mode"? When there isn't anywhere to be, do they go watch TV, hang out on the computer, draw pictures, write creatively, work with clay? A lot can be gleaned about a person's inner self by how he or she spends unscheduled time.

\* ***Language*** - Listen to how your kids talk. What do they talk about? Friends, animals, celebrities? Listen for the subject matter they discuss the most, even if you are tempted to "tune it out" because you don't relate to it. Speaking of not tuning out...

### ***Listen...Really Listen***

Nearly all of us can benefit from learning to listen better. For parents, though, it's especially important. Try to avoid getting defensive or pointing out where your child is wrong. Instead, just listen - try to understand what he or she is saying without reacting to it.

### ***Cultivate Your Relationship with Your Child's Mother***

Research has shown that dads are more likely to be connected to their kids if

[Presented By The Fred67 Community Newsletter](#)

they have a good relationship with their child's mother. A poor relationship with Mom can occur in married, divorced, or non-married couples, and the same is true for a good relationship. Regardless of your marital status, experts agree that it's most beneficial to think of your child's mother as the co-parent, and learn to work together in raising your child.

### ***Share***

Okay, so "sharing" may not sound like a manly thing - but it is! An important way to connect with your family is to share some of yourself - your time, your concerns, your personality. Just as getting to know your kids is important, getting your kids to know you is, too. Try to open up about things you enjoy doing, concerns you have, and thoughts on life. Your kids may respect you a lot more when they understand some of the reasoning behind your actions.

## **Top Tips for Dads - Getting Involved with Your Family**

As dads, you might find that you need to make a deliberate effort to spend time with your family. If you don't stay home with the kids during the week, then you might find that you are missing out. An engaged dad who participates with his family helps make a stronger family unit - according to many studies and sources, a dad's participation can make for happier, healthier children who perform better in school and are more socially assured.

### ***So what's a dad to do?***

Here are some general tips for dads getting involved with your family.

### ***Ask***

Dads and mums alike tend to think of parent organizations like the PTA as mums' groups. But if dads are simply asked to participate, this conception may change. When someone at the school asks for dads' participation, then dads begin to realize they are needed. They do not necessarily intuit that need, so direct asking is probably best.

### ***Give Him a Task***

Attending meetings with no noticeable goal or purpose does not tend to motivate dads. But having a particular task to perform or job to do can inspire dads to get involved. Try giving Dad something specific he can do, such as a household project, that can include the kids. For example, painting a door or fence could be a good family project for the weekend, or helping with a science project.

### ***The Proper Mindset***

Sometimes, it helps just to get the right mindset about spending time with your family. For instance, you might want to schedule in the time with family rather than just waiting for it to happen. Maybe the weekends (or one day of the weekend) could be considered family time. Then you will plan your activities accordingly. Evenings or whatever time you have off from work can be dedicated to family activities, at least in part.



### ***Look for Opportunities***

As you go about your day and week, you will probably hear about school projects, events, upcoming holidays, and so forth. Think of ways you can get in on the event, whether it's helping with a project, meeting with a teacher, or taking your kids shopping for gifts for others.

### ***You Don't Have to be Perfect***

Sometimes, dads can feel awkward or uncertain about family involvement, so they stay away or lie low. But no one is perfect, and ultimately your kids will benefit from your "imperfect" interaction far more than they will from your lack of it. It's okay to make some mistakes!

## **Divorced Dads - How to Make the Most of Your Time**

As a divorced dad, you may feel like you don't get the time with your kids that married dads do. Or perhaps you are not sure how to make the most of the time you do have together. Or maybe you live with their children full-time, and between work and other responsibilities, you may not be sure how to make the time to be with your kids.

Being a divorced dad presents unique challenges, but they can be overcome. Here are some tips for how you can make the most of your time with your kids as a divorced dad.

### ***Scheduled Time***

Look at it this way - unlike some dads who are married to their kids' moms, you have the opportunity to set aside time with your child and make it part of your schedule. Ironically, this may mean you get to spend more quality with your kids than married dads!

Being married is not a guarantee that a dad is engaged with his kids. So if you have a negative outlook about the time you get to spend with your kids, think positively - you can be more effective if you are an engaged, divorced dad than if you are a married, disengaged one.

### ***Plan the Time***

While it's good to leave room for spontaneity, planning your time can help you make the most of it.

First, find out what your kids will have to do while they are in your care: homework, sport practice, Scouts, etc. Then you can plan for these activities and make use of them to engage your kids. For instance, you can help with their homework or plan activities that allow for homework time first; you can attend their sports practice or Scout meeting and help out. If it's a regular activity, you can volunteer to help on those times.

## ***You're the Parent***

If you only have your children for a day or two a week or several days a month, you may be tempted to be "Disney Land Dad" during these times. It's wonderful to have fun, but experts note that you shouldn't forget that you are still your kids' parent. That means that discipline and teaching still applies. Ultimately, sources say your kids will respect you more if you really parent when you're together instead of just throwing all the rules aside.

## ***Think Beyond the Paper***

The divorce paperwork is in place to prevent disputes, but if you and your kids' mother are in agreement, then you don't have to get too hyper about the paperwork. For instance, your divorce papers may say you get your children every other Thanksgiving; but your ex wants to take the kids out of town on your year.

Instead of insisting that the papers be followed to the letter, think about what would be best for the kids - would they enjoy going out of town? Can you ask for extra time at Christmas in exchange for giving up your Thanksgiving time? It's a good idea to be flexible and remember it's about your kids and what's healthiest for them.

## Life as an Every Other Weekend Parent

Parenting is hard, but when you are not with the other parent anymore this makes things that much more complicated. And only getting the kids every other weekend is one of those hard to adjust to moments. Here are some tips to make the transition go a little smoother for you and your children.

First and foremost, understand that you are not alone in this. There are tons of support groups for single parents and children of divorce so if you ever feel that you or your children are having a hard time adjusting to the every other weekend routine, then do seek help. But aside from that, try these steps:

**1. Create a routine.** This way everyone knows what to expect and when, so the adapting to a new home and leaving when the visit is over can go a little more smoothly for all involved. Your children will know just what to expect when they come to your house on your weekend, which will help alleviate any anxieties they may be having about the whole situation.

**2. On the flip side, be flexible.** This kind of goes without saying with kids, though. Unexpected things always happen when it comes to kids and if you are getting stressed out about it, your children will pick up on that and then no one is enjoying the visit. So no matter what happens, even if it means your weekend is spent with a sick child, sometimes we don't get to pick and choose these things. Just roll with the punches and deal with what happens as it happens.

**3. There's no need for a special homecoming every other weekend.** While you're surely excited to spend time with the kids you only get to see every other weekend, it doesn't need to be a party either. This is especially important when you have other children in the home. You don't want anyone getting a sense that someone is more important to you than anyone else. You can make it special for everyone.

**Maybe make Friday night pizza night.** It will give your every other weekend children something to look forward to when they come to your house, but the other kids won't feel like it only happens because these extra kids show up every other weekend - it will just be a part of their weekly routine.

**4. Do plan special time together.** If you have more than one child from a previous relationship, if at all possible find time to spend alone with each one.

It will be more important than ever to cram as much bonding time in as you can when your child is with you because you are making up for two weeks apart.

**5. Remember to keep your life your own.** You shouldn't be turning down social engagements now that you're divorced. That's not going to help your children and they might begin to feel that you resent spending time with them if you do turn down invites. You might be thinking, this is my time with my children and I don't see them all week long or for two weeks at a time, but they have to sleep.

If it makes you feel better, set something up for after bedtime and have a sitter stay with them. Or a day out with Grandma is always fun. Your family is going to want to spend time with your children, too, and they should. So let them and take time to yourself.

**Divorce is stressful on all involved.** But following these steps can help visitations go a little more smoothly when you're not the custody parent. Remember to always be respectful of your children's other parent when they are in your custody too.

**No matter what your feelings are** for your children's mother/father, this is their other parent and your children love him/her. So always be mindful of that and give the other person a little respect. It will make these visitation 'hand - backs' much more pleasant if you're pleasant.

## Turning Jealousy Inside Out in a Blended Family

Jealousy is one of the biggest problems in a blended family. You need to learn how to deal with all of the different forms of jealousy which might arise in your new family. Jealousy between siblings and jealousy between step parent and step child. So here's how to turn jealousy inside out in a blended family.

**1. Maintain communication** - marital communication to be more specific. It's not often that a step parent will instantly fall in love with her spouse's children, and she will often feel resentment over the time that's spent between parent and child. If you make time and communicate your feelings, it will help keep those feelings of jealousy at bay.

**2. Be consistent.** Sibling rivalry takes on a whole new meaning when you are talking step siblings. If you only have some children part of the time and you don't make them adhere to the same rules as the children who are in the house more, then there will be jealousy. Lay down the law and stick to it with everyone. No favouritism just because you might see one child more than another.

**3. Be aware.** Pay close attention to everyone's behaviour. Suddenly having to share space with someone you barely know can make that jealousy flare up. If you have no choice but to make step children share a room, then try to find them their own space. Be respectful of this space and make sure everyone in the house is respectful of it, too.

**While you might want to encourage family time** when you have a weekend-only child coming into the home, it can be too smothering. It's good to do things together as a family, but it's also just as important to encourage time apart as well. Set aside some alone time during visits.

**4. Show lots of love.** It's very important for both parents to try to show lots of love to all children in the home. Even if you're not feeling some deep bond, a child needs to know the people in his life care about him. You don't have to lie, but you do have to be kind and aware and not show favouritism.

**5. Don't monopolise time.** Yes, you might be newly-weds, but to your spouse's children you're just some new person in the house who's distracting attention away from his parent. So be mindful and openly encourage one-on-

one time with parent and child. You'll have your time to reconnect with your spouse. But it's important a child understands that you are not trying to replace a parent and you're not trying to take away any special moments with a parent.

***All in all, keeping jealousy at bay*** can be achieved with plenty of communication and awareness. Know when someone is feeling neglected and when to step back. Be consistent and don't show any sort of favouritism to anyone. You do all of this and you should be able to keep those jealous feelings at bay, for the most part anyway.

## Grandparents and Blended Families

Divorce is sad and hard on everyone involved. More so on the couple and the children, but it can be hard on parents watching their child go through something so difficult, or their grandchildren being torn apart. If you're a grandparent watching this happen to one of your children, then here are some tips on how you can help your grandchildren and your child through this difficult time in their lives.

**1. Give love and reassurance.** Children are going to be in dire need of affection. Grandparents have an abundance of this so this should be easy to give. But be careful to not take sides in front of the kids. Tell them that their parents both love them and always will, just like you do. That will never change.

**2. Have fun.** If you get the opportunity to take the grandchildren for the day, then do so. Make sure you show them a good time. A temporary break from the chaos of their broken home will be very much welcome by the children. So help keep their mind off of it even if for just a few hours.

**3. Be there.** Children will need someone to talk to, so be that person. Listen. Remember to never take sides. Let them know that no matter what happens, they are loved and nothing is their fault. It's adult stuff and it's very sad and hard, but it will get better.

**4. Communicate.** Don't judge anyone. You weren't a part of the relationship and judging is the judge's job. Your job is simply to be there. You will want to keep as neutral as possible, especially should a custody battle arise. You don't want to do anything which could jeopardize any possibility of you getting to spend time with your grandchildren again. They need you, so keep the lines of communication open.

**5. If you become a step grandparent, embrace it.** Don't crowd or force yourself on your new step grandchildren, but do welcome them into the family. Include them in what you do. If they want to come, great. If not, then that's fine too - don't push. A bond will form with time.

If you are accepting of these children, it will make it so much easier for your son/daughter to maneuver the wild road of being divorced and creating a blended family.



Anytime you can make life easier for your child and grandchildren, the better off everyone will be.

Divorce is tough on the whole family, including the grandparents. There's a lot to adjust to for everyone. But if you handle it with grace and respect, then not only do you get to have a great relationship with your grandchildren, but you also get to help them through a very difficult time and transition in their life.

Just be there; the rest will follow. If you do all of this, then grand-parenting in your new blended family will be great. The most important thing is to make sure that the children are happy and cared for. The rest is all gravy.

## How to Have a Good Relationship with Your Step Child's Parent

***So your new spouse has kids.*** This means his ex is a part of your life. It doesn't have to be a bad thing, though. You could even be friendly with your step child's other parent. You want to have a good relationship with them so your relationship with your spouse and step children can thrive. Just follow this how to guide on having a good relationship with your step child's parent.

**1. *Don't assume problems*** will just blow over if you leave them alone. If you are sensing difficulty, then you need to nip that in the bud as soon as possible.

**2. *Suggest a meeting with the ex*** to iron things out. Ask your spouse to set up the meeting. Let him know it's to support him and for the kids.

**3. *Establish ground rules.*** Often if there's a problem with an ex it's because she worries that you are going to replace her as a parent and rarely has anything to do with wanting to get back together with your spouse. So go into the meeting telling her how you think she has done a great job as a parent.

***You're not looking to replace her,*** nor could you ever. Then delve into questions about the kids, for example if there are any medical issues like an allergy how you would handle that. Find out if there are certain events that they would prefer you not attend for the child, like parent/teacher conferences.

**4. *Make sure the ex knows*** that you are going to attend events in advance. Even with the ground rules it's good to make it known you'll be there to avoid any screaming matches. Don't take offense if the ex says you can't come. Just ask yourself what benefit will you be to a child in a place where you're not welcome and you risk getting into an argument.

**5. *Don't get shut out.*** As much as you don't want to step on any toes, you also don't want to become a doormat. If you are feeling purposely left out of everything, then talk to your spouse about this first. If he can't resolve the problem, then you might have to have it out with the ex. However, just make sure you don't do it in front of the children. Lay down the law though. This goes back to number 3, re-establish those ground rules.

**6. Be the bigger person.** No matter how mean your spouse's ex might be about you, don't let it get to you and stoop to her level. It's not going to resolve anything and all it's going to do is make the child resent you for bad mouthing his parent. No one wins that way.

***You might not be able to be best buds with your spouse's ex***, but you can at least make it easier on your spouse and his children by not playing into whatever games your spouse's ex is trying to draw you into. Ultimately your goal is to make you and your spouse and his children happy. And the best way you can do that is by not getting involved in games of jealousy with the ex.

## CONCLUSION

Fathers are important to a child's life.

As a mother or a father you can restore the true meaning of this relationship with your children.

Defy the stereotypes and opt for a more balanced existence for your child through the loving father-child bond.

***OK .... That's it Folks***, I hope you got some great value from this short E-book.

***If So ... Please share it with your Friends. Family & Associates, and don't forget to check out the 'Resources' below as there's even 'More' Free-stuff to be found there!***



[www.checkfred.com](http://www.checkfred.com)

## ***Resources;***

*[FRED67.com Homepage](#)*

*[The Free E-Library](#)*

*[The FRED67 Community Newsletter](#)*

*[FREE! E-mail Marketing Course For Profit](#)*

*[Presented By The Fred67 Community Newsletter](#)*