

Are we on the same page?

## A **'Roles and Rules'** Activity for Parents of a Blended Family

Together, you and your partner are on this incredible journey of blending your 2 amazing families. Life has brought you some unique challenges and some new roles and new rules to embrace.

Print out the next page and make time together to reflect on the changes and strengths you both bring to your blended family. Have an open conversation about your new roles, responsibilities, and how to support each other. Remember that setting boundaries helps to create a safe and nurturing environment. Discuss the values and principles that you both feel are important to live by.

Enjoy the adventure, be patient with each other, and keep communication open.

# New Rules

## New Roles

### Responsibilities/Tasks

### Expectations

### Challenges

Spouse/ Partner			
Spouse/ Partner			
Bio-Mom			
Bio-Dad			
Stepmom			
Stepdad			
Coparent			
Coparent			