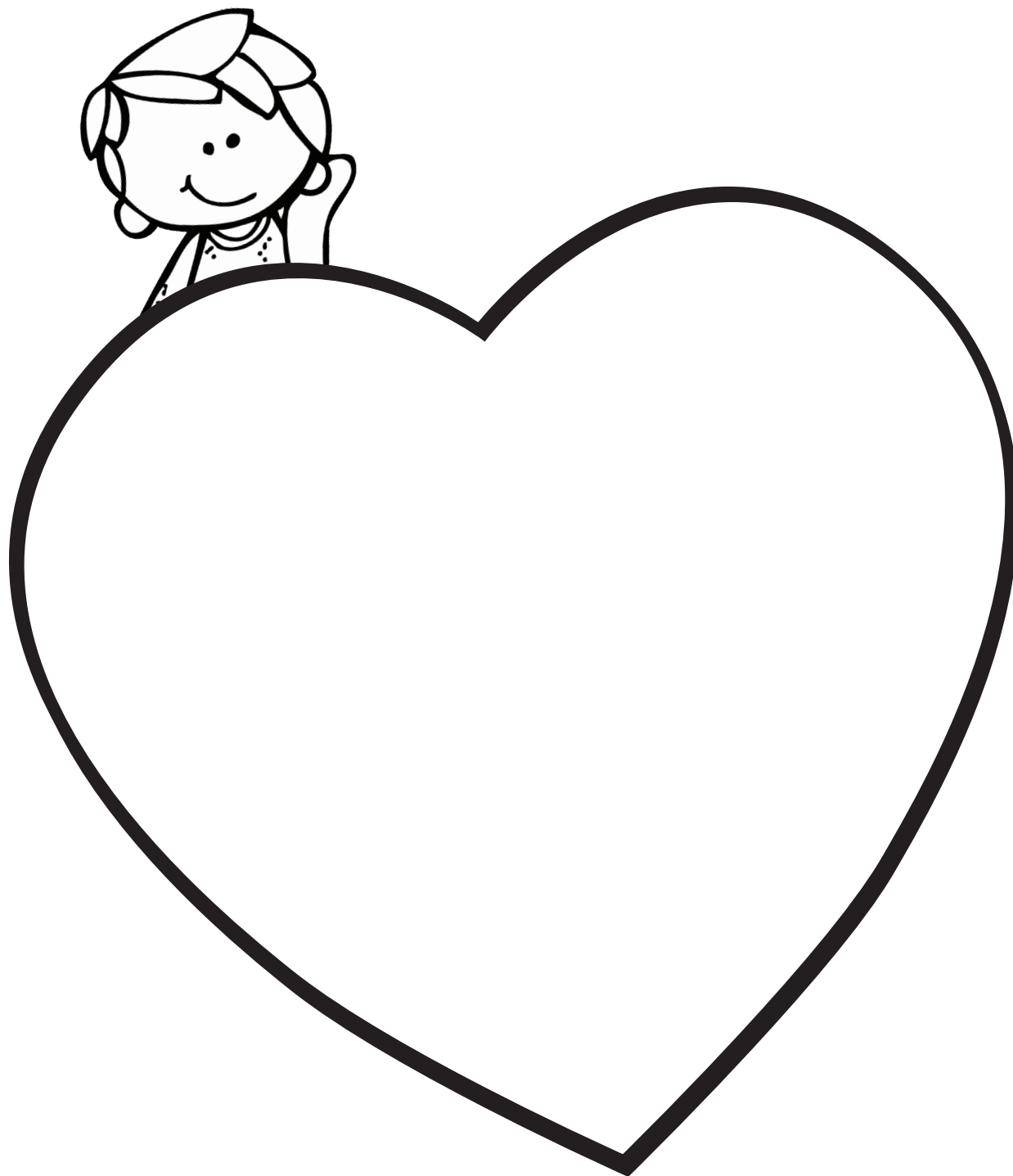


# Twice the love

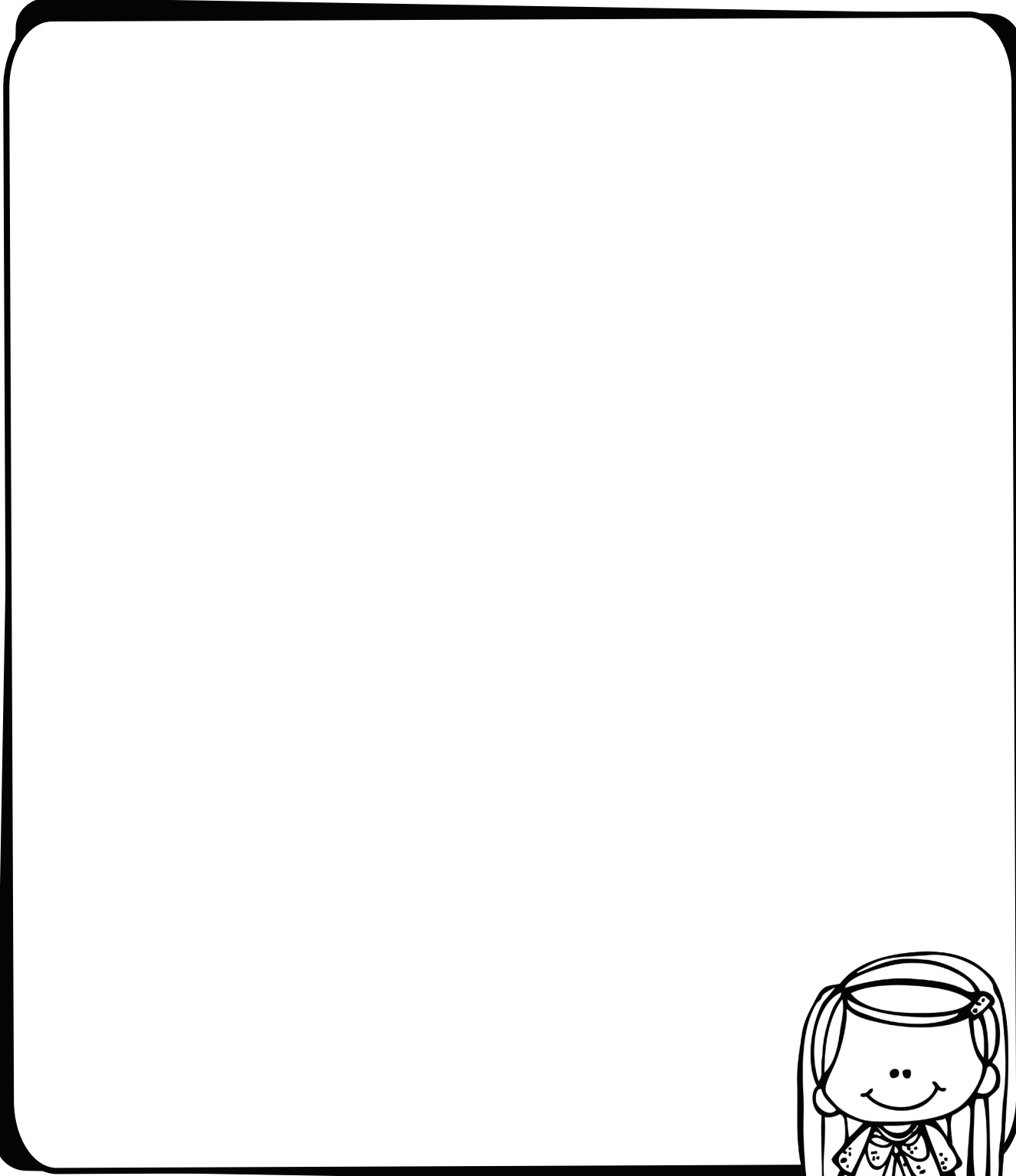
A Workbook for Kids in Blended Families



If you're reading this book, it means your family is getting bigger. You probably live with Mom or Dad, and your parent is ready to welcome new people into his or her life. Maybe a new grownup is joining your family, or you're getting new brothers or sisters. Or maybe you're moving into a house with another group of people. It must be scary. You may feel like things are changing, and you don't like it. It'll take a while, but soon you'll find that a blended family gives you twice the love!

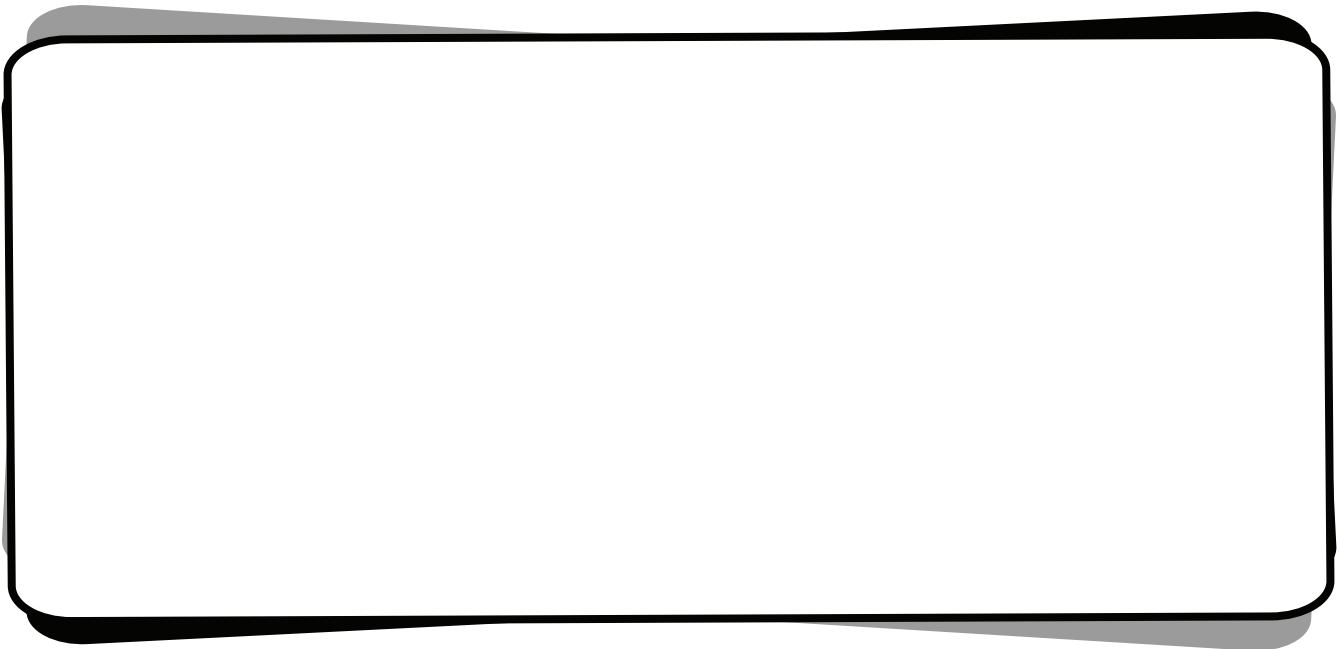


Draw a picture in the box below of you and your mom or dad. You can also add brothers, sisters, grandparents, or pets.

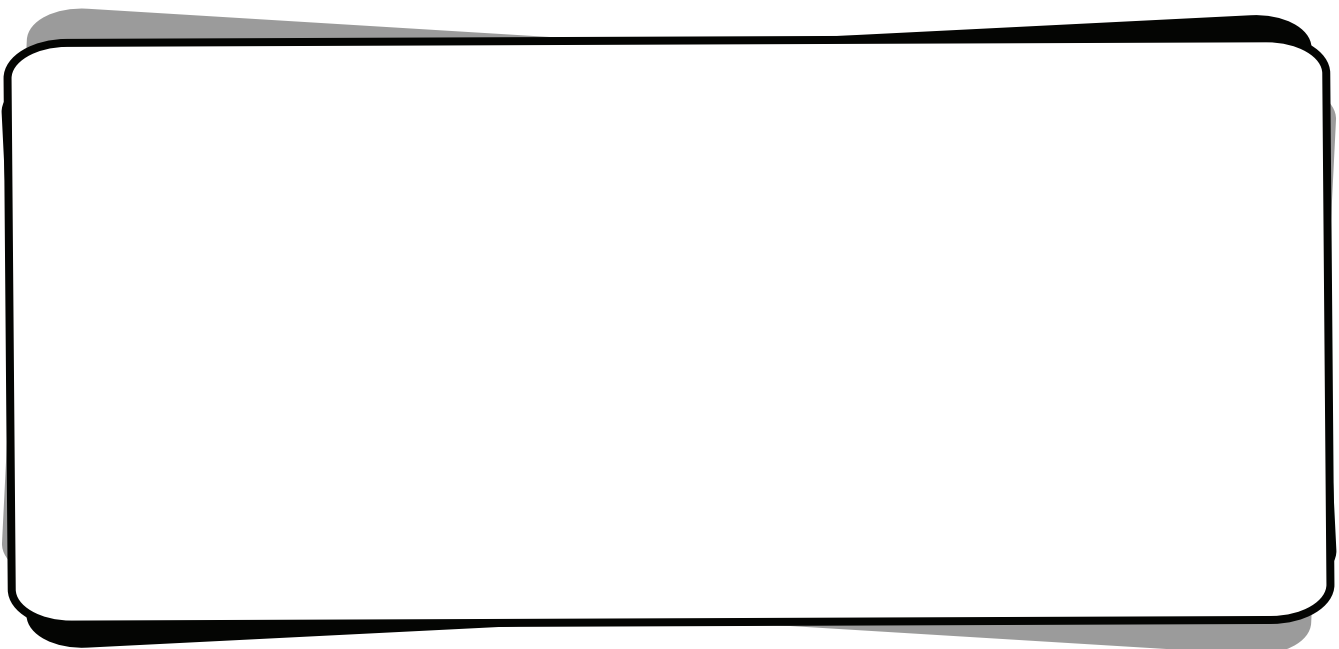


**Memories** A family can have many good memories. These memories can come from special occasions like vacations, holidays, or other celebrations. Good memories can also come from everyday activities like bedtime stories, watching a movie, or playing together. But sometimes memories aren't so good—families can have sad times too. All families are like this.

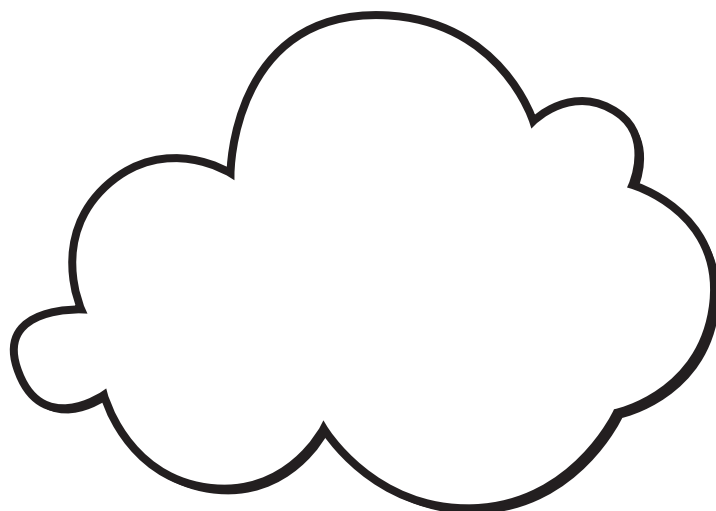
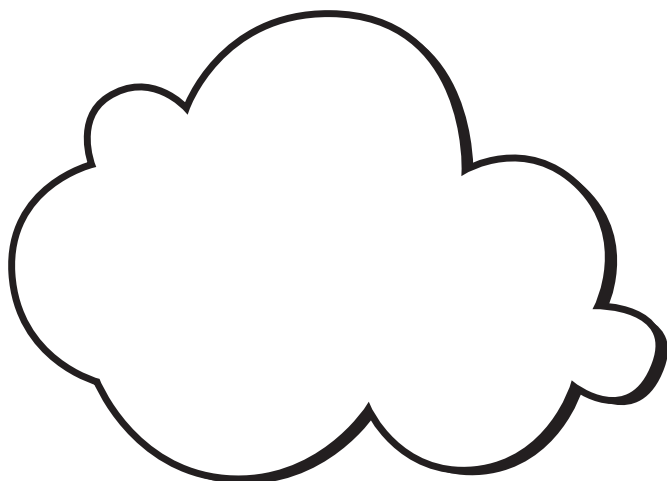
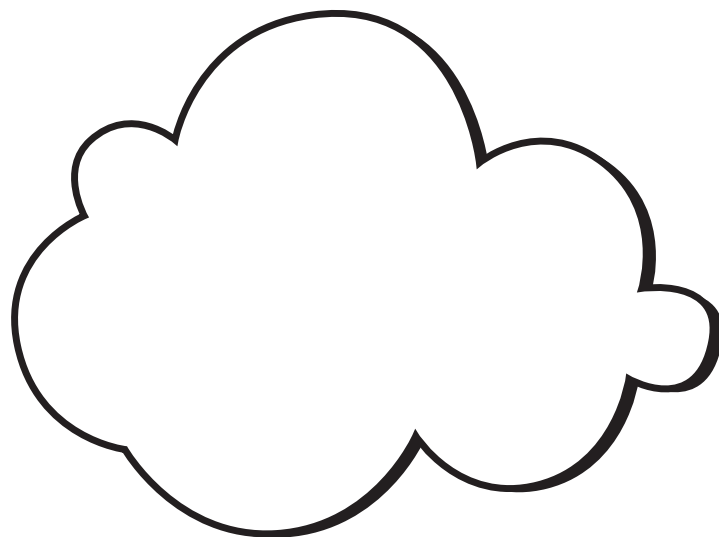
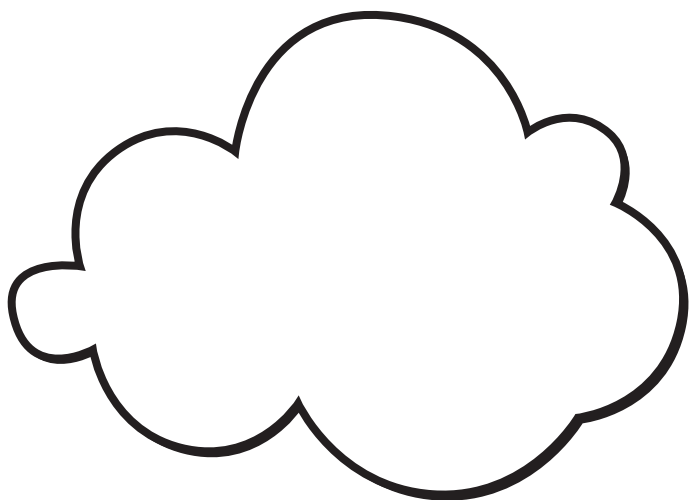
Draw or write about one good memory you have of your family.



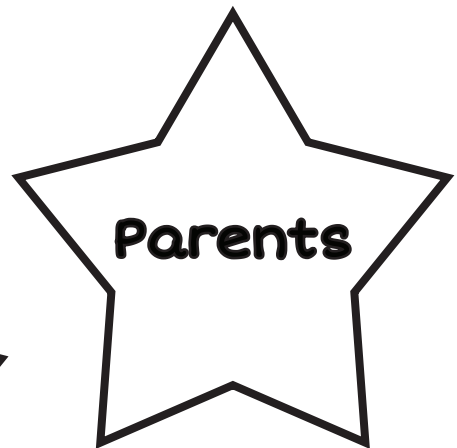
Draw or write about one bad memory you have of your family.

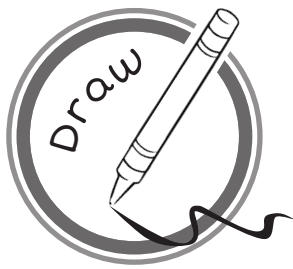


**It Can't Be True!** When your mom or dad told you your family would be blending, you may have been unhappy because you liked things the way they were. You may not want your mom or dad to have a new grownup friend, or you may not want to share your mom or dad with new brothers and sisters. You may tell yourself it just can't be happening, or pretend it isn't. Pretend you're going on a journey to a place that makes you happy. Draw or write about four things that happen on your journey there.



**It's All My Fault** children sometimes blame themselves if their mom or dad is unhappy. If one of your parents is upset about your new blended family, you may feel like it's your fault your family is changing. It's not your fault. As you grow older, you can choose more things about your life. There are some things, though, that a child can't choose. Color the stars that show things a child can choose.





Draw a picture of your blended family in the box below.  
How has your family changed?

A large, empty rectangular box with rounded corners and a thick black border. It occupies the majority of the lower half of the page and is intended for the student to draw their blended family.