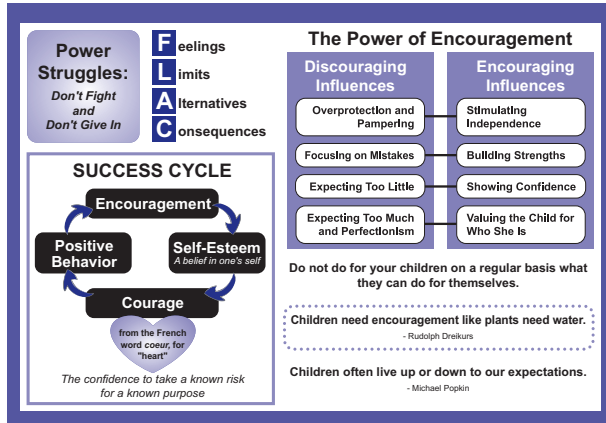


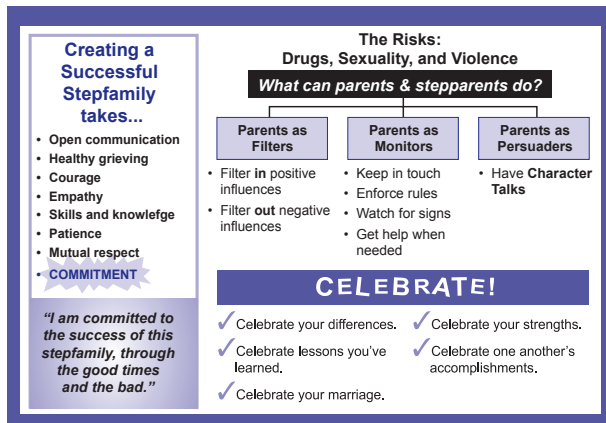
Session 5

From Anger & Power Struggles to Courage & Self-Esteem



Session 6

Celebrating Stepfamily Successes



Supplement this video with the *Active Parenting for Stepfamilies Parent's Guide*

This 228-page guide expands on the video content with detailed exploration of the issues that are important to stepfamilies. With plenty of examples, activities, charts, and tips, it's a unique how-to book designed to help you practice your new skills at home.

Order online at www.activeparenting.com.

Check out the Parents' Page

at www.activeparenting.com for the latest in parenting news!

Active Parenting has created a special place on our Web site just for parents! The Parents' Page provides parents with information on topics that concern you and your child. Plus, you'll have the opportunity to communicate online with other parents who share your experiences and your concerns.

The Parents' Page provides you with:

- a list of upcoming Parenting Workshops in your area.
- a Parents' Discussion Forum, where you can get advice from other parents.
- a Parents' Bookstore with lots of useful resources and fun stuff for you and your family.



www.activeparenting.com
(800) 825-0060



Michael H. Popkin, PhD
Elizabeth Einstein, MA, LMFT

Program at a Glance

A compact guide to the topics covered in the six-session *Active Parenting for Stepfamilies* Video Library

A Letter from the Authors

Dear Parents and Stepparents,

Parenting is one of the most important and difficult jobs in the world, and like any job that is both important *and* difficult, it deserves training. Parenting in a stepfamily introduces a host of new challenges. Not only must you contend with all the aspects of parenting—discipline, communication, support, character development—but you also face special issues that result from merging two families into one.

This video series is designed to help you with both of these aspects of your parenting challenge. It contains the most useful information and skills that we have found in our combined 60+ years of working in the fields of parent education and stepfamily living. To get the most from this series, we recommend that you purchase the accompanying *Parent's Guide*, read along as you watch the videos, and complete the home assignments for each chapter. Putting these concepts to work is what will make your own stepfamily the joyful experience you hoped for when you embarked on this wondrous journey.

We wish you and your stepfamily much success!

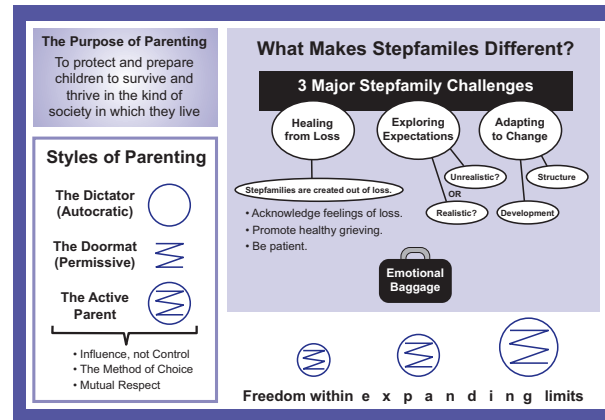
Michael Popkin, PhD

Elizabeth Einstein, MA, LMFT

P.S. Foster and adoptive parents will find many of the skills and concepts valuable to their families as well.

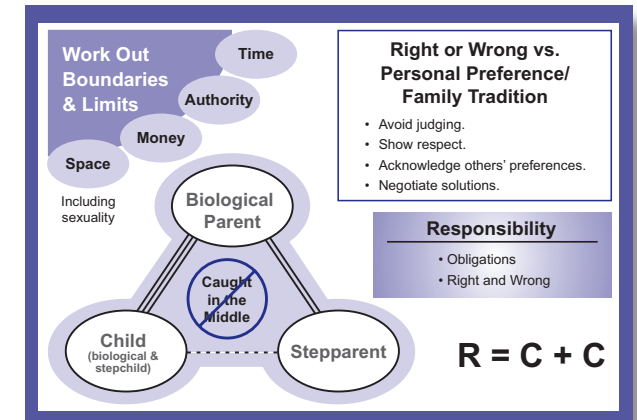
Session 1

Stepfamily Living: A Different Parenting Challenge



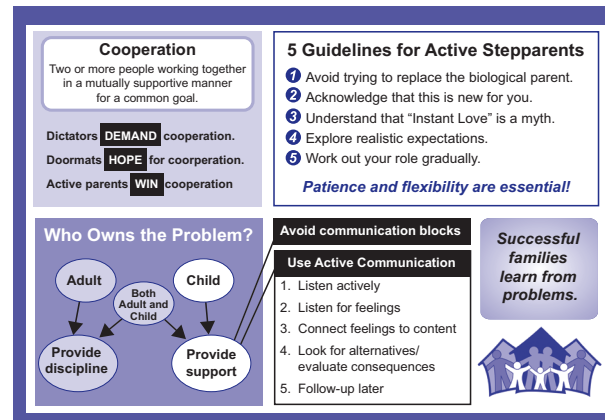
Session 3

A Tale of Two Histories: Turning Differences into Opportunities



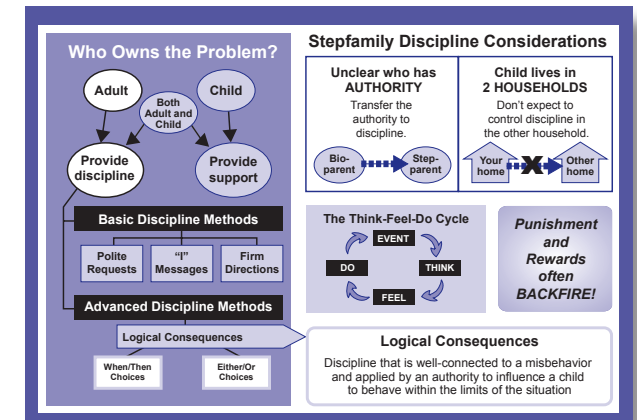
Session 2

Finding Your Way: Stepfamily Communication and Problem-Solving



Session 4

The Challenge of Discipline



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