

5

Tips from the
**Divorce Support
Club**

Building a strong blended
family.

What is a blended family?

- A blended family is where you and your partner make a life together with children from one or both of your previous relationships.

1 Get to know each other as separate families

Take your time and don't rush. Get to know each other as separate units first. For example:



Days out. Going on days out establishes a new sense of normalcy, creates positive memories, and fosters inclusivity, ultimately strengthening the family dynamic.



Spend time in your respective homes. This is an opportunity for family members to gradually merge their lives and establish a sense of belonging in a comfortable environment.



Take your time. It is important that family members have the necessary space and time to build trust, understanding, and a strong foundation.

2 Take time to **heal**

It is important for you to take time to heal from your previous relationship.

Taking time to heal will **enable** you to not make the same mistakes.

Taking time to heal will **allow** you to leave your grief behind you.

Taking time to heal will help you **discover** who you are and what you want.

**Access them all by
subscribing to the
free Divorce
Support Club**