



National Stepfamily
Resource Center

Smart Steps
Embrace the Journey

Smart Steps: Embrace the Journey

This 6-session research-based educational curriculum, written by Dr. Francesca Adler-Baeder, is designed for re-partnering couples and their children.

It focuses on building couple and family strengths while addressing the unique needs and issues that face stepfamilies.

It features parallel sessions for adults and children, with clear step-by-step lesson plans for high quality experiential learning. Children and adults come together at each session end in a shared activity that builds understanding.

The program includes information about “blended families,” skill-building, multi-media, and group discussion to teach strategies for building healthy stepfamilies.

The Smart Steps curriculum guide is available for \$199 from the National Stepfamily Resource Center.

www.stepfamilies.info/smart-steps.php

It gives you clear step-by-step directions and handouts for each session, movie clips, a flash drive with supplemental materials, and many other terrific resources, some of which are also very useful in clinical sessions.

**For information about training, contact Teresa Wagner
Teresa@auburn.edu 334/ 844- 3238**

CHILD HANDOUT # 1

National Stepfamily Resource Center *Smart Steps: Embrace the Journey*

Used with permission from the author, Dr. Francesca Adler-Baeder

DIRECTIONS for CHILDREN: Complete this sheet and ask your family to listen as you share.
You don't have to answer anything you don't want to.

DIRECTIONS for ADULTS & other listeners: Concentrate on learning about kids' experience.
NO explaining or convincing.

Only, "Gee that sounds tough." "That sounds nice." "Tell me more."

"Help me understand more about that."

CHANGES in MY LIFE

My parent's decision brought change into my life.

Mark each with ✓ if there have been a *few* changes.

Mark ✓✓ if there have been many changes. Two checks if in-between.

Home

Family

School

Church

Parents I live with

Other people I love with

Rules

Time together

Time alone

Friends

Food

Money

Fights

Feelings

The best change for me:

The most difficult change for me:

How I feel about these changes:

CHILD HANDOUT #2

National Stepfamily Resource Center *Smart Steps: Embrace the Journey*

Used with permission from the author, Dr. Francesca Adler-Baeder

DIRECTIONS for CHILDREN: Complete the following phrases.

Ask your family to listen as you share.

You don't have to answer anything you don't want to.

DIRECTIONS for ADULTS and other listeners: Listen to each child's answers.

NO explaining or convincing.

Only, "Gee that sounds tough." "That sounds fun." "Tell me more."

"Help me understand more about that."

MY FAMILY

1. List your family members and one thing you like to do with each one:

2. We argue a lot about

3. One thing I would change is

4. I really like when we

5. I wish they knew this about me