

Blended Families Matter

When 2 Families Become One

There are few moments more intimidating than meeting your partner's children. In today's world, blending families is so very common. However, finding the right way to do it seems like a minefield! This session will help you with strategies and realistic steps to take to help make this process one of compassion and bonding that will build a new, connected family unit.

Session Outline

- Getting on the same page
- How to bond with my partner's children
- Handling discipline in a blended home
- What about the ex
- Fostering relationships between new siblings
- Managing safety, priorities and boundaries
- Useful websites and resources

Session Includes

Personal attention and feedback in an informal atmosphere

An invaluable booklet complete with information covered on the session

Open forum to ask questions



Speaker: Gwen Jones

Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen has worked with Educating Matters for 8 years speaking about DEI and Wellbeing. She studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behavioural disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.