

# **My Changing Family: Understanding Family Change and Growth**

## **Introduction**

When a family goes through a change, it can be a difficult time for everyone involved. Children are particularly vulnerable to feeling sad, angry, and confused during this time. They may also have difficulty coping with changes in their routine, their relationships, and their home life.

This book is a resource for parents, teachers, and other caregivers who are helping children cope with family change. It provides information and advice on how to talk to children about family change, how to help them cope with their emotions, and how to help them adjust to their new living situation.

The book also includes activities and exercises that can be used to help children process their emotions and learn new coping skills. These activities and exercises are designed to be fun and engaging, and they can help children to learn about family change in a safe and supportive environment.

Finally, the book also includes resources for parents and caregivers who are looking for additional support. These resources include websites, books, and support groups that can provide information and support to families going through a change.

This book is an essential resource for anyone who is helping a child cope with family change. It provides information, advice, and activities that can help children to understand and cope with the changes in their family.

The book is written by Pasquale De Marco, a psychotherapist and counselor who has worked with children and families for over 20 years. She has seen

firsthand the impact that family change can have on children, and she is passionate about helping children to cope with these changes in a healthy way.

This book is a valuable resource for parents, teachers, and other caregivers who are helping children cope with family change. It is full of information, advice, and activities that can help children to understand and cope with the changes in their family.

## Book Description

**My Changing Family: Understanding Family Change and Growth** is an essential resource for parents, teachers, and other caregivers who are helping children cope with family change. It provides information, advice, and activities that can help children to understand and cope with the changes in their family.

This book is written by Pasquale De Marco, a psychotherapist and counselor who has worked with children and families for over 20 years. She has seen firsthand the impact that family change can have on children, and she is passionate about helping children to cope with these changes in a healthy way.

The book is divided into ten chapters, each of which focuses on a different aspect of family change. The chapters cover topics such as:

- What is family change?

- Different types of family change
- Why families change
- Understanding family change
- Coping with family change
- Dealing with difficult emotions
- Communicating in a changing family
- Coping with changes at home
- Changes at school
- Changes in the community

Each chapter includes information, advice, and activities that can help children to cope with the changes in their family. The activities are designed to be fun and engaging, and they can help children to learn about family change in a safe and supportive environment.

This book is a valuable resource for parents, teachers, and other caregivers who are helping children cope with family change. It is full of information, advice, and

activities that can help children to understand and cope with the changes in their family.

**This book is a must-read for anyone who is helping a child cope with family change.**

# Chapter 1: My Changing Family

## What is a Family

A family is a group of people who are related by blood, marriage, or adoption. Families can be big or small, and they can be made up of people of all ages. Some families live together in one house, while others live in different homes but still stay close.

No matter what a family looks like, one thing is for sure: family is important. Families provide love, support, and guidance. They help us to learn and grow, and they teach us about the world around us. Families are also there for us when we need them most.

There are many different types of families. Some families have two parents and children. Some families have one parent and children. Some families have stepparents or adoptive parents. And some families have two moms or two dads.

No matter what type of family you have, you are lucky to have people who love and care about you. Family is a gift, and it is something to be cherished.

Here are some of the things that make a family:

- **Love:** Families love each other. They care about each other and are there for each other, no matter what.
- **Support:** Families support each other. They help each other through tough times and celebrate each other's successes.
- **Guidance:** Families provide guidance to their children. They teach their children about the world around them and help them to learn and grow.
- **Belonging:** Families give their members a sense of belonging. They know that they are loved and accepted for who they are.



Family is important because it provides us with love, support, guidance, and belonging. It is something to be cherished and nurtured.

# Chapter 1: My Changing Family

## Different Types of Families

Families come in all shapes and sizes. There is no one right way to be a family. Every family is unique, and that's what makes them special.

Some families have two parents, while others have one parent. Some families have children, while others don't. Some families live in big houses, while others live in small apartments. Some families have lots of money, while others don't.

No matter how different families may seem, they all have one thing in common: love. Love is the foundation of every family. It's what holds families together, even when times are tough.

There are many different types of families, and each type has its own strengths and challenges.

**Nuclear families** are the most common type of family. They consist of two parents and their children. Nuclear families can be very close-knit, and they often provide a lot of support for their members. However, nuclear families can also be stressful, especially if the parents are struggling to balance their work and family lives.

**Extended families** include grandparents, aunts, uncles, and cousins. Extended families can provide a lot of support and stability for their members. However, they can also be complex and challenging, especially if there are disagreements between family members.

**Single-parent families** are headed by one parent. Single-parent families can be very challenging, especially if the parent is struggling to make ends meet. However, single-parent families can also be very rewarding. Single parents often develop very close relationships with their children.

**Blended families** are formed when two families come together. Blended families can be very complex and challenging, especially if the children from the two families have difficulty adjusting to their new living situation. However, blended families can also be very rewarding. Blended families often have a lot of love and support to offer their members.

No matter what type of family you have, it's important to remember that family is the most important thing in life. Family is always there for you, no matter what.

# Chapter 1: My Changing Family

## Why Families Change

Families change for many reasons. Some changes are happy, like a new baby being born or a family moving to a new home. Other changes are sad, like a divorce or the death of a loved one.

No matter what the reason for the change, it can be difficult for everyone in the family. Children may feel scared, angry, or confused. They may worry about what will happen to them or their family. Parents may feel overwhelmed, stressed, or guilty. They may also worry about how to support their children through the change.

There are many reasons why families change. Some of the most common reasons include:

- **Divorce:** Divorce is one of the most common reasons why families change. When parents get divorced, they have to decide how to divide their

time and resources between their children. This can be a difficult and emotional process for everyone involved.

- **Death of a loved one:** The death of a loved one is another common reason why families change. When a loved one dies, the family has to grieve and learn how to live without them. This can be a long and difficult process.
- **Remarriage:** Remarriage can also be a reason why families change. When a parent remarries, their children may have to adjust to living with a new stepparent and stepsiblings. This can be a challenging transition for everyone involved.
- **Blended families:** Blended families are families that are formed when two parents who have children from previous relationships get married. Blended families can be complex and challenging, but they can also be very rewarding.
- **Adoption:** Adoption is a wonderful way for families to grow. When a family adopts a child,

they are giving that child a loving home. Adoption can be a challenging experience, but it can also be very rewarding.

These are just a few of the many reasons why families change. No matter what the reason for the change, it is important to remember that families are resilient. They can overcome challenges and grow stronger together.

**This extract presents the opening three sections of the first chapter.**

**Discover the complete 10 chapters and 50 sections by purchasing the book, now available in various formats.**



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