

.....

# HOW TO SUPPORT KIDS THROUGH A MAJOR LIFE CHANGE

## AGES 5 & UNDER CHECKLIST

.....

- |                          |                          |                          |                               |
|--------------------------|--------------------------|--------------------------|-------------------------------|
| <input type="checkbox"/> | Explain what marriage is | <input type="checkbox"/> | Offer extra hugs              |
| <input type="checkbox"/> | Encourage questions      | <input type="checkbox"/> | Read books on stepparents     |
| <input type="checkbox"/> | Prioritize 1 on 1 time   | <input type="checkbox"/> | Explore play therapy          |
| <input type="checkbox"/> | Reassure them verbally   | <input type="checkbox"/> | Plan with caregivers          |
| <input type="checkbox"/> | Flower Girl Role         | <input type="checkbox"/> | Post wedding celebration      |
| <input type="checkbox"/> | Ring Bearer Role         | <input type="checkbox"/> | They pick a wedding outfit    |
| <input type="checkbox"/> | Keep routines the same   | <input type="checkbox"/> | Avoid “fixing” their feelings |
| <input type="checkbox"/> | Look for emotional cues  | <input type="checkbox"/> | Coordinate with co-parent     |





.....

# HOW TO SUPPORT KIDS THROUGH A MAJOR LIFE CHANGE

AGES 6 - 11  
CHECKLIST

.....

- |                          |   |                          |   |
|--------------------------|---|--------------------------|---|
| <input type="checkbox"/> | Talk pre-engagement                     | <input type="checkbox"/> | Check in during planning                |
| <input type="checkbox"/> | Explore family therapy                  | <input type="checkbox"/> | A speaking role at wedding              |
| <input type="checkbox"/> | Verbal reassurance                      | <input type="checkbox"/> | Create a new family tradition           |
| <input type="checkbox"/> | Unity Ceremony                          | <input type="checkbox"/> | Post wedding celebration                |
| <input type="checkbox"/> | Maintain routines                       | <input type="checkbox"/> | Foster their social circle              |
| <input type="checkbox"/> | Validate their feelings                 | <input type="checkbox"/> | Plan with teachers                      |
| <input type="checkbox"/> | Avoid forcing closeness                 | <input type="checkbox"/> | Intentional activities 1-v-1            |
| <input type="checkbox"/> | Let them make small choices in planning | <input type="checkbox"/> | Movies + stories about blended families |





.....

# HOW TO SUPPORT KIDS THROUGH A MAJOR LIFE CHANGE

AGES 12+  
CHECKLIST

.....

- |                          |                          |                          |                                |
|--------------------------|--------------------------|--------------------------|--------------------------------|
| <input type="checkbox"/> | Ask Questions            | <input type="checkbox"/> | Offer control over activities  |
| <input type="checkbox"/> | Check in pre-engagement  | <input type="checkbox"/> | Consider family therapy        |
| <input type="checkbox"/> | Respect boundaries       | <input type="checkbox"/> | Plan a post wedding trip       |
| <input type="checkbox"/> | Establish communication  | <input type="checkbox"/> | Note behavior/emotion changes  |
| <input type="checkbox"/> | Have honest conversation | <input type="checkbox"/> | Plan with teachers/coaches/etc |
| <input type="checkbox"/> | Include them in planning | <input type="checkbox"/> | Avoid consecutive changes      |
| <input type="checkbox"/> | Give them a wedding role | <input type="checkbox"/> | Child sets the bonding pace    |
| <input type="checkbox"/> | Maintain routines        | <input type="checkbox"/> | Communicate often              |

