



RESOURCE LIST: SINGLE-PARENTING AND BLENDED FAMILIES

The resources listed below are in alignment with Focus on the Family's philosophy and mission. We trust you will find them helpful. If you would like to obtain any of these items, simply call our toll free number 1-800-A-FAMILY. You can also visit our Family Store at www.family.christianbook.com.

BOOKS

BLENDED FAMILIES: CREATING HARMONY AS YOU BUILD A NEW HOME LIFE by Maxine Marsolini (Moody)

• 30562X •

Based on her own experience in a blended family, the author addresses common areas of conflict within such families and how to cope with them successfully. Topics covered include becoming one with your mate; disciplining stepchildren; dealing with guilt and shame; accepting unchangeable limitations; and the importance of prayer.

FROM ONE SINGLE MOTHER TO ANOTHER by Sandra P. Aldrich (Gospel Light) • 736875 •

From One Single Mother to Another is the perfect read for any mom raising her children alone. Genuine and encouraging, this book will assure you of the bright future awaiting you.

GOING IT ALONE: MEETING THE CHALLENGES OF BEING A SINGLE MOM by Michele Howe (Hendrickson)

• 34527 •

When the harsh reality of separation, divorce, or widowhood sinks in, facing life as a single mom can feel like living in a whirlpool. *Going It Alone* offers practical yet compassionate advice for single moms — and shows them how to anchor themselves in the promises of God.

HELPING CHILDREN SURVIVE DIVORCE: WHAT TO EXPECT; HOW TO HELP by Dr. Archibald Hart (Thomas Nelson)

• 9939496 •

Dr. Hart examines the effects of divorce on each person in the family, especially children. Topics include resentment, worry, self-esteem, depression, anger, guilt, rejection, and fear of abandonment. There are also chapters on becoming a stepparent and building a blended family.

MY SINGLE MOM LIFE: STORIES & PRACTICAL LESSONS FOR YOUR JOURNEY by Angela Thomas (Thomas Nelson)

• 89555 •

Thomas encourages other single moms with her well-learned lessons on parenting, finances, dating, loneliness, and guilt — and assures them that they *can* be healthy and strong parents in spite of their circumstances.

THE SINGLE DAD'S SURVIVAL GUIDE by Mike Klumpp (Random House) • 66703 •

The author — a veteran single dad — shares insights and information about how you can provide the emotional, physical and spiritual support your children need. In addition, there's logistical help for daily challenges like finances, family schedules, and household management.

THE SINGLE MOM'S GUIDE TO KEEPING IT ALL TOGETHER by Elsa Kok Colopy (Revell) • 787820 •

Trusted advice and relief from an author who knows the unique struggles a single mom faces, this book will help readers work through everyday matters ranging from sibling rivalry, to budgeting, to nutrition, to missing dad.

SINGLE PARENTING THAT WORKS: SIX KEYS TO RAISING HAPPY, HEALTHY CHILDREN IN A SINGLE PARENT HOME by Dr. Kevin Leman (Tyndale) • 303351 •

Single parenting can be an overwhelming task, but marriage and family expert Dr. Kevin Leman offers encouragement for moms or dads carrying the load alone. Discover six keys that will transform your perspective and help you create a plan tailored to you and your family.

THE SMART STEP-FAMILY by Ron L. Deal (Bethany House) • 201590 •

Ron Deal understands the inner workings of the step-family and provides practical, realistic solutions to the issues they face. With a biblical perspective, he helps remarried and soon-to-be-married couples solve the everyday puzzles of step-parenting, learn communication skills with ex-spouses, deal with common pitfalls, and so much more.

THE SMART STEPMOM: PRACTICAL STEPS TO HELP YOU THRIVE by Ron L. Deal and Laura Petherbridge (Bethany House) • 207020 •

Stepfamily expert Ron Deal and experienced stepmom Laura Petherbridge share practical advice on how to survive and thrive in your new blended family. Learn how to be a positive influence on children who are torn between two moms, how to handle holidays, adult stepchildren, and between-home communication — and much more.

SUCCESSFUL SINGLE-PARENTING by Gary Richmond (Harvest) • 5078608 •

Gary Richmond provides steps to help custodial and non-custodial parents. He offers practical spiritual counsel to overcome the draining emotions that divert energy away from joy and peace so that parents can focus on loving their children.

WINNING THE HEART OF YOUR STEPCHILD by Dr. Robert Barnes (Zondervan) • 21804 •

In this hands-on guidebook for those faced with the challenge of blending families, Dr. Barnes addresses subjects of single-parent dating, adjustment problems in a blended family, disciplining as a team, and building a successful blended family.

CDs

“Blending Your Family After the Loss of a Spouse” I, II (Danny and Rayna Oertli) • 1000790 •

Danny lost his first wife to cancer, leaving him as the single parent of two children. He and Rayna share how they met and married — and they discuss the emotional, spiritual, and relational challenges they faced in becoming a blended family.

“Help for Stepfamilies” (Ron Deal) • 5009050 •

Author and family therapist Ron Deal describes the special challenges facing stepfamilies. He says that the most common mistake is the naiveté about the length of time it takes for children to adjust and integrate with the new family arrangements.

“The Joys and Struggles of Being a Stepmom” (Panel) • 1000703 •

Several stepmoms offer insight and encouragement as they address the challenges of being part of a blended family.

“Solid Advice for the Single Parent Home” I, II (Elsa Kok Colopy) • 1000737 •

Elsa provides encouragement and solid advice on how to accept God’s grace and successfully navigate the parenting journey as a single parent — from childrearing to cultivating friendships of your own.

“Thriving in Your Role As Stepmom” I, II (Laura Petherbridge, Ron Deal) • 1000696 •

Ron Deal and fellow author Laura Petherbridge offer insight and advice from their book *The Smart Stepmom: Practical Steps to Help You Thrive*.

“A Visit with Brandon Heath” (Brandon Heath) • 1000723 •

As a young man, the emotional pain of his parents’ divorce and his stepmother’s abuse moved Brandon to write “I’m Not Who I Was.” The song became his first hit radio single and helped heal and restore his relationship with his stepmom. Here he describes how his childhood shaped his music career and his faith in Jesus.

REFERRALS

Association for Children for Enforcement of Support (ACES)

<http://www.childsupport-aces.com> — Website

- This non-profit organization teaches parents how to use the government child support agencies to collect support for their children.

Crown Financial Ministries

1035 Old Peachtree Road Northwest

Lawrenceville, GA 30013-3309

770/534-1000

800/722-1976 — Order line

770/536-7226 — Fax

questions@cfcministry.org — E-mail

<http://www.crown.org> — Website

- This organization has resources available for the financial considerations of single parents.

Gary Richmond — First Evangelical Free Church

2801 Brea Boulevard

Fullerton, CA 92835

714/529-5544

714/255-9437 — Fax

<http://www.evfreefullerton.com> — Website

- A packet of materials is available to help churches establish a single parent ministry.

Smart Stepfamilies

1800 South Washington Street, Suite 315

Amarillo, TX 79102

806/356-7701

kristi@rondeal.org — E-mail

<http://www.smartstepfamilies.com/> — Website

- Created by author, therapist, and stepfamily educational specialist Ron L. Deal, this organization empowers remarried couples and stepfamilies for successful family living and equips churches to minister to stepcouples.