

# Notes

## Introduction

1. Online survey conducted by Ron Deal and Smart Stepfamilies, 2018.

## Chapter 1: Blending Well, Loving Well

1. Not her real name. Throughout the book names and details of real people have been changed to protect individual and family privacy.
2. Patricia Papernow, *Becoming a Stepfamily: Patterns of Development in Remarried Families* (New York: Gardner Press, 1993), 387.
3. Ron L. Deal, *The Smart Stepfamily: Seven Steps to a Healthy Family*, revised and expanded ed. (Bloomington, MN: Bethany House Publishers, 2014), 93–98.
4. See Emily E. Wiemers et al., “Stepfamily Structure and Transfers between Generations in U.S. Families,” paper presented at the 2015 annual meeting of the Population Association of America, San Diego, CA, July 2018, [http://public.econ.duke.edu/~vjh3/working\\_papers/StepkinTransfers.pdf](http://public.econ.duke.edu/~vjh3/working_papers/StepkinTransfers.pdf).
5. For a full discussion of the blended family divorce rate see Ron L. Deal, *The Smart Stepfamily*, revised and expanded ed. (Bloomington, MN: Bethany House Publishers, 2014), 101–102.

## Chapter 2: Understanding the Languages of Love

1. The notion that relationships need both love and trustworthiness to foster identity (a sense of worth) and safety (“this relationship is reliable”) comes from the work of good friend Terry Hargrave, PhD, found in his coauthored book *Restoration Therapy: Understanding and Guiding Healing in Marriage and Family Therapy* (New York: Routledge, 2011).
2. Parts of this section are adapted from Deborah Barr, Edward G. Shaw, and Gary Chapman, *Keeping Love Alive as Memories Fade: The 5 Love Languages and the Alzheimer’s Journey* (Chicago: Northfield Publishing, 2016), 38–39.
3. A word we like to use that represents what is created when two people belong to and contribute to a cherished, permanent relationship.
4. Ancient texts like the Bible and modern theories of psychotherapy (see *Restoration Therapy* by Terry Hargrave) have long taught the importance of trustworthiness and keeping our promises. And even though we usually talk

about love as if it's enough for relationships, we all intuitively know a love you can't trust won't result in a safe, intimate relationship.

5. See Terry Hargrave's *Restoration Therapy* (New York: Routledge, 2011).

### Chapter 3: When Loves Compete and Conflict

1. Adapted from Deborah Barr, Edward G. Shaw, and Gary Chapman, *Keeping Love Alive as Memories Fade: The 5 Love Languages and the Alzheimer's Journey* (Chicago: Northfield Publishing, 2016), 38–40.
2. Dawn O. Braithwaite et al., “Feeling Warmth and Close to Her’: Communication and Resilience Reflected in Turning Points in Positive Adult Stepchild–Steparent Relationships,” *Journal of Family Communication* 18, no. 2 (2018): 92–109, <https://www.tandfonline.com/doi/full/10.1080/15267431.2017.1415902>

### Chapter 4: Building Love Together in Your Marriage

1. Lauren Reitsema, *In Their Shoes: Helping Parents Better Understand and Connect with Children of Divorce* (Bloomington, MN: Bethany House, 2019).
2. Blended family financial matters are discussed at length in *The Smart Stepfamily Guide to Financial Planning: Money Management Before and After You Blend a Family* (Minneapolis: Bethany House, 2019) by Ron L. Deal, Greg S. Pettys, and David O. Edwards.
3. Adapted from Gary Chapman, *The 5 Love Languages: The Secret to Love That Lasts* (Chicago: Northfield Publishing, 2015), 37–118.

### Chapter 5: Building Love Together in Stepparenting

1. Learn more about this “No-Threat Message” in *The Smart Stepmom* (Bloomington, MN: Bethany House Publishers, 2009) by Ron Deal and Laura Petherbridge; and in *The Smart Stepdad* (Bloomington, MN: Bethany House Publishers, 2011) by Ron Deal.
2. We recommend Gary's book *When Sorry Isn't Enough: Making Things Right with Those You Love* with Jennifer Thomas (Chicago: Northfield Publishing, 2013).
3. Adapted from *The 5 Love Languages of Children* by Gary Chapman and Ross Campbell (Chicago: Northfield Publishing, 2016), 113–16. Used with permission.

### Chapter 6: Building Love Together in Sibling Relationships

1. Larry Bumpass, “Some Characteristics of Children's Second Families,” *American Journal of Sociology* 90, no. 3 (November 1984): 608–23.
2. Susan L. Brown, Wendy D. Manning, and J. Bart Stykes, “Family Structure and Child Well-Being: Integrating Family Complexity,” *Journal of Marriage and Family* 77, no. 1 (February 2015): 177–90. For a more complete discussion of the difficulties in counting half- and stepsibling relationships see Lawrence Ganong and Marilyn Coleman, *Stepfamily Relationships: Development, Dynamics, and Interventions*, 2nd ed. (New York: Springer, 2017), 191–92.
3. Ganoag and Coleman, *Stepfamily Relationships*, 202–204.

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4. Ibid., 202.
5. Debra Mekos, E. Mavis Hetherington, and David Reiss, “Sibling Differences in Problem Behavior and Parental Treatment in Nondivorced and Remarried Families,” *Child Development* 67, no. 5 (October 1996): 2148–165. As reported in Ganong and Coleman, *Stepfamily Relationships*, 202.
6. Ron L. Deal, *Daily Encouragement for the Smart Stepfamily* (Bloomington, MN: Bethany House Publisher, 2018), 209.
7. Ron L. Deal, *The Smart Stepfamily: Seven Steps to a Healthy Family* (Bloomington, MN: Bethany House Publishers, 1994), 277–85.
8. Ron L. Deal, “What Do We Do Now? When Stepsiblings Have Sex,” Smart Stepfamilies, <https://smartstepfamilies.com/view/stepsibling-romance>.
9. I’m (Ron Deal) so grateful I heard my friend Bob Maday make this statement. I knew it was right—and profound—the moment I heard him say it.

### Chapter 7: Building Love Together in Grandparenting

1. Maximiliane E. Szinovacz, “Grandparents Today: A Demographic Profile,” *The Gerontologist* 38, no. 1 (1998): 37–52.
2. Kenneth W. Wachter, “Kinship Resources for the Elderly,” *Philosophical Transactions of the Royal Society of London Biological Sciences* 352, no. 1363 (December 1997): 1811–817. The ratio for Americans will be one stepgrandchild for every 1.7 biological grandchild.
3. Lauren Reitsema, *In Their Shoes: Helping Parents Better Understand and Connect with Children of Divorce* (Bloomington, MN: Bethany House Publishers, 2019).
4. Lawrence Ganong and Marilyn Coleman, *Stepfamily Relationships: Development, Dynamics, and Intervention*, 2nd ed. (New York: Springer, 2017), 214–26.
5. Ibid., 222.

### Chapter 8: Building Love Together in the Face of Rejection

1. Gary’s book with Jennifer Thomas entitled *When Sorry Isn’t Enough: Making Things Right with Those You Love* (Chicago: Northfield Publishing, 2013) might help.
2. As heard on the podcast *FamilyLife Blended with Ron Deal* in an episode entitled “Challenging Co-Parent Situations and Parent Alienation,” April 29, 2019, [familylife.com/podcast/familylife-blended-podcast/6-challenging-co-parent-situations-and-parent-alienation/](http://familylife.com/podcast/familylife-blended-podcast/6-challenging-co-parent-situations-and-parent-alienation/). Listen to all of Ron’s podcasts here: <https://www.familylife.com/podcast/familylife-blended-podcast/>.
3. Visit Parental Alienation Awareness Organization USA at <https://www.paaousa.org/>. One recommended book is *Divorce Poison: How to Protect Your Family from Bad-mouthing and Brainwashing*, new and updated ed. (New York: HarperCollins, 2010) by Dr. Richard A. Warshak.
4. Shaunti Feldhahn, *The Kindness Challenge: Thirty Days to Improve Any Relationship* (Colorado Springs, CO: WaterBrook, 2016).

**Chapter 9: Encouragement for the Journey Ahead**

1. Dawn O. Braithwaite et al., “Feeling Warmth and Close to Her’: Communication and Resilience Reflected in Turning Points in Positive Adult Stepchild–Stepparent Relationships,” *Journal of Family Communication* 18, no. 2 (January 2018): 92–109, <https://www.tandfonline.com/doi/full/10.1080/15267431.2017.1415902>
2. Ibid., 97–98.
3. Ibid., 98–99.
4. Braithwaite et al. did not ask about aspects of Physical Touch nor did respondents spontaneously offer observations that would fall into this category.
5. Ibid., 99–100. Though “reconciliation/problem solving” was less common as a reported turning point, it had a positive effect. Taking the time to resolve conflict moves hearts toward emotional safety.