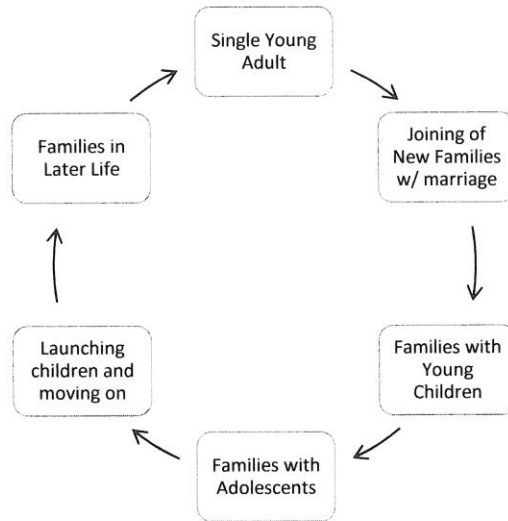


## Stages of the Family Life Cycle



FAMILY LIFE CYCLE STAGE	EMOTIONAL TRANSITIONS	CHANGES REQUIRED FOR THE FAMILY TO PROCEED DEVELOPMENTALLY
<b>SINGLE YOUNG ADULT</b>	Accepting emotional and financial responsibility for self	<ol style="list-style-type: none"> <li>1. Differentiation of self in relation to family of origin</li> <li>2. Development of intimate peer relationships</li> <li>3. Establishment of self in respect to work and financial independence</li> </ol>
<b>JOINING OF NEW FAMILIES</b>	Commitment to new system	<ol style="list-style-type: none"> <li>1. Formation of marital system</li> <li>2. Realignment of relationships with extended families and friends to include spouse</li> </ol>
<b>FAMILIES WITH YOUNG CHILDREN</b>	Accepting new members into system	<ol style="list-style-type: none"> <li>1. Adjusting marital system to make space for children</li> <li>2. Joining in child rearing, financial and household tasks</li> <li>3. Realignment of relationships with extended family to include parenting and grandparenting roles</li> </ol>
<b>FAMILIES WITH ADOLESCENTS</b>	Increasing flexibility of family boundaries to permit children's independence and grandparents' frailties	<ol style="list-style-type: none"> <li>1. Shifting of parent/child relationships to permit adolescent to move in/out of system</li> <li>2. Refocus on midlife marital and career issues</li> <li>3. Beginning shift toward caring for older generation</li> </ol>
<b>LAUNCHING CHILDREN/MOVING ON</b>	Accepting a multitude of exits from and entries into family system	<ol style="list-style-type: none"> <li>1. Renegotiation of marital system as a dyad</li> <li>2. Development of adult-to-adult relationships between grown children and their parents</li> <li>3. Realignment of relationship to include in-laws and grandchildren</li> <li>4. Dealing with disabilities and death of parents (grandparents)</li> </ol>
<b>FAMILIES LATER IN LIFE</b>	Accepting shifting generational roles	<ol style="list-style-type: none"> <li>1. Maintaining own and/or couple functioning and interests in face of physiological decline</li> <li>2. Exploration of new familial and social role options</li> <li>3. Support for more central role of middle generation</li> <li>4. Making room in the system for the wisdom and experience of the elderly, supporting the older generation without over-functioning for them</li> <li>5. Dealing with loss of spouse, siblings, and other peers</li> </ol>