

# **I Have Two Families**

**A Book for Children Who Have Lived with More  
Than One Family**

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# FORWARD

*This is a book for children who live in foster homes, adoptive homes, or families changed by divorce. It is designed to be read by an adult to a child with questions about the child's feelings to discuss.*



I have two families. One family I see almost every day. The other family I don't see a lot. Sometimes I wish I had just one. It can get a little mixed up having two families.

What is it like for you to have two families?



Sometimes I get really sad about having two families. When I don't see one of my families for a long time, it makes me sad. I can't remember things about them, and I don't know what they are doing.

What do you do when you feel sad about your family?



When I am with one mom, sometimes I miss the other mom. Other times I don't miss her at all because I am mad that she can't take care of me. I am mad that I can't see her more often. One time I was mad and I said, "You're not my mother!"

What do you do when you have mad feelings?



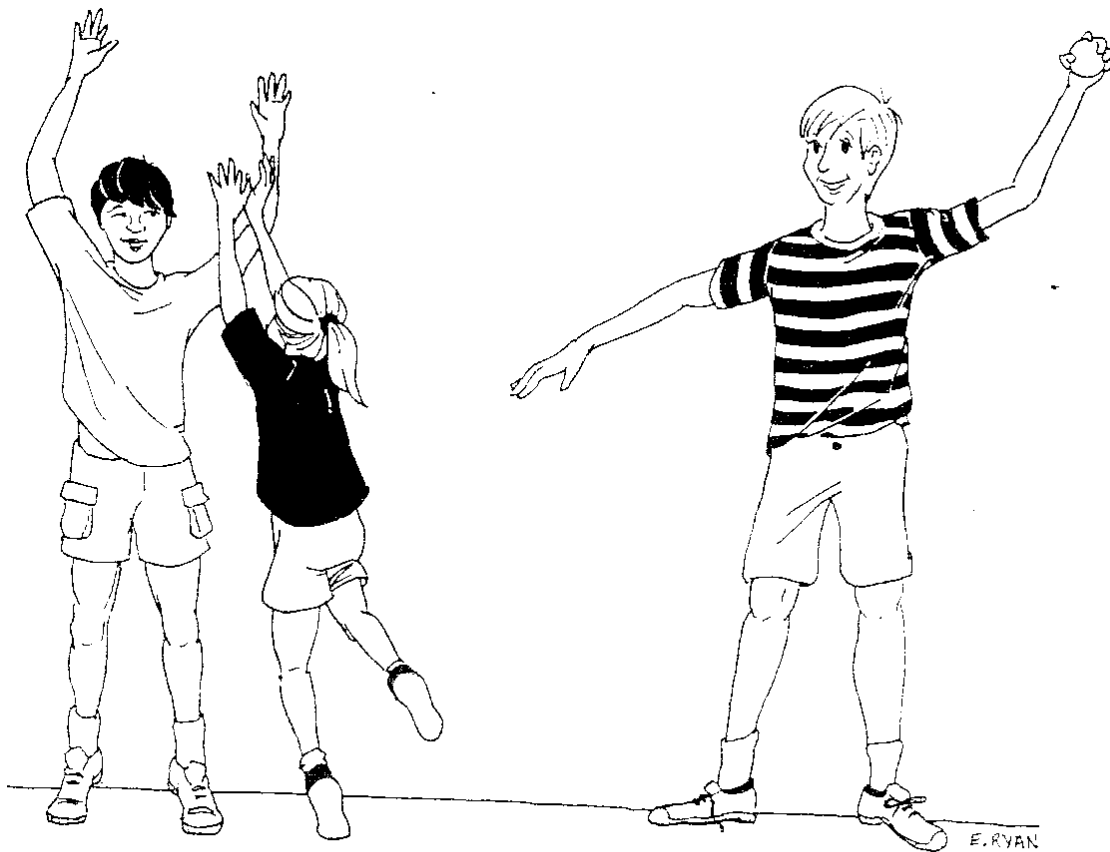
My two families do things differently. They eat different foods, watch different TV shows, and have different rules. Sometimes I wish they would do things the same.

What is different about your two families?



Sometimes I worry about the family I can't be with. I wonder what they are doing. I wonder if they think about me. I wonder if they love me.

What do you worry about?



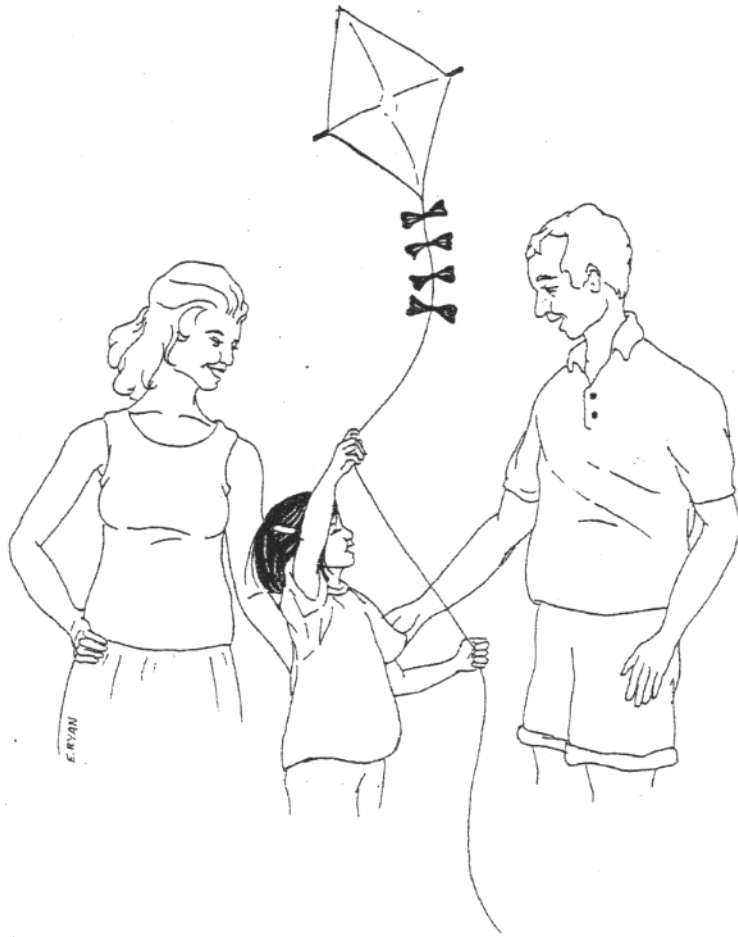
It's hard to have new brothers and sisters. I miss my other brothers and sisters. When I don't see them for a long time, I wonder what they are like, what they are doing.

Tell me about all of your brothers and sisters.



It can get really hard when one family says bad things about my other family. It puts me in the middle of a big mess. I want to feel good about both families.

What do you do when one family says bad things about your other family?



It can be good having two families. There are more people to love me and care about me. Sometimes it's good to live with one mom and visit the other mom, because one of them is better at taking care of me right now.

What is good for you about having two families?



Sometimes I don't want anyone to know I have two families. I want it to be my big secret. Grownups tell me it's not bad to have two families, but they don't know what it's like to get teased about it.

What do you do to keep it private that you have two families?



Sometimes I think it's my fault that I have two families. Maybe if I was really, really good, I would have one family like other kids. Grownups tell me that many kids have two families, and sometimes even more, these days. They say that it isn't my fault I had to move because it's the parents who have to work on some adult stuff when they lose their kids. It doesn't make a whole lot of sense to me.

What do you do when you feel like it's your fault you had to move?



On my birthday and on holidays it can be both good and bad to have two families. Sometimes I wish I could be somewhere else. Sometimes I miss them even more. But sometimes I get more presents or have more fun because both families celebrate with me.

What is it like for you on birthdays and holidays?

My families take care of me in different ways. It is really important for kids to have families to help them as they grow up.