

# How to Enjoy Post-Parenting & Stepfamily Life as a Graceful Empty Nester



By  
*Claudette Chenevert*



Hi and welcome to the 3-part video series on How to Enjoy Post-Parenting and Stepfamily Live as a Graceful Empty Nester.

My name is Claudette Chenevert, known as The Stepmom Coach. I've been a stepmom since 1990 and a mom since 1983. I learned a lot about being a stepmom, especially in my early years through trial and error. Bernard and I believed that when we would be empty nesters, our lives would be smooth sailing from there. Ummmm, not quite. You see, the stepfamily challenges continues but in a different form.

During this three-part video, I'll share a few areas where I believe all empty nesters who are in a stepfamily relationship, whether you are new to the stepfamily scene or a veteran, need to think about and discuss with each other as a couple and include your stepkids as well.

## How to use this workbook.

The best way to get the most out of this workbook and the video series is to set aside 30 to 50 minutes aside to listen and to take notes. Now if you don't have that time to set aside, I made it easy for you. I purposefully created to videos in very short snippets of 15 to 17 minutes each so that you don't have excuses for not being able to do this activity.

Now take a moment to print out your workbook. Believe me, you'll get a lot more out of this series if you take the time to put on paper your thoughts and action items.

Next, find a quiet place with minimum distractions, turning off any unnecessary bells, dings, and popups on your mobile devices or your computer.

Once you're done listening to the videos and jotting down your notes, schedule some time with your spouse/partner and talk about what you learned, heard, realized about being an empty nester (or about to become an empty nester.)

What were your biggest take aways?

What are some actions you'd like to take because of what you heard or read?



Remember that change happens by taking small steps towards what you want most. Be gentle with yourself. Reward yourself when you need a break and know that you're not alone on this journey. Be sure to check out the additional resources I've provided here for you.

So let's get started.

**Video one – Introduction & financial conversations**

Empty nesters with adult stepchildren may face unique challenges and considerations compared to those who only have biological children. Here are a few things that may be helpful for empty nesters of adult stepchildren:

**Life As An Empty Nester**

**Dream**

Life will get easier when...

Kids leave

Ex is no longer in the picture

Financial freedom

We get our time back to do what we finally want

**The reality**

Well sort of

Kids do come back – boomerang

She is always part of the picture, in a different way

Unless one of you is the ATM machine, Health costs

Time management shifts to other priorities, grandparenting

What are other dreams that you have as an empty nester?

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What are the realities in being an empty nester?

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**You are not an ATM machine.**

What are your beliefs around money? Those of your spouse/partner?

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What are some expenses that you might not have talked about as you enter being an empty nester? (Check out the resources at the end of the workbook to help you think about areas you might not have thought of talking about when it comes to estate planning.)

Here are some examples:

- College tuition
- Weddings
- Grandchildren
- Health care (elder care)
- Home maintenance (downsize)
- Travel and leisure

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Do you have a will or other league directives when it comes to your health and welfare? Are your adult step/children aware of what those are? Y/N

When was the last time you updated your beneficiaries for any of your accounts/insurances/retirement plans?

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### **Boomerang Kids**

Do you have house rules for if you have adult step/kids coming to live with you again? Write what those are (or would be if you don't have any, yet.) What are your needs and wants when it comes to having the adult children back in your home? Write those here:

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What are acceptable or unacceptable behaviors in your home? (For more information, check out The Stepmom's Book of Boundaries under the Resource guide at the end of this workbook)

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Extra Notes:

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**Video two – How to build a relationship with adult stepkids and your partner**

In this section, we’re going to talk about emotions, expectations and communication so that you can create a stronger and healthier relationship with your adults step/children and your spouse/partner.

Listen to the video and answer these questions.

What are some of the emotions you are experiencing?

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What are some of the disappointments you’ve come across?-

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What are some of the boundaries you’ve put in place when it comes to your adult step/kids? (You can find more about boundaries in The Stepmom’s Book of Boundaries – Link in Resources at the end of this workbook.)

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What is your preference method of communicating with your family/relatives?

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Make a list of activities you enjoy and would like to do with your adult step/kids and/or partner.

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What are some traditions you are wanting to hold on to? Change? Write down why it's important to you.

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What are things you and your partner enjoy doing together?

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When was the last time you've done anything with him/her or with the kids?

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Action item: Set up a time in the coming week to do something enjoyable. Look at your list and pick one. Note how you felt after your activity and write it here.

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Notes:

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**Video three. Self-Care is for Who?**

This is the last video in the series and it's about self-care. Self-care is often an area that we as parents/stepparents often neglect. We focus so much of our time and energy on the kids that we forget about ourselves and our couple relationship.

Check out the link on couple care on the resource page at the end of this workbook.

Listen to the video and answer these questions.

When you hear the words "self-care" what does it mean to you?

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What are things you do for yourself?

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What are some dreams that you've given up on? Why is that?

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Make a list of your hobbies and interests. With your newfound free time, this is a great time to pursue new hobbies or interests or rekindle some of the older interests you've put aside. Share with your spouse/partner as encourage each other in some new activity, either on your own or together.

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No matter what stage you are in life, we all need support, either from our friends, family, from professionals like coaching or counseling. Support group is also another option. Make a list of people you could connect with to talk about your challenges.

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## Conclusion and Offer

This is in no way a comprehensive program on how to create a strong and healthy life as a stepcouple empty nesters. As we say, this is just the tip of the iceberg. There are so many variables that it would take way too many hours to address all the different scenarios that could happen.

So here's what I'd like to offer you. If you're dealing with adult stepkids, or not sure how to come together as a couple who has adult stepkids, I'd love to talk with you. In the workbook, you'll find a link to set up a free [30-minute consultation with me](#). During that time, we'll talk about what's going on in your life at this time, what are the challenges and struggles you're facing. We'll look about what are some of the things you've done to create the kind of life you want and what are some of the possibilities available to you.

I promise that after our call together, you'll feel hopeful and inspired to either do something different or take action towards your goal. There is no pressure at all. My goal is to really help you see what is possible and explore with you options that you have to improve your life.

The other thing is I'd like to invite you to join the [Stepmom Resource Library](#). This is absolutely free to join and be a part of. The stepmom resource library is the place to get access to many of the free offers I've created and given over the years. Think of this as your special library with plenty of resources just for you, the stepmom. And as long as you stay a member, this part of the library is free of charge to you.

Finally, if you're looking for ways to instill strong and healthy boundaries in your life when it comes to your stepkids, your partner or even the ex, then I invite you to check out The [Stepmom's Book of Boundaries: How and When To Draw The Line – For a Happier And Healthy Family](#). It's available in paperback, ebook and audio. You can also get the companion Card Deck to help you instill your boundaries.

## Resources:

- [The Stepmom's Book of Boundaries: How & Where to Draw the Line for a Happier, Healthier Stepfamily](#) by Claudette Chenevert
- [Stepmom Resource Library](#)
- [Financial Planner Emily Bouchard](#) Talks about money and stepfamilies
- [Self-Care In The Real World](#) with Meg BurtonTudman
- [Self-Care for Couples](#) with Brenda and Gregg Ockun
- [Work with Me.](#) A 30 minute free consultation where we can talk about your unique challenges of being an empty nester.

## About Claudette

Becoming a stepmom wasn't at all what I thought it'd be. I imagined it would be similar to raising my son. Not at all. I often felt like the outside, inside my own home, feeling more like the nanny and housemaid instead of a wife and step/mother. And let's not forget the other parent, who saw me as a threat rather than an ally.



Finding help and information on stepfamilies wasn't easy for us then. We worked hard to make our family function and become what we wanted it to be. We discovered that with the right tools and skills, we created an environment where we respected and loved each other and became role models for our children so that they could one day find someone special in their lives to create a family of their own.

My name is **Claudette Chenevert** and I am a Master Stepfamily Relationship Coach. I have a BIS in Psychology of Communication with an emphasis on stepfamilies and conflict resolution. I've taken my training with Results Coaching Systems and ACE Coach Certification Program.

I host a bimonthly mastermind group with other professional stepfamily coaches/therapists as well as create, present, and host **The Stepfamily Summit** since 2020.

For many stepmoms, it's a hard transition between fantasy and reality. Becoming a stepmom is probably one of the hardest roles she will ever face in her life. I know this firsthand as I personally struggled to find help and support in this growing family dynamics. Statistics are dim when it comes to second, third, and fourth remarriages. My goal is to help stepmothers and their partners build and create stronger and healthier stepfamilies, one STEP at a time.

Through my coaching program, I guide stepmoms in finding and understanding their role within the stepfamily system. My 30+ years of personal and professional training in multi disciplines helps me see the big picture and provide tools that help the stepmom go from surviving to THRIVING

There are various ways we can work together, from **one-on-one coaching** to **group programs** which will start later in 2023. There is also a free **Stepmom Resource Library** where you can find all kinds of resources that I've created over the years. All you need to do is sign up and get what you need in the moment.

If you haven't yet checked out "**The Stepmom's Book of Boundaries: How and Where to Draw the Line – for a Happier Healthier Stepfamily**", you can get your ebook and/or audio book anywhere you buy them, or visit my website at [www.stepmomcoach.com/shop](http://www.stepmomcoach.com/shop).

Are you part of our Heartbeat Community? This is a private online community for members of the Stepfamily Resource Library. Check it out here: <https://stepmomcoach.com/StepmomCommunity>

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