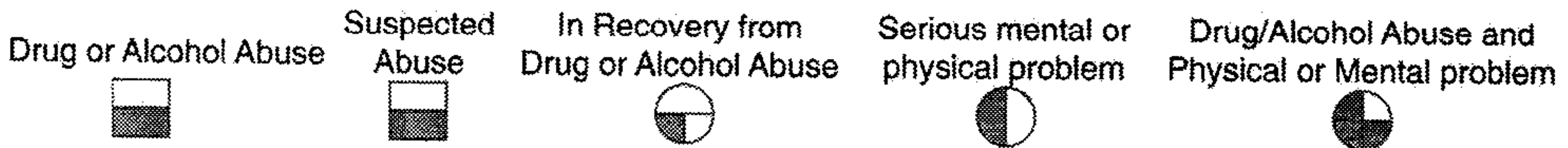
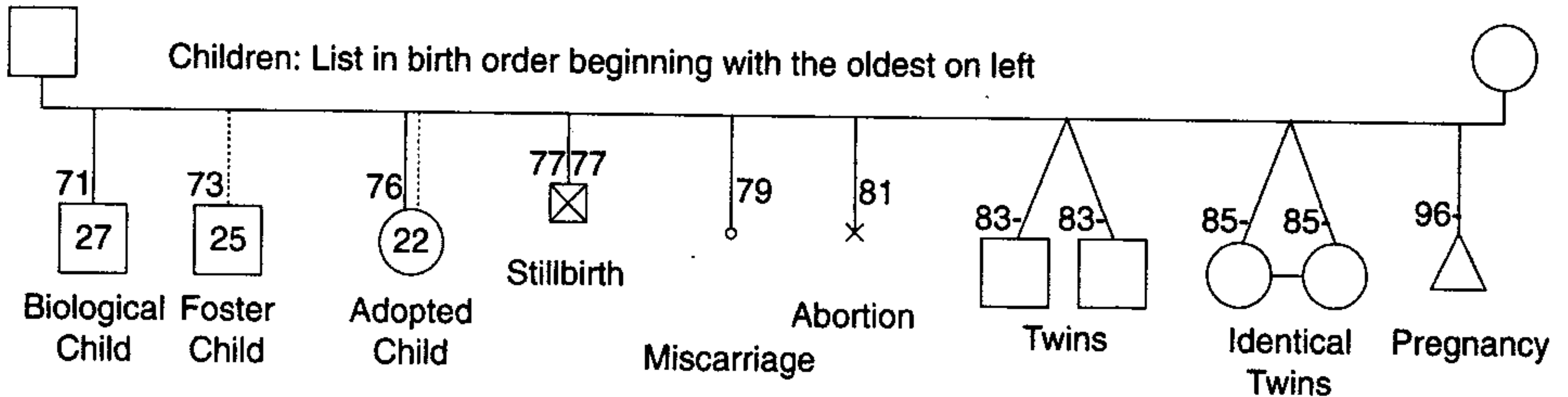
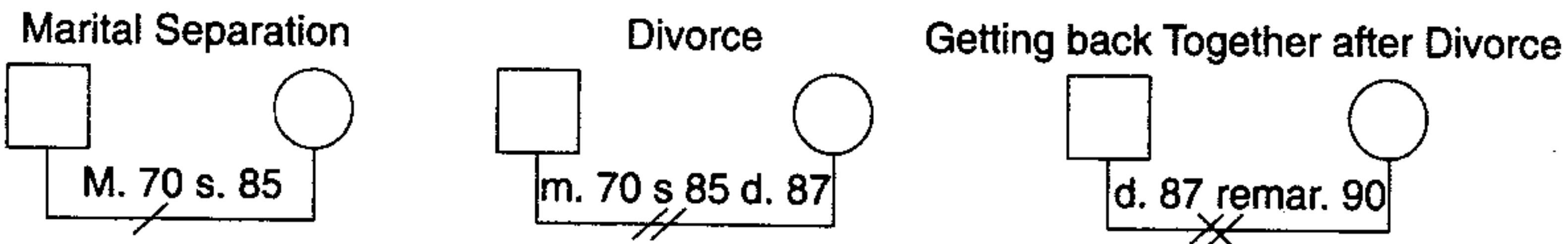
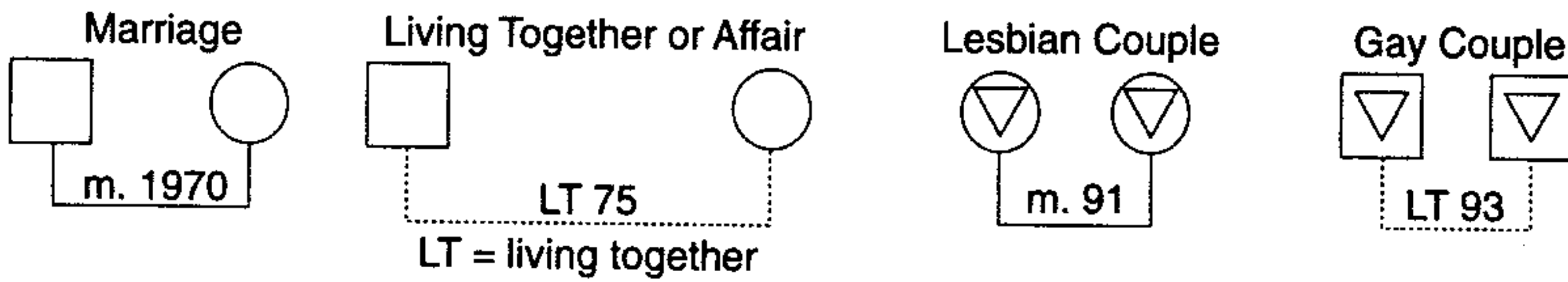
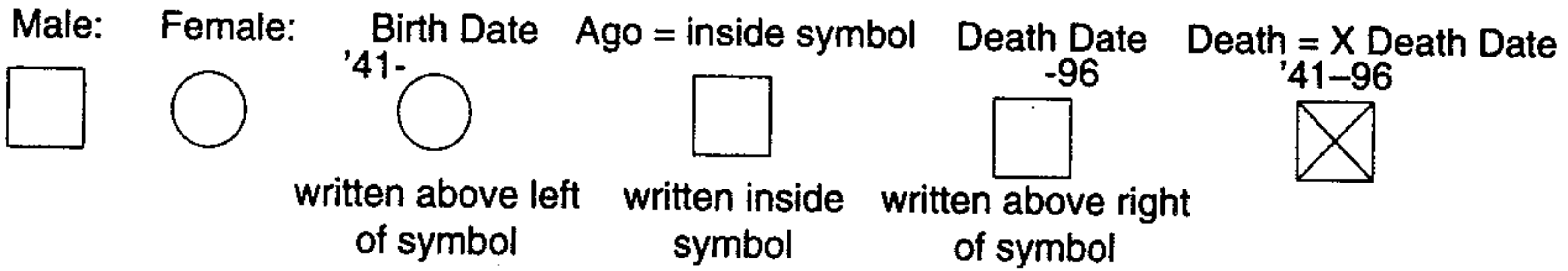


TABLE 3.1. The stages of the family life cycle

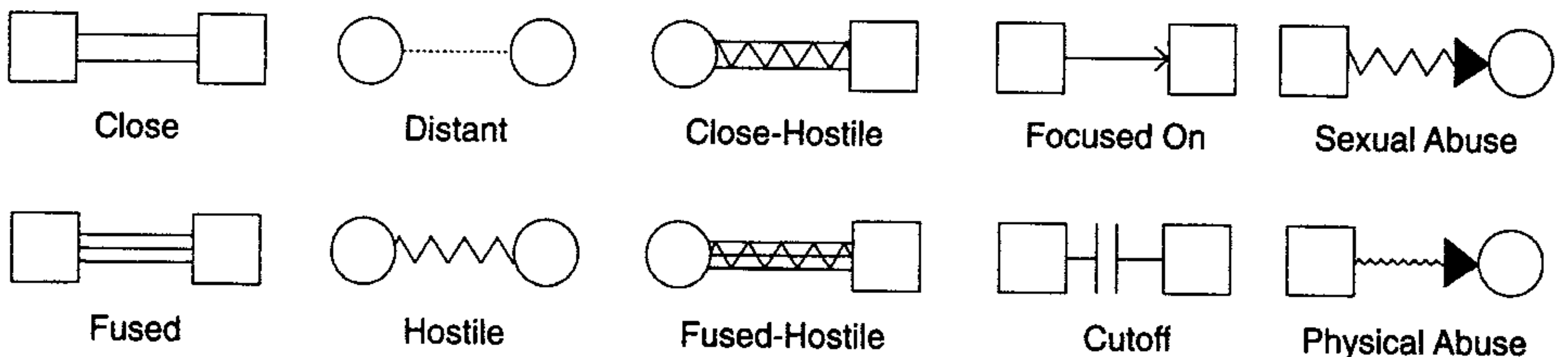
| Family life cycle stage                                     | Emotional process of transition: Key principles  | Second-order changes in family status required to proceed developmentally   |
|---|--|---|
| 1. Leaving home: Single young adults                        | Accepting emotional and financial responsibility for self  | <ul style="list-style-type: none"> <li>a. Differentiation of self in relation to family of origin</li> <li>b. Development of intimate peer relationships</li> <li>c. Establishment of self re work and financial independence</li> </ul>  |
| 2. The joining of families through marriage: The new couple | Commitment to new system   | <ul style="list-style-type: none"> <li>a. Formation of marital system</li> <li>b. Realignment of relationships with extended families and friends to include spouse</li> </ul>  |
| 3. Families with young children                             | Accepting new members into the system  | <ul style="list-style-type: none"> <li>a. Adjusting marital system to make space for child(ren)</li> <li>b. Joining in childrearing, financial, and household tasks</li> <li>c. Realignment of relationships with extended family to include parenting and grandparenting roles</li> </ul>  |
| 4. Families with adolescents                                | Increasing flexibility of family boundaries to include children's independence and grandparents' frailties | <ul style="list-style-type: none"> <li>a. Shifting of parent child relationships to permit adolescent to move in and out of system</li> <li>b. Refocus on midlife marital and career issues</li> <li>c. Beginning shift toward joint caring for older generation</li> </ul>   |
| 5. Launching children and moving on                         | Accepting a multitude of exits from and entries into the family system                                     | <ul style="list-style-type: none"> <li>a. Renegotiation of marital system as a dyad</li> <li>b. Development of adult to adult relationships between grown children and their parents.</li> <li>c. Realignment of relationships to include in-laws and grandchildren</li> <li>d. Dealing with disabilities and death of parents (grandparents)</li> </ul>  |
| 6. Families in later life                                   | Accepting the shifting of generational roles   | <ul style="list-style-type: none"> <li>a. Maintaining own and/or couple functioning and interests in face of physiological decline; exploration of new familial and social role options</li> <li>b. Support for a more central role of middle generation.</li> <li>c. Making room in the system for the wisdom and experience of the elderly, supporting the older generation without overfunctioning for them</li> <li>d. Dealing with loss of spouse, siblings, and other peers and preparation for own death. Life review and integration</li> </ul> |

Source: Carter B, McGoldrick M, 1989. Reprinted with permission.

### Appendix 3.1: Standard Symbols for Genograms



#### Symbols Denoting interactional Patterns between People



(Source: McGoldrick M, Gerson R, and Shellenberger S, 1999. Reprinted with permission.)