The Family Life Cycle
(Stages and Goals)

1. The single young adult between families
   • Achieving emotional and financial independence
   • Accepting parent-offspring separation

2. The newly married couple: joining of two families
   • Forming a new marital system
   • Realigning relationships with family and friends

3. The family with young children
   • Adapting to parenting roles
   • Making room for children in marital system
   • Managing relationships with family of origin

4. The family with adolescents
   • Adjusting to children leaving family
   • Focusing on midlife marital issues

5. Launching children and moving on
   • Re-establishing couple relationship
   • Managing relationships with children and grandchildren
   • Dealing with aging and disability of selves and previous generation

6. The family in later life
   • Facing physical decline and disability
   • Dealing with multiple losses
   • Facing mortality