

Parents adjust to their children's peer and school influences.

### **Stage V—Families with Teenagers**

Adolescents develop increasing autonomy.

Parents refocus on midlife marital and career issues.

Parents begin a shift toward concern for the older generation.

### **Stage VI—Families as Launching Centers**

Parents and young adults establish independent identities.

Parents renegotiate marital relationship.

### **Stage VII—Middle-Aged Families**

Reinvest in couple identity with concurrent development of independent interests.

Realign relationships to include in-laws and grandchildren.

Deal with disabilities and death of older generation.

### **Stage VIII—Aging Families**

Shift from work role to leisure and semiretirement or full retirement.

Maintain couple and individual functioning while adapting to the aging process.

Prepare for own death and dealing with the loss of spouse and/or siblings and other peers.

Modified from Wright LM, Leahey M: *Nurses and families: a guide to family assessment and intervention*, Philadelphia, 1984, Davis.

Developmental theory addresses family change over time using Duvall's family life cycle stages, based on the predictable changes in the family's structure, function, and roles, with the age of the oldest