

Establishing routines in non-traditional families

Run time - :34

ANCHOR LEDE: Helping children feel comfortable in their home will lead to healthier and more successful times during those formative years. But it's easier said than done, especially for non-traditional families, like when grandparents raise kids. Luckily, there are resources and best practices. Tim Ditman of OSF HealthCare has more.

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OSF psychotherapist Doctor Jill Schreiber says you should talk to the young ones about when to sleep, eat, do chores, have play time and other things. Be prepared to adjust.

**\*\*\*SOUNDBITE\*\*\***

**Dr. Jill Schreiber [SHRY-ber], OSF HealthCare psychotherapist**

**"Adjusting is constant. Kids continue to evolve, develop and get older. You quit having naps, for example. You have to develop new routines as you go along." (:13)**

Also don't forget the essentials to make the child feel welcome: their own space, heat, AC, plumbing, lights and more.

I'm Tim Ditman.

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ANCHOR TAG: Parents who need help in this area can talk to a mental health professional or join a support group.