

Establishing routines in non-traditional families

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.

TAKE VO

OSF HealthCare 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.

SOT

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)

VO TAG

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

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