

Establishing routines in non-traditional families

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)

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“It’s helpful for kids to have their own space, and it’s helpful for kids to *know* where their space is. Kids who have come into care often come with garbage bags of their possessions. That’s such a tough symbol for children to feel like their stuff is garbage. So, to help them put their stuff into drawers or onto shelves is a really important step to show their value and connection to the family.” (:28)