



8 Ways to Help Kids in Blended Families Feel at Home



Since many remarriages include children from previous relationships, blended families or step-families are more common now than ever. The process of forming a new, blended family can be both rewarding and challenging experience.

When blending two families, children often wonder where they fit in the new family structure. Home design does play a role in answering this question.

Here are 8 ways to help kids feel at home:

1. **Provide equal representation.** For example, display each child's accomplishments such as trophies, academic achievements and memorabilia equally throughout the house.
2. **Display photos with intention.** The family photo wall should include everyone in the family. The photo wall is symbolic and is an opportunity to show the blended family coming together.

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Meet Shannon Chervitz

Shannon Chervitz, KITM's Clinical Coordination Manager, has been with the Agency since 2012! "I love that we are able to give families hope and encouragement during one of the most difficult times," says Shannon. When she is not at work, this mom of three enjoys staying active with her family, whether it's a trip to the farm, wandering the mall, or a weekend full of softball tournaments. A fun tidbit about Shannon is that she loves The Real Housewives franchise. "I just can't get enough," she says.





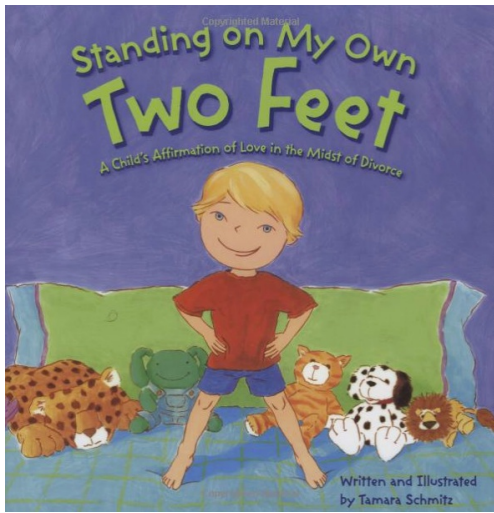
Do you spend one-on-one time with your children? If you have multiple children, it can be difficult to schedule this individual time with each one. It is still very important to do so whenever possible as this one-on-one time is excellent for fostering the parent-child relationship.

Below are some ideas for activities that you can do together:

- **Volunteer.** Volunteer at a homeless shelter, the humane society, or Habitat for Humanity.
- **Go out to eat.** Try going to a place where kids eat free, enjoy a picnic at your local park, or visit an ice cream shop.
- **Go to the store.** Go together for regular grocery shopping, or just to do some window shopping, or to pick out something special at their favorite store.
- **Have fun together.** Go play mini golf, try out the batting cages, visit the community pool, or race go-karts.
- **Make a meal together.** Make a pizza, have a taco night, or make his/her favorite meal.
- **Take a class together.** Dance lessons, music lessons or art lessons.

No matter what the activity is, your child will enjoy the opportunity to spend quality time together. Make it a regular event and try new things!

Standing On My Two Feet: A Child's Affirmation of Love in the Midst of Divorce



Addison is a regular kid whose parents are going through a divorce, but he knows that no matter what happens, his parents will always love him. At home, at soccer practice, and even at tae kwon do lessons, Mom and Dad will always be there to cheer him on! The text in this beautifully illustrated picture book is inspiring for both children and parents alike, and assures kids that they will always have two parents to lean on, just as they have

two strong feet to stand on.

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