



Kids In The Middle®

Transitions & Routines for Children



It's essential to provide a sense of security to help children cope with divorce. Children crave predictability and knowing what will happen next because it gives them a sense of control. During times of transition or upheaval like moving, divorce, starting daycare or school, or a new sibling, routines are essential.

Try utilizing a visual calendar to help children understand when they'll see each parent. For example, use a schedule with magnets that represent each parent, holidays, everyday activities and appointments.



Meet Randi

Randi Borroff, Clinical Supervisor, joined Kids In The Middle in July 2016. Randi previously worked at a private practice. Randi loves watching children and families begin to feel hope again and adjust to their new normal. She finds this work to be truly gratifying and enjoys working for a non-profit. In her spare time, she takes pleasure in working out and traveling to visit her daughter in Seattle, WA.

Blending Families After A Divorce

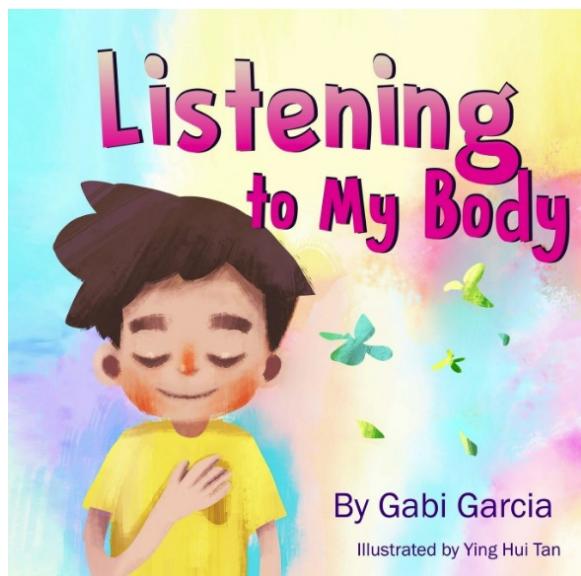
Blended families have become more and more common today, but making everything mesh is not a simple matter. After a divorce has occurred and two families are brought together to create a new one, it takes patience to make it work. Here are some tips for merging families after divorce.

- Remember that it won't happen overnight. It takes time for everyone to find their place within the new family dynamics and it doesn't happen

overnight. Don't expect everyone to move in together and be full of joy and happiness over the new arrangements. Kids will find themselves in a brand new birth order – the youngest in one family may now be the middle child or the youngest in this new blended family. Give it time.

- **Spend time getting to know each other.** It takes time for families to blend, and it takes time and effort to get to know each other. Your new spouse's children don't know you and your personality, and you don't know theirs. The kids who are all now step-siblings don't know what makes each other tick. Make a concerted effort for everyone to get to know each other better. Play games together. Go on outings together. Ask each other questions.
- **Establish family rules.** When merging two families into one, each family comes into this new relationship with rules and traditions. It's time to establish new family rules for the new blended families. Discuss with your spouse what rules will be important and need to be created and enforced.
- **Be consistent.** Kids can spot inconsistency and weakness a mile away. If they see the parents being inconsistent in rules, behaviors, and expectations, the kids will respond with disrespect and attempts to bend the rules. Be consistent and make sure you and your spouse are on the same page with everything and every rule.

Listening to My Body



Listening to My Body is an engaging and interactive picture book that introduces children to the practice of paying attention to their bodies.

Through a combination of story and simple experiential activities, it guides them through the process of noticing and naming their feelings and the physical sensations that accompany them, while helping them build on their capacity to engage mindfully, self-regulate, and develop a better sense of well-being.

From "buzzing" and "tingly" to "wiggly" and "squirm," *Listening to My Body* gives children a vocabulary to name their sensations and cultivates the message that whatever sensation or feeling they experience is okay. Putting these concepts into practice will help children get better at figuring out what they need to show care and kindness for themselves, especially when they experience difficult emotions.

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