“You can’t have too many caring adults in a child’s life” says Brian Higginbotham, professor in the department of Human Development and Families and Associate Vice President for Extension, in the latest episode of Instead. Dr. Higginbotham leads one of the largest research-based relationship education initiatives in the county with programs for those who are single, dating, married, remarried, and divorced. In this episode, he discusses building and navigating step-family relationships.

First and foremost, Dr. Higginbotham reminds us it’s normal for children to need a period of adjustment to a new adult in their lives. And, for adults and children alike it’s not only okay, but probably necessary to lean on resources to adjust in a healthy and loving way. Dr. Higginbotham assures us that finding resources to help you with your family dynamics is not admitting that your family is wrong, but it is a sign of strength that you know that there are others out here that research this for a living and can help you make your family relationships better. Dr. Higginbotham will be one of three featured presenters at the upcoming Blue Plate Research event on April 20 from 11:30 a.m. to 1:00 p.m. You can hear more from her then by RSVP-ing here. Don’t miss the Instead episodes from his fellow presenters: Dr. Fauth and Dr. Whiteman.