**Response to Laura’s Post**

Your Name (First M. Last)

School or Institution Name (University at Place or Town, State)

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Many important points are raised in Laura's posts regarding family health promotion. A family is an essential unit of society and its health and wellbeing impacts the whole community. Healthy family environment makes its inhabitants peaceful and productive.

In the discussed case, all members of the family have their own routines and their busy schedules make them spend less time with the family members (Migliorini, Rania, Tassara, & Cardinali, 2015). Father in this family has diabetes which indicated that he strongly needs to pay attention to his health. Having a family member with diabetes increases the risk of diabetes in children. So this family requires to pay particular attention to the food groups that they consume. A nurse needs to guide them to form collective eating habits as Laura suggested that they should develop family routines. I think they can do so, by eating all of their meals together. It will give them chance to concentrate on making proper home cooked meals together and eat it as a family unit. This will help them to improve their eating habits.

They should schedule all their weekly activities together and paste it on the wall so that all of them are well aware of each other's day to day s this help them plan activities together. Another thing that they can do is, to plan a weekly or monthly vacation for a few hours each day. This will help them spend quality time together.

Measures like doing family chore together, as suggested by Laura, can improve their relationship and give them a chance to connect and discuss things with each other. It is a scientifically proven fact that spending family time improves health and helps to alleviates stress levels. As family members who are closer to each other, can listen and respond to each other’s emotional needs better than any outsider.

**References**

Migliorini, L., Rania, N., Tassara, T., & Cardinali, P. (2015). Family routine behaviors and meaningful rituals: A comparison between Italian and migrant couples. *Social Behavior and Personality*, *44*(1), 9-18–18. https://doi.org/10.2224/sbp.2016.44.1.9