**RESPONSE TO AMANDA POST**

Your Name (First M. Last)

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

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 Amanda’s post has aimed to describe the role that nurses can play in helping families forming routines. No doubt it is a fact that often families suffer from health issues that are a result of lack of routine and order in life. Spending too much time sitting, eating junk food, increased screen time, lack of walk and disturbed sleep cycles are the number one reason in creating health problems. In such situations, nurses can play important roles in changing the lives of the patients and its family by establishing routines.

 In case if any family member is suffering from a severe health problem, the role of the nurse becomes more important. Education and nursing interventions are given to patients and their family by the nurse to equip them with tools and methods that they use to change their lives for better. Amanda has raised an important point that it is easy to follow a routine and add interventions in life when the nurse is around, but nurse can’t stay with the family forever, so it is really important that nurse helps patient’s family in becoming independent in following the structure. So that health outcomes become their constant(Jones, Fiese, & STRONG Kids Team, 2014).

 Not just in case of a diverse health crisis situation, but in regular circumstances, it is really important that family stays connected. Nurses can help family form routines that increase family engagements. This engagement is really beneficial for children as they benefit the most from these. Collective family activities that give everyone a chance to sit together and achieve common goals are really important in building trust between members and in creating a deeper bond. Family meals, collective cleaning routines, etc., play important roles in enhancing communication between family and gives a chance to kids to really connect with elders. But nurses should make sure that they don’ introduce any norms that are against the family values of the client family. Overall Amends’s post has been really thorough in presenting the role of the nurse in establishing routines.

**References**

Jones, B. L., Fiese, B. H., & STRONG Kids Team. (2014). Parent routines, child routines, and family demographics associated with obesity in parents and preschool-aged children. *Frontiers in Psychology*, *5*, 374. https://doi.org/10.3389/fpsyg.2014.00374