Discussion Board 4

 [Name of the Writer]

[Name of the Institution]

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 Family Development theory highlights the experiences and changing patterns of families during the life course. The word “Family” represents a social group that shows the parent-child bond. During the different phases of life, each group member has to play his or her role to perform a developmental task. Likewise, the childbearing family also have to perform specific functions which are included in the Family Development Theory. For the well-being of the family, it is necessary for the family to follow all the nine tasks mentioned in the book (Kaakinen, Coehlo, Steele, R., & Robinson, 2018). In my Nursing Practice, I have a patient who is quite disturbed after giving birth to a baby girl, and it is her 15th day after the delivery. She complains of emotional disturbance, sleeplessness, and disability to complete the physical tasks. She is employed at a firm and currently living in a joint family. In this case, task eight seems an appropriate option to deal with the patient and her family.

 It shows that the mother is unable to cope with the changes after childbirth. Therefore, it is the responsibility of the whole family to help her deal with the changes. In this case, the entire family including the mother need to accept the changes and support each other. The eighth task is supposed to main family members’ motivation and strength of mind. Interventions aimed at the parents' mental health in the perinatal period is crucial because of the changes in this stage for the parents, child and the family (Rominov, Pilkington, Giallo& Whelan, 2016). It is the responsibility of the nurses to intervene in matters of childbearing on a family. The very first step would be to inform the family about the methods of giving relief, relaxation and sleep which can help them to overcome the restlessness and tell the parents about the alternative ways to feed the baby at night and adjusting the rest timing according to it (Kaakinen et al., 2018). The family of the patient will be asked to support her emotionally and morally. Moreover, the mother also needs counseling with changes in her physical, social, and sexual life.

**References**

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