Response to Heather

[Name of the Writer]

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RESPONSE TO HEATHER

 Routines and rituals are crucial for keeping a balance in the personality of a person. Routines keep a person organized and motivated. Routines and rituals help a person to manage their things accordingly. Time management is an important concept that can be learned effectively if a person starts following a set routine or ritual.

Routines and rituals become an integral part of a person’s personality if learned in early childhood. Families play a significant role in shaping the personality and characteristics of a child, and a family should pay special heed in making a child organized and managed in his or her life. Setting up a proper routine or time table can significantly help in this respect.

In the discussed post, Heather has very rightly pointed out that routines and rituals help in family organization and communication processes. They can bring a balance in the family. If a pattern or a routine is set for all the family members, they will find it easy to manage their daily affairs in an effective manner and give time to the family as well.

Same is true in the case of children; children learn from the patterns followed by their elders, especially parents. If parents have a set routine and they follow a proper pattern, the child will observe and learn from them (Spagnola, & Fiese, 2007). If parents find it difficult to teach their children a set routine, they should first observe their own schedules, that whether they are carrying a routine with themselves, are the following a schedule. If no, they should first make these changes in their own lives, before making their children do that.

In the end, Heather is setting an excellent example for her daughter by following a traditional ritual. It has been possible because she was taught a good ritual in early childhood and her family themselves followed it, so it has strongly instilled its roots in her mind.

**References**

Spagnola, M., & Fiese, B. H. (2007). Family routines and rituals: A context for development in the lives of young children. *Infants & young children*, *20*(4), 284-299.