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Human Behavior 2
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Reflection #9

Respond to the questions below based on your review of Chapter 9 Middle Adulthood.

1-Discuss the benefits of a support group for caregivers.

Provide a much-needed respite from caregiving

- Grandparents play the most inevitable role as a support group for caregivers; especially for first-time parents. Grandparents are able to share nepotism through resources, such as their experience and wisdom in child-rearing; Grandparents also take a pressure load off of parents, knowing and understanding the struggle of parenting, which is important for negative preventions such as postpartum for mothers and also make life more convenient for the family as a whole. This new role offers new opportunities and new learning. The tasks of grandparenting can lead to self-reflection on one's own parenting history and call for new competencies. " It takes a village to raise a child."

The listed Benefits of a support group:

- Reduce isolation and loneliness.
- Provide an opportunity to share feelings and experiences in a supportive atmosphere
- Affirm and validate feelings and thoughts about the caregiving situation

Instill hope.

- Educate caregivers about the effects of chronic disabilities and available community resources.
- Encourage a mutual sharing of information about effective coping strategies
- Help caregivers to become motivated to use systematic problem-solving procedures and coping strategies to reduce

2-Identify and discuss the four major social roles of women in American society.

The old traditional ways for women role in American society are for the women to be married as wife or become a widow, it was rare in the past age for women not to be married as a wife. Women is also known for being the homemaker, taking care the nest and being the nurturer to the household as a mother. Women also must take up the role as employee in corporate America, especially today was women are taking up more of diverse roles in the career fields.