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— Abraham Lincoln

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When one hears this quote, they are often directed to reminisce about their relationship with their mothers. When Abraham Lincoln thought about his mother, he thought of a woman that knew what she was doing when she raised Abraham. Although one of the lower points in Lincoln’s life came when his mother died in his earlier years, he loved and adored his mother more than we realize. You better believe his mother was in the Lincoln home while Abraham grew up to raise him to be the man he became. (Lincoln, 1965)

When I think of my mother, I hope to always think of her the way Lincoln thought of his mother. Although I do not mean to demean in any way the work of raising me that my mother has done, I think she has done a great job to say the least, but there has always been one thing that I know I have missed. Having a stay home mom.

The hypothesis under investigation in this paper is that women should be in the home as often as circumstances allow to raise their children. The family is central to all human life. Women have one of the major roles in this, which makes it very important for them to be in the home. This is why it’s important for women not to be working whenever possible. The norm of yesterday included women as mothers and men as the workers. “Because of smaller family size, longer life expectancy, and higher employment rates for women, motherhood has come to occupy less of a woman’s adult life, and work outside of the home has come to occupy more.” (Hoffman, 1977) This shift toward women working already and will continue to increasing hardships for women and more children who are “malnurtured.”

Part I of this essay will discuss the roles and expectations of mothers. Part II will include the effects on mothers in the working field and their challenges. Then, Part III will consist of an in depth analysis of the effects working mothers have on their children.

Part I: The Roles and Responsibilities of Women

Going all the way back to the times of Adam and Eve, women have always been the caretakers of the home and family. Their jobs, although different than men, are often just as time consuming. The fact is that all women have a full time job of raising their children. (Pinborough, 1986) However, most women today believe that only women with careers outside the home do the work that really matters. Although there are no promotions, awards or bonuses at the end of the month involved with being a mother, this does not devalue the work of mothers in our society.

When the roles of motherhood are considered, today we can find them rapidly changing. Now a day, 75% of Americans reject the idea of women going back to their traditional roles in society, and most believe that both husband and wife should contribute to the family income.

Only 19% believe women should focus on the work of motherhood. (Parker, 2009) For mothers, their jobs long and hard, with a variety of tasks involved. A mother's main responsibility is to love her children, to teach her children, and to nurture her children in their growth. Although this responsibility is shared between men and women, this is the woman's main charge. A mother begins with the basic things, like how to walk or eat without help, moving on toward how to treat others and how they're to wash their own laundry. Mothers are in essence, preparing their kids to be respectful and responsible adult members of society. They show the way through teaching and by example.

Sometimes family circumstances involve the necessity of mothers working to provide the needs for her family. Most common reasons occur when women are widowed, divorced, or economic necessity. In part for preparation for motherhood, is in necessary that women get an education. All human beings of this world deserve the same chance to gain any education they so desire. Everyone is unique, which makes our interest even more unique. Women should work just as hard as men do throughout their whole education. It's important that they go to college and get their degree. Whether they get their degree before or after they get married is not the case. This education should serve a means for self fulfillment and also as a ready to use back-up in case of a time when it is necessary for them to work.

Although the world might view the work of motherhood as last priority or that only women with careers are doing what really matters, motherhood is not about the status. It's about giving your kids the best possible future. This is why it's so important for mothers to be in the home, raising their kids to become the best they can be, with no excuses.

Part II: Why Do Both?

"I can't take it, it's just too much. I can't even sleep at night! I'm sorry I can't be a good teacher and a good mom at the same time!" I hate it when my mom says things like this. If you think about it, children aren't the only being hurt when a mother has to work. It's more than exhausting for a mother to try and take care of herself, her family, and then work as well that kind of time adds up and can leave a mother feeling wiped out. These results can be felt through stress, sleeping problems, always feeling run down, being more susceptible to diseases, and various other problems.

In studies done by Luecken, Suarez, Kuhn, Barefoot, Blumenthal, Siegler and Williams, they were trying to prove that mothers who work outside of the home and have to take care of kind in their home are more stressed than those not working. They have found that women that are working with children at home excrete greater amounts of cortisol and experience higher

levels of home strain and those without children at home. (Luecken, Suarez, Kuhn, Barefoot, Blumenthal, Siegler and Williams, 1997)

If women don't need to work, it makes no sense for them to in the work force, wearing themselves down to the point where all the other things in their life become more stressful. "Working mothers in particular are ambivalent about whether full-time work is the best thing for them or their children; they feel the tug of family much more acutely than do working fathers. As a result, most working mothers find themselves in a situation that they say is less than ideal." (Parker, 2009) This is something natural for women to be feeling as they debate whether or not to work. Basic genetics show us that women are genetically engineered to be mothers and take care of children. Men in the same basic ways are engineered to perform work for the family. The decision to work should not be a hard one for mothers. Doing too much more than your body is meant to do, is like asking for untamed stress.

When a mother has to work outside of the home, they often find that they don't have enough time in a day. Four out of ten say that they feel rushed compared to women at home and working men. Whether a woman works or not, her responsibilities in the home do not change. This just means that working women have the added stress of a job added on to home responsibilities. Statistics have shown that four out of ten working mothers feel stress and overloaded. When full time mothers were asked the same question, it was found that only 26% felt rushed and only 25% of men felt they were rushed. Mothers in the home find themselves enjoying taking care of their children while still having time to do what they want to do.

Part III: Think About the Children

As of right now, the United States is ranked 8th for the amount of women working as a whole at 61%. (Working Mothers (most recent) by country, 2003) 47% of all workers are mothers working outside of the home. This means that 47% of kids have a mother working outside of the home away from their kids. I remember days when all I wanted to do was come home to my mother, backing cookies, or waiting to read me a book or help me with homework. Instead, because my mother had to work, when she got home at night, she rushed to make dinner while Dad helped with homework or visa-verse. Of course the fact that she was a teacher didn't help at all. My mother rarely had time to do much with us during the school week and when she wasn't grading papers on the weekend, she would try her best to spend as much time with us as she could. The most memorable times came during the summer when my mom didn't have to work. She spent as much time as should could with us, giving us kids those lasting memories that taught

us so much! Because women are working they are failing scholastically, nutritionally, behaviorally, emotionally.

One of the most important things that a child needs when they are growing up is time. A child not only needs quality time spent with them, but also a large quantity of it. They need time to create a relationship with their parents that sparks respect and loyalty. Children that spend large amounts of time with their mother and father doing homework, arts and crafts, good conversation, etc. find themselves in good standing in life. What good is a mother that isn't there to support her children? With neglect being the number one cause of failing kids in today's there is a high concern for the amount of time and attention kids are getting. (Eckenrode, Laird, Doris, 1993)

When a mother has to work, she has often committed herself to her job without thinking of her children. The hardest thing to deal with today, in most teachers' point of view, is trying to get lazy, unwilling kids to do their work and try their hardest. Let's be honest, no one likes having to do homework every night. But with a mother's kind help and sometimes persuasion, this task often can become more bearable. It's a mother's simple reminder that often keeps her kids getting their work done. Everyone has seen the effects of kids that do not do their homework. They fall behind compared to the rest of the class. The earlier this kind of thing happens, the more severe and lasting the effects can be. All mothers want their children to succeed in school; the best way to help them is to be in the home helping them in their goals.

What happens when Mom and Dad don't get home until 6 PM and both are worn out to the point where no one wants to make dinner or has no time to make a good and balanced meal? For most families, this means opening up the freezer and finding some type of TV dinner or my favorite, Dad's going to be picking up some McDonald's on his way home. When a woman decides to work, it can be challenging for her to find the time to provide a wholesome and tasty meal every night and on weekends. The majority of us all mothers have to admit to feeding their children junk food in order for to get in a quick meal before they go to bed or when there's simply no time for anything else. Wouldn't it be nice if mother's were able to spend more time providing nutritional meals that helped them stay healthy and eat right?

Other big problems that teachers are having with students are their poor behavior and emotional dilemmas. When a child acts out, why do they do it? Most of the time, even though they don't like to admit it, is that they are seeking attention. Most of the time they are seeking this attention from others at school because they aren't getting the attention they need in the home. With more and more mothers deciding to work, kids are not getting the attention they need. Their precious time spent with parents needs to be given. Kids know when they're not wanted. Imagine what the difference would be if all mothers stayed in the home, where they were able to keep track of

what their kids were doing and what they needed. Mothers would always know how their child is doing in school and what kind of friends they have. They would be able to provide their kids with the help they need in school and making sure they get it. Also making sure they don't seek for attention in the wrong places.

Conclusion:

Children and families need the mother to be in the home, now more than ever. The outlasting role of women is to care for and nurture their children. Women of mountainous regions especially need to get an education but stay in the home unless it is absolutely necessary for them to work. Men were built to work and so it is their role to be out in the work field. Women have a divine role to be in the home to care for their children in a way that best prepares the boys to become loving and helpful workers and the girls to seek their ambitions to become a mother themselves. Just imagine the wealth of good citizens and people that would be brought up into our society. Imagine how the crime rates would plummet and how our society would benefit! I challenge all mothers, with the choice of working or not, to keep themselves in the home where they can keep themselves healthier and their children safe.

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