

Health and social care

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There are many predictable major life events like starting school, starting/changing employment, marriage, parenthood and retirement. However there are also unpredictable major life events like birth of a sibling, redundancy, illness and serious injury, divorce, and bereavement. We are influenced by the range of life factors and also by the events which happens to us. Some huge changes in life can be predicted and also be chosen.

However others may be unpredictable, like if sudden changes were made in your life there is a high risks that you will feel stressed and feel out of control that you don't know what to do anymore. Predictable events Starting school can be positive for child's learning as they started to make new friends and to cope with changes. However there are also risks with staring school like feeling unsafe; this could include withdrawing from others and loss support from parents. The effect that it had on Aiden when he was young was that he went through the same experience of starting school and feeling unsafe.

Parenthood is an experience that most people will experience in their life, the positive effects is most likely attachment to child and learning parenting skill. Although, there are some negative effects that come with parenthood like disruption of previous lifestyle, loss of any free time and new demands on time and energy and feeling tired and loss of sleep. The effect that it could have on Aiden when he became a parent is that he could go under pressure like the way any other parents feel when they have their first child, tired and stressed from lack of sleep and free time.

Unpredictable events Birth of a sibling can be positive for child as they won't grow up alone being the only child and also they will learn to make new emotional attachments and won't be insecure around other people as some

children who don't have any sibling doesn't really interact with others. However there are negative effects like rivalry and jealousy, emotional tension because the role that they had in the family has changed and they could also lose some attention from their parents.

The effect that it had on Aiden was when he was around 9 years old his younger sister were born and he became very jealous of his new sister and he also felt kind of left out as his parent were paying most of their attention to their new born. Then he started acting or doing things he don't usually do. Bereavement can have some positive effect on people like learning to cope with the loss and new lifestyle. However there are mostly negative effects in bereavement like grief at the loss a relationship, failing to adapt to an unwanted lifestyle and not coping with the death of close ones.

The effect that it could have on Aiden is that him not being able cope with the new lifestyle because he is so close to all his family and friends. Also he wouldn't be able to move on so easy because of the loss of important person that he was so emotionally attached to as that person was the one who provided him emotional support and was the one to reassure him. Even though he has his family and some friends support, he won't be having someone that is always with him and helping him with his daily life, leisure and social activities that he doesn't like doing alone.