

Carta al editor

The Positive Impact of Immigrant Women's Experiences

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Dear *Eleuthera* Editor,

I am writing in response to the call for papers for the upcoming 2026 special edition, "*Challenges in the Research and Intervention with Today's Families*."

The Positive Impact of Immigrant Women's Experiences on Their Families: A Call to Action

I would like to draw attention to the positive impact that migration can have on women and their families—an area that merits greater visibility and support. I have had the privilege of working closely with newcomer and refugee women from diverse backgrounds. Through this experience, I have witnessed remarkable resilience and strength. Migration is not merely a physical relocation; it represents a profound life transformation that shapes and influences the future of individuals, families, and communities. The contributions of immigrant women and their families to the migration process are too often overlooked and deserve greater recognition and unwavering support.

Historically, the achievements of immigrant men—particularly those from Southern and Eastern Europe—have been well documented, while the experiences of immigrant women remain underrepresented. As Maxine Seller (1975) noted, this imbalance must be addressed. It is time to shift the narrative and acknowledge the vital roles women play in migration dynamics. Understanding how family considerations influence women's migration decisions, particularly in North America, deepens our appreciation for their courage and determination in seeking new opportunities.

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At a broader level, global migration trends are shaped by factors such as economic instability, environmental change, and geopolitical conflict. Central to these movements are the families that inspire women to pursue safety and stability. The emotional resilience required to leave loved ones behind should not be underestimated. Many women embark on this journey with the aspiration of reuniting their families despite the complexities of settlement processes—an aspiration that reflects extraordinary perseverance (Rumbaut, 1989).

While migration entails profound emotional challenges—including loss, separation, and cultural dislocation—it also offers opportunities for personal growth and adaptation. Many immigrant women draw strength from their cultural and spiritual traditions to navigate these transitions (Vega et al., 1987). As Rogler et al. (1987) observed, migration can serve as a catalyst for personal development, even amid significant stress. This dual experience of trauma and transformation opens pathways for resilience and renewal.

Recognizing the intersectionality of gender within the migration experience is essential. Acknowledging the unique challenges faced—and often overcome—by immigrant women enables more effective and compassionate support. While many experience adjustment-related stress, many also transform these experiences into sources of strength (Portes & Rumbaut, 2001). They redefine their roles within their families and communities, building legacies of empowerment.

Family dynamics also evolve through the migration process. Women entering the workforce often foster more collaborative relationships with their partners, promoting shared responsibilities and more equitable decision-making (Hennebry et al., 2021). Conversely, women who do not enter the workforce may face difficulties negotiating their roles, underscoring the need for comprehensive and inclusive support systems. Encouragingly, as more men engage in caregiving, women continue to manage households while actively participating in financial and childcare decisions—creating a new narrative of shared family responsibility (Perrin, 2013). From a demographic perspective, Parr (1987) noted, migration can alter sex ratios both in countries of origin and destination. Today, women comprise more than half of recent immigrants to the United States (Hennebry et al., 2021). Recognizing and leveraging their contributions is critical for building more inclusive migration policies.

To foster meaningful change, migration data should be systematically disaggregated by sex and age. Such analysis will enable more effective policymaking, ensure more equitable resource allocation, and provide targeted assistance for migrant communities (UN Women, 2020). Global frameworks such as the Global Compact for Migration and the New York Declaration for Refugees and Migrants offer guiding principles for promoting gender equity and inclusion—principles that we must actively champion.

We must work collectively to challenge stereotypes that marginalize immigrant women and to celebrate their essential contributions to our societies. It is time to amplify their voices and ensure that our policies and services reflect their pivotal role in shaping the future. I invite you to join this movement—one that is not only an emotional journey but a powerful opportunity for social transformation.

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