

# Perfection isn't for parents

One of the hardest things about being a parent in the 1970's is the flood of information and advice on the subject. Old reliable Dr. Spock has been almost crowded off the book shelf by dozens of new experts. Controversies like "Does spanking the rod really spoil the child?" have been replaced by techniques for toilet training your child in one day. Mothers have to worry about food coloring and salt contents in baby food, not to mention the effects of an early sex life on a teen-ager's daughter's potential for cancer.

Being a parent of young children means having lots of reasons for being scared. The more we learn about psychology, the more we see how important the early years are in developing our personality. Psychologists have shown how one neurosis after another got started in the individual's infancy.

What's more, we are told that it's often the little things, details we may not even notice, which have the biggest impact on a child's emotional development.

So it's hard not to be scared when you think that you may be making a small mistake at any moment that will have long-range effects on your child. And you may not even know you're doing it.

EVERYBODY KNOWS that it's best to be a relaxed parent. But that's not easy when your 14-month-old doesn't walk yet and your 2-year-old is not toilet-trained.

By  
**BOB TRENZ,**  
Ph.D.



Our standard-conscious society tells us how much we should weigh, how much salt we should consume and how fast our children should develop. So we obediently watch our diet and break our necks to make our children develop at an average or better rate.

We are so afraid that we will fail as parents that we refuse to trust our instincts. We try to be smart rather than natural.

We see our children as fragile, passive victims of our mistakes and life's bumps. And so we try to protect them by following expert advice rather than trusting their ability to cope with less-than-perfect parents.

If you want to be a relaxed parent, then that's exactly what you have to get over—trying to be perfect, trying to raise perfect children.

First of all, you've got to realize that it can't be done. In fact, you probably won't even come close. No matter what you do, you will make mistakes, you will contribute to your child becoming somewhat neurotic.

Even trying to be a perfect parent is a mistake in itself. Some of the most troubled adults that I've seen have come from home environments that were so happy and perfect that they were ill-prepared to handle the perversities of their less-than-perfect adult world.

THAT SHOULD REALLY drive you crazy if you're a perfect parent. It means that being perfect as a parent requires a certain measure of imperfection and adversity, too.

But the good news is that as a parent you really have a big margin for error. Most of the mistakes we make have little permanent negative effect on the lives of our children.

Adults whose parents were too pushy and achievement-oriented can learn to turn their learned drive for achievement into useful productivity and creativity. Those who were indulged too much as children can learn to get selfish pleasure from making other people happy, as well as themselves.

The point is that the ultimate measure of whether parental mistakes are negative or positive is how the child deals with their effects as an adult.

For the parent who is making mistakes, there is no way of telling whether you have given a handicap or a gift. So the best thing you can do is just relax and try to do the demanding job of parenting in the most natural way you can.

Readers can contact Bob Trenz at P.O. Box 64, Rochester.



## Sweetheart Ball coming

Working on the fifth annual Sweetheart Ball, scheduled Feb. 12 in Raleigh House of Southfield, are (from left) Mrs. Ruth Fruehauf of West Bloomfield, Mrs. Robert Pastor and Mrs. M.W.B. Cohl of Bloomfield Hills and Mrs. Antonio Scaglia of Birmingham. The ball, benefiting the Metropolitan Detroit

March of Dimes, is costs \$45 per person, including cocktails, dinner, entertainment and dancing to the music of Eddie Santini's orchestra. Tickets may be purchased at the March of Dimes office, 20100 Greenfield, Detroit, 48246-0000.

## Christian counseling topic

"Christians in Counseling: Is There a Difference?" is the topic to be considered at the next meeting of the local chapter of the Christian Association for Psychological Studies at 8 p.m.

Tuesday, Feb. 13, in Montith Memorial Presbyterian Church, Detroit. A panel of therapists will compare methods and understandings.

Carl Gundersen of family counseling service of the Wayne County Circuit Court will be moderator. The Rev. Raymond Lumley and Alice Renalls, another representative of the family counseling service, will make up the panel.

The church is located at Seven Mile Road and Greenview, five blocks west of Southfield. The meeting is open to all who are engaged in the counseling professions.

## Sears aids Madonna

Madonna College in Livonia has received an \$800 grant from the Sears-Roebuck Foundation. It is one of almost 1,000 private accredited colleges across the country sharing \$1,250,000 in Sears Foundation funds for the 1976-77 academic year.

Squandering emotional and intellectual energy going over the details of those who resisted the war would be a moral people. The new spirit our president seeks and senses in us begins with reconciliation.

Let's remember war crimes trials and Watergate hearings as evidences that we intend to be a moral people. The new spirit our president seeks and senses in us begins with reconciliation.

Let's remember war crimes trials and Watergate hearings as evidences that we intend to be a moral people. The new spirit our president seeks and senses in us begins with reconciliation.

## Moral perspectives

# Let's put Vietnam really behind us

By REV. CHARLES O. ERICKSON

We have said a grateful goodbye to a president who healed our nation and a hopeful hello to a president who protects a new spirit. He went on to say "with a people can provide it."

It has been widely agreed that the troubles Ford had to heal were in one way or another rooted in the Vietnam war. It is up to us, the people, to continue the healing to provide the new spirit Carter wants to sense among us.

To put Vietnam behind us, we need new attitudes toward those who resisted the war. We begin with an uncomfortable fact. Many of us had a crucial part in our information.

Men of irrefutable courage during the crisis learned about war crimes trials in history books in our schools. They were taught as fact that our country rewards every man, even under mili-

tary orders, as morally responsible for his own actions.

Too many of us learned about war crimes trials only from newspapers, and we let the results of those trials slip from memory as we do with much we read in the press.

Thousands of young men acted on what they had been taught. Many were in the emotions of military orders before they remembered or before they gathered the will to act. They put knowledge and emotion together to avoid what they saw as immoral.

IF WE PUT facts and feelings together we can say that brave combatants and brave resisters are equally commendable. There are not categories of good guys and bad guys. These were not debaters trying to win an argument. These were our sons, in

both groups, trying to make the best of a bad situation.

It was the people and the politicians who had the luxury of debating. The young had to decide and act. A new spirit won't come by behaving as if we are rehearsing a game or trying to make points for our favorite politician.

A clemency program aided some resisters and helped us all face our past more realistically. A pardon program is underway which will help those who can accept it. A pardon assumes guilt and some will not respond to it.

An amnesty program appears to be politically impossible at present. But amnesty is the spirit we need whether it can become a program. Amnesty means forgetting and we are avoid at that.

LET'S FORGET condemning those

## Your Invitation to Worship

**FIRST APOSTOLIC LUTHERAN CHURCH**  
2302 Woodward Ave. Detroit 16, Mich. 48205  
Rev. David L. M. Smith, Pastor  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.

**The Orchard United Methodist Church**  
10450 Farmington Road  
Farmington, Mich. 48335  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.

**FRANKLIN COMMUNITY CHURCH**  
United Methodist  
on Franklin's Village Green  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.

**For Church Directory Information**  
Please Call  
644-1100 Ext. 224

**Birk in the Hills PRESBYTERIAN**  
1340 W. Long Lake Rd.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.

**St. Martin's EPISCOPAL CHURCH**  
2527 Grand River Avenue  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.

**First Church of God Farmington Hills**  
2517 Powers Road  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.

**Beverly Hills United Methodist Church**  
2000 N. 12 Mile (at Farmington)  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.

**Union-Universalist Liberal Religion EMERSON FELLOWSHIP**  
Sundays 11:30 A.M.  
Sundays 11:30 A.M.  
Sundays 11:30 A.M.  
Sundays 11:30 A.M.

**THE FRANKLIN BAPTIST CHURCH**  
26109 German Hill Road of Franklin Rd.  
Franklin, Michigan 48025  
Rev. Ronald E. Leon, Pastor  
Phone 851-0532  
We enthusiastically welcome all new Christians from the Billie Graham Crusade  
"Where Christ Is Proclaimed"  
Sunday School 9:30 A.M.  
Morning Worship 11:00 A.M.  
Evening Service 7:00 P.M.  
Thursday Bible Study 7:30 P.M.

**The Congregational Church of Birmingham, U.C.C.**  
Woodward at Cranbrook  
Bloomfield Hills, MI 48301  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.

**Salem United Church of Christ**  
2000 Grand River Avenue  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.

**Bloomfield Hills Christian Church**  
The Community Church  
300 South Bates, Birmingham  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.

**Bethlehem Lutheran Church**  
35000 Eight Mile Road  
Farmington Hills  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.

**St. John American Lutheran Church**  
22225 Oak Road Farmington Hills  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.

**CLARENCEVILLE UNITED METHODIST**  
20200 Middlebelt, Livonia  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.

**EMMANUEL LUTHERAN CHURCH**  
23425 Lathrup Road  
Livonia, Mich. 48150  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.

**UNITY IN PONTIAC**  
SUNDAY FEBRUARY 6 - 10:30 A.M. TOPIC  
WE CAN'T BE TOO MUCH HELP  
IN "GETTING READY FOR THE END"  
HOWEVER IF YOU ARE READY NOW  
THERE IS MUCH WE CAN HELP WITH TODAY.  
WHAT ARE YOU WORRIED ABOUT ANYWAY?  
Sunday School - 10:15 A.M.  
Pre School thru 6th Grade  
DIAL 4-A NEW THOUGHT 335-1346  
DAILY INSPIRATION 24 HOURS A DAY  
Located at corner of Huron at Genesee,  
3 blocks East of Telegraph - 335-2773  
Elmer Schmidt, Minister  
"The Science Of Succeeding Here On Earth..."

**ST. JAMES EPISCOPAL CHURCH**  
355 W. Maple  
Birmingham  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.

**BEAUTIFUL SAVIOR LUTHERAN CHURCH**  
A.L.C.  
5631 13th Adams Road  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.

**CHURCH OF OUR SAVIOR (United Presbyterian)**  
6455 Middlebelt Rd.  
(S. of Maple)  
West Bloomfield  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.

**St. Andrew Lutheran Church**  
6255 Maple Road  
Birmingham North of Maple  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.

**First Baptist Church**  
Blossing-Wright, Birmingham, Mich.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.

**Christian Science Church**  
FIRST CHURCH OF CHRIST, CENTIST  
BIRMINGHAM  
191 Chester at Willis  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.

**First Baptist Church**  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.

**FIRST BAPTIST CHURCH OF FARMINGTON**  
Richard Duncan, Pastor - Phone 474-0350  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.

**First United Methodist Church**  
1589 West Maple at Pleasant  
Ministers: James W. Wright, G. Bryn Evans  
John H. Bonco, Thomas H. Beaven  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.

**Farmington Hills Baptist**  
On Middlebelt Road Between 12 & 13 Mile Rd.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.

**First Baptist Church**  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.

**Farmington Hills Baptist**  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.

**First Baptist Church**  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.

**First Baptist Church**  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.

**First Baptist Church**  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.  
Sundays 9:30 a.m. and 11:15 a.m.