

Through Lamaze class

Moms lift drooping spirits, sagging muscles

By SHERRY KAHAN

Momnastics is a post-natal prescription for sagging muscles and stir-craziness.

It's a program run by the Livonia Lamaze Childbirth Association which has found that helping a woman and baby through the birth experiences is not enough.

After the baby arrives, the flesh and spirit need post-natal toning up. A new class momnastics will start at 10 a.m. Wednesday, Nov. 28 in St. Matthew United Methodist Church, 30900 Six Mile, Livonia. On that day, women from all over the area will scoop up their little ones and get out of the

house. They'll head for St. Matthew for an hour and a half of exercise and mom talk.

Led by Yvonne Brown, a registered nurse from Farmington, the women will pull their chairs into a congenial circle and begin to get to know each other. They'll hold their infants on their laps and let their toddlers play like porpoises around their feet.

They will question Mrs. Brown, who brings her own toddler, about how to bring down a temperature and bring up a family. When should I take the baby to a doctor? How can I discourage my toddler from getting into everything?

The women share their own thoughts on child management with each other,

going home with the reassuring feeling that there are other people in the same boat.

AFTER RAPPING they get cracking. The children are taken downstairs to a babysitter provided by the childbirth association. Free, free, free, the women start challenging those muscles that took a vacation during pregnancy.

"I took the class because I felt I needed exercise from the waist down," said Anne Breen of Livonia, who came with Christopher, 3, and Stephen, 6 months. "I have three children, and it's hard to find the time at home. But if you take a class, you make the time. You get out of the house and relax a little.

"Now I try to set aside a few minutes every day to exercise because I come here every Thursday."

On a recent Thursday, the tendency of toddlers to want to touch everything in sight was under discussion. Mrs. Brown said she had a good reaction from telling her children, "Wave at the flowers, don't touch them."

"I tried that, but it didn't work for mine," put in a mom.

One child with an amazing sense of what is valuable took a \$20 bill from his mother's purse, and hid it, his mother related. He refused to come clean and mom had to search the house until she found it in one of his shoes. "It might be his way of getting your

attention," suggested Mrs. Brown. She added that with something as valuable as a purse, "it might be better to place it out of reach."

THROUGH ALL THIS conversation, toddlers were eating raisins and Cheerios placed within reach by mothers who know a thing or two about how to keep a child occupied. One discovered a piano across the room, got his mother to open it. With eyes at the level of the keys, hand a companion made beautiful music.

On the medical side, Mrs. Brown suggested using a tepid bath to bring down a temperature, being careful at the

same time to prevent the child getting chilled.

She also said it may help a child with a congested problem to place a book under his mattress and lay him on his side. At this time increase his fruit juices and Jell-o, but hold the milk, she said. Milk increases the saliva.

In concluding the discussion she warned the women to follow the Lamaze principle and stay calm. "An illness can be better or worse depending on how you handle it," she said.

Cost of the six-week momnastics class is \$22, including babysitting. Those interested in signing up may call Therese Marshall at 425-6075.



David McClelland is so good as he sits on the lap of his mother, Edna McClelland, at the exercise class, that he may think the event is for him.



The toddlers don't quite understand why their mothers are going this way and that in the exercise class sponsored by the Livonia Lamaze Childbirth Education Association. But the women hope to tone up their muscles. From left are Yvonne Brown of Farmington,

instructor; Bette LeBlanc of Farmington, Edna McClelland of Farmington Hills and Kathy Blackburn of West Bloomfield. The floor people, from left, are Stephanie LeBlanc and David McClelland. (Staff photos by Bill Bresler).

JAM TRUCKIN' SPEEDWAY
Slotless racing action with a T-10 Racing Rig battling a T-15 Racing Rig. Ages: 8 and up. 3343-1

\$47⁹⁵

NYLINT 18 WHEELER CAB/TRAILER
Detailed cab over engine. Plated exhaust stacks, horn assembly, CB antenna. Detachable, self-standing trailer has roll-up rear door. 911

\$9⁹⁹

"BABY PRECIOUS"
18" Tall. She has an all soft-foam and cotton filled body with soft vinyl arms, legs and head. Weave knit outfit. 4421

\$10⁸⁸

TYCO® SUPER DUPER DOUBLE LOOPER
Features: 2 lighted Curvehugger HP2 cars, 2 plug-in Hi-performance controllers, two 360° action loops, hi-bank corkscrew track, Nite-Glow crash barrier fence with flags, decoration sheet and wall power pack, U.L. listed.

\$31⁹⁵

LUV A BUBBLE®
Rub the sudsy solution into her hair, press her tummy and bubbles rise. 2464

\$13⁹⁹

TRAINS 'N TRUCKIN' HAULER
Crane loads and unloads piles of freight. Rugged tractor and trailer truck handle hauling. Engine, 3 cars and caboose. Ready to run.

\$44⁹⁵

LIVONIA HARDWARE
5 Mile at Farmington GA2-1155-9371611
OPEN DAILY 9 a.m. - 9 p.m. SATURDAY 9 a.m. - 7 p.m.
Sunday 10 a.m. - 3 p.m.

DISCOVERY! of a beautiful collection of double-wall insulated top rack dishwasher safe beverage serving sets by Thermo-Serv.

DISCOVERY! of 5.25% Daily Interest Regular Passbook Accounts.

DISCOVERY! of our Money Market Certificates paying the maximum permissible bank interest rate.

DISCOVERY! of our convenient checking accounts.

DISCOVERY! of the many other services available to you from Michigan National Bank - Farmington.

HERE'S HOW: Michigan National Bank - Farmington is offering the Discovery Collection of Thermo-Serv to all new and existing depositors in accordance with the following terms:

	OPENING DEPOSIT				(5) Additional Deposits of \$100 plus payment of:
	(1) \$100 Deposit to Checking or Savings plus payment of:	(2) \$500 Deposit to any Savings or Certificate of Deposit for \$1,000 or more plus payment of:	(3) Open a Certificate of Deposit* for \$5,000 or more plus payment of:	(4) Open a Certificate of Deposit* for \$15,000 or more plus payment of:	
12 oz. Travel Tankard	FREE	FREE	FREE	FREE	5.00
12 oz. Travel Tumbler	FREE	FREE	FREE	FREE	5.00
10 oz. Mugs (set of 4)	5.00	3.00	1.00	FREE	6.25
10 oz. Old Fashioned Tumblers (set of 4)	5.00	3.00	1.00	FREE	6.25
12 oz. Tumblers (set of 4)	5.00	3.00	1.00	FREE	6.25
12 oz. Giant Mugs (set of 4)	7.50	5.50	3.50	FREE	8.50
16 oz. Steins (set of 4)	8.50	6.00	4.00	FREE	9.50
55 oz. Beverage Server	9.00	7.00	5.00	FREE	10.00
4 qt. Ice Bucket	11.50	9.00	7.00	2.50	12.50
2 qt. Food Server	12.00	10.00	8.00	3.00	13.00

*Due to Federal Law, there is a substantial interest penalty for early withdrawal of a Certificate of Deposit. Only one free item per depositor.

DON'T WAIT! THIS LIMITED TIME OFFER IS AVAILABLE NOW

Michigan National Bank - Farmington

24040 Orchard Lake Rd. So. of 10 Mile 477-3330 33443 Nine Mile Rd. N. Farmington Rd. 476-4332 35100 Grand River Avenue N. Drake Rd. 478-7470 38200 W. Ten Mile Rd. At Grand River 478-6263 33336 W. Twelve Mile Rd. At Farmington Rd. 553-8860

Member FDIC INSURED TO \$40,000. Affiliated with Michigan National Corporation a \$5.2 billion banking organization

OFFER ENDS DECEMBER 22, 1979