



By MARGARET MILLER
Women's Editor

You won't find a more enthusiastic mother anywhere than Mrs. Patricia Von Bonn, who has six children.

Which makes her an ideal person to teach the Lamaze method of childbirth preparation, which she does regularly and frequently, with complete dedication and a good measure of common sense.

Pat, who has sent more than 500 mothers on their way to a happier birth-giving experience, is beginning a new course in the Lamaze method Tuesday, Oct. 17, in Schoolcraft College.

THE COURSE, like the ones she has taught in Ann Arbor, Northville and Plymouth, considers childbirth preparation from a physical, emotional and intellectual point of view and techniques of breathing and relaxation for the various stages of labor.

Its cost will be \$15 for six sessions. Mothers-to-be are urged to attend during the last two months of pregnancy. Fathers-to-be are urged to attend too, and a doctor's permission is needed.

Second series begins Wednesday, Nov. 8. "I've always been basically a shy person," says this registered nurse turned teacher. "But when I get started on Lamaze I just get talking."

"Yet, great as this training is, it covers just labor and delivery. That can be such a



PAT VON BONN
(Observer photo by Bob Woodring)

Delta Zetas Plan Party

The alumnae of Delta Zeta sorority from Western Wayne will hold a benefit card party in St. Andrew's Episcopal Church, 16360 Hubbard, Livonia, at 8 p.m., Thursday, Oct. 12.

All proceeds will be donated to the Western Wayne Association for the Mentally Retarded.

Tickets are \$1.50 and may be purchased from Mrs. Walter Ashley of Redford Township, Mrs. Lyman Baker, of Westland, Mrs. Charles Elmquist of Wayne, Mrs. Donald Larson of Farmington, Mrs. Paul Schnares of Plymouth, Mrs. Harry Spencer of Garden City, or Mrs. William Loftus of Livonia.

Hostesses for the evening will be Mrs. Donald Anderson and Mrs. Bruce Coley of Livonia and Mrs. Donald Massey of Plymouth.

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Women on the Go

Teacher Of Lamaze Is Enthusiastic Mother

beautiful experience, but it's such a small part of parenting. "I want people to know that parenting is fun all the way — not something to feel apprehension about. With my children, I've been convinced that every age is the most fascinating, and now, with my oldest son 12, I know that the inquiring mind you find at that age is the best yet."

PAT VON BONN, wife of Ann Arbor salesman George Von Bonn and mother to Bill, Mary, Katy, Joe, Jimmy and Nickie had five of her children before she ever heard of the Lamaze method.

"As a nurse," she related, "I had seen both medicated and unmedicated birth, and my feeling was that the unmedicated was better all around. But I had no big thing about anesthetics."

"So when I went into labor with my first child, I was determined to keep well in control, and I finally took just a little anesthetic right after delivery."

Her second baby, she went on, was born with saddle-back, and "though I didn't really object, I felt a great emptiness."

THE THIRD was born at home — not by plan but because she came so quickly. The Von Bonns decided the experience was so great that they'd have other children that way.

But Baby No. 4, Pat

reported, showed signs of imminent arrival at dinner time, and Pat felt the timing was inconvenient, so she went to the hospital, and with No. 5 it was just a feeling that maybe she should be heading for a hospital, so she did.

"It was because I was determined to breast feed Jimmy that I first heard about Lamaze," Pat said.

"I went to a meeting of LaLeche League, which is a supportive group for mothers who want to nurse their babies, and learned about this method that was essentially what I was trying to do by myself."

After that, she said, she read all she could about the method, attended classes that were getting started in Ann Arbor, and by 1966 was ready to teach. Later, when a branch started in Plymouth, she again was the teacher. Now

the Plymouth Lamaze association has its own teachers, and Pat has a class in Northville as well as Ann Arbor and the new course at Schoolcraft.

THE SCHOOLCRAFT COURSE, she said, will incorporate information on breast-feeding, and scholarships will be available. "The aim of this course," this teacher said, "is to make the birth experience a good one. It's something the husband and wife should share, which is why husbands and wives should attend together."

"And the biggest satisfaction I get is when the parents come back and bring their babies and tell those parents-to-be how great it all was."

"I know what they are talking about, of course, because I had my last baby by the Lamaze method at home. I

felt total control — it was a beautiful day, the children were playing outside, and I was having my baby."

Pat Von Bonn reports, too, that her husband and family share her enthusiasm on the subject.

And to prove it, she tells of her son's reaction to a scripture in a Christmas mass when the Bible reported "Mary brought forth her son in pain."

"He said she should have had Lamaze," his mother said.

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Creative Workshop To Begin

A creative activities workshop for mothers and pre-schoolers, sponsored by leaders of the Northville Creative Day Nursery School, will begin Oct. 17 in the First Presbyterian Church of Northville.

Tuesday sessions will continue for eight weeks from 1:30 to 2:30 p.m.

The workshop, aimed at helping busy mothers keep toddlers busy in a creative way, will include work with a wide variety of materials and

experiences in sensory discrimination to broaden the young child's background.

The cost is \$30 for mother and one child, \$10 for each additional child and \$20 for an adult alone. The fee covers cost of materials.

TOPS Grads To Be Feted

A graduation ceremony and a dinner will be held Saturday, Oct. 14, for area members of TOPS (Take Off Pounds Sensibly). The event will take place in the Detroit Masonic Temple.

Among the 21 graduates will be seven members of Michigan TOPS 238 Plymouth.

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