

# Moms-to-be receive 'don't worry' advice

BY ETHEL SIMMONS  
STAFF WRITER

When Alexis Bourkoulas, publisher of Metro Parent Magazine, asked the seminar audience, "How many of you are expecting?" a fair number of hands went up. When she asked, "How many of you already have children?" an even larger number of hands were raised.

Speakers Heidi Murkoff and her mother, Arlene Eisenberg, co-authors of "What to Expect When You're Expecting," found themselves before an appreciative audience of some 500 expectant moms and mothers, plus a few husbands and toddlers, Thursday night at Groves High School auditorium in Beverly Hills.

Although Murkoff and Eisenberg have appeared separately as speakers on many occasions, this was the first time on the same program. "They asked for us both," Murkoff said, referring to Metro Parent Magazine in Southfield, which presented the fourth annual Parents Forum.

The two women have written four books in the "What to Expect" series. Their first book, on expecting, has sold more than four million copies and been published in 21 languages. Their approach is to provide expectant mothers and mothers with answers to worrisome questions, allaying fears about pregnancy and parenting.

"I thought it was informative," Tracy Fraccaroli of Rochester Hills said after the program. "It solidified things I already know, I was glad to find somebody else agrees with me." She was waiting with a copy of "What to Expect: The Toddler Years," to have it signed by the authors.

"I'm expecting my first," said Pam Shuck of Oakland Township, standing in line for the book signing with "What to Expect When You're Expecting." "Much of the discussion was about the toddler years," she said of the program. "It gave me

more to think about." Shuck brought her copy of the book, which she said her doctor gives to all expectant moms.

"I thought the question-and-answer period was very good. It was probably the best part," said Karin Koberstein of Troy, who is expecting her second child next month. During the Q&A session, the authors had handled queries from the audience about problems ranging from infant feeding and sleeping habits to car seats and playmates.

Murkoff, who looked pixie-like with her eye-skimming bangs, presented the major part of the program. She talked about all the worries she had during her first pregnancy and how she scoured books and magazines to find the right answers. In addition, she provided tips on health care and on maintaining a strong relationship with your spouse.

Because of what she learned about her own needs, Murkoff later put together the first "What to Expect" book with her mother, a free-lance journalist, and sister Sandee E. Hathaway, an obstetric nurse.

When Murkoff was at the lectern, Eisenberg listened with a smile, and she looked lovingly at her daughter. When Eisenberg spoke, she told the audience that in the books that followed the first one, "We wanted to be reassuring the way we were in the pregnancy book." She reminded everyone, "There's no such thing as a perfect parent or child."

"Were both pregnant," said Michelle Novaco of Fenton, who came to the program with her sister-in-law, former Birmingham resident Clover Roy, now of Santa Monica, Calif. Novaco teaches preschool at Detroit Country Day School in Bloomfield Hills. "You don't know how much of a comfort it is for women to have books like these when they're expecting," Roy said.

**It's important:** At the podium, Murkoff reminds moms, "Your most significant relationship in your life is your spouse. Nurture your baby but nurture your spouse as well." Murkoff says she and her husband share a leisurely dinner for two after they have joined the kids' mealtime.



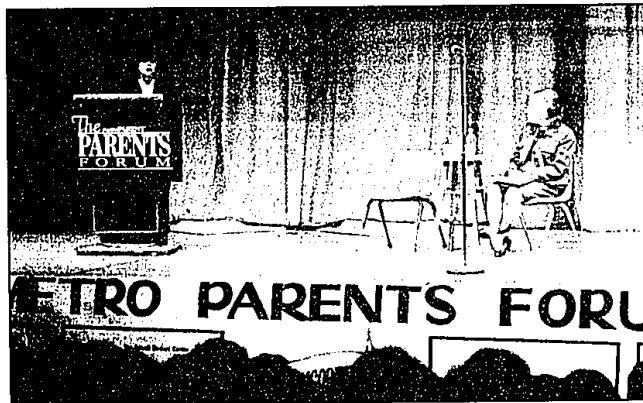
**Author speaks:** Heidi Murkoff tells the audience about the worries she experienced during her first pregnancy, before she wrote the book on "What to Expect."



**Mother says:** Co-author Arlene Eisenberg, who is Murkoff's mom, explains that their books are meant to be reassuring. After the program, books in the "What to Expect" series were offered for sale by the Self Esteem Shop of Royal Oak.



**Curious child:** Before the forum begins, Carli Fraccaroli of Rochester Hills, who is 15 months old, shares a copy of parenting magazine with her mother Tracey.



## WEDDINGS AND ENGAGEMENTS

### Brashear-Carrigan

Mr. William R. Brashear of Birmingham announces the engagement of his daughter, Ruth Margot, to Robert McC. Carrigan Jr., son of the late Mr. and Mrs. Robert McC. Carrigan of Haverford, Pa. Ruth is the also the daughter of the late Mrs. Lydia Rothmann Brashear.

The bride-to-be is a graduate of the University of Michigan and Wayne State University. She is a credit analyst in the commercial loan department with NBD Banks.

Her fiancé is a graduate of Lake Forest College and Boston University. He is divisional vice president and controller at Kmart Corp.



A March wedding is planned at Christ Church Cranbrook.

### Peckens-Higginbotham

Heidi Robin Higginbotham and Jeffery A. Peckens were married June 29 at Cross of Christ Lutheran Church in Bloomfield Hills.

The bride is the daughter of Robert and Katherine Higginbotham of Bloomfield Hills. She is a graduate of Lahser High School and Hillsdale College, and she is a teacher in Birmingham Public Schools.

The groom is the son of Ronald and Sandra Peckens of Warren. He is employed as a dental technician.

The newlyweds honeymooned in Hawaii, and they are making their home in Birmingham.

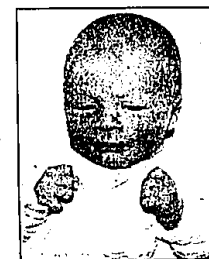


## BIRTHS

### Ryan Philip Brown

Philip and Lorilyn Brown announced the birth of their son, Ryan Philip Brown, on Dec. 30 at Troy Beaumont Hospital. Ryan has a 16-month-old sister, Alexandra.

Grandparents are Trevor and Isobel Brown and Carl and Marge Qualmann.



## On submitting announcements

Local engagement, wedding, anniversary and birth announcements run in the Thursday and Monday editions of The Observer & Eccentric.

Residents of the Birmingham-Bloomfield, West Bloomfield and Southfield areas should send their engagement, wedding, anniversary or birth information, with or without photograph, to: Attn Brides, The Eccentric, 805 E. Maple, Birmingham 48009.

Residents of the Troy and Rochester areas should send information to The Eccentric, 1814 S. Rochester Road, Rochester Hills 48307.

Residents of the Farmington

area should send information to the Farmington Observer, 33411 Grand River, Farmington 48335. Preprinted forms that outline the information needed for your engagement or wedding announcement are available at Observer & Eccentric offices.

If you have questions regarding your announcement, call Sue Wills in Birmingham at (810) 901-2560; Debbie Douglas in Rochester at (810) 651-7575, or Rose Butler in Farmington at (810) 477-5450. For a recorded message with complete information on submitting announcements, call (810) 901-4730 for The Eccentric and (313) 953-2065 for The Observer.

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**SUNDAY, FEB. 23: "Flavio Varani, pianist"**

**SUNDAY, MARCH 16:**  
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**SUNDAY, MARCH 23: "St. Clair Trio"**  
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