Deb's Page

Buckle Up

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DEB GAULDIN is a childbirth educator who performs songs and humorous tales ("Hormone Affirming Music and Humor for Women") about pregnancy, childbirth, and the adjustments to parenthood. She lives outside Chicago, Illinois.

Abstract

A childbirth educator humorously asks why there is always more information to deliver than time in which to deliver it.

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A friend called this week saying he was emotionally maxed out. He had reached his limit. He felt like a cartoon he had recently seen. A child was waving madly to attract her teacher's attention. "May I go home?" she asked after being called on. "My brain is full!"

I suspect some of my prenatal class participants feel the same way. Is it just me, or does it seem there is more and more content to squeeze into less time? Is this because by the time you reach my age you know so much "stuff"? Or is there truly more information to include nowadays?

For example, does anyone remember when we didn't have to cover the range of skills needed to correctly install a car seat? These things need more adjustment than my first training bra! The following is one of the first car-seat procedures I drafted as a postpartum nurse:

- Step 1: Skip dinner because you have one admit, three discharges, and a c-section with urinary retention and a bad case of the blues.
- Step 2: Arrange lovely mother cradling lovely baby in wheelchair. Proceed to patient-discharge area accompanied by lovely new father pushing mobile greenhouse.

- Step 3: Place wheelchair brakes in locked position and open car door.
- Step 4: Shriek, then regain professional composure as you realize the car seat shower gift remains in original packaging, still adorned with lovely pastel, stork-covered wrapping paper.
- Step 5: Rip wildly through hundreds of perky little stork heads and repeat the mantra, "Some assembly may be required."

But I digress . . .

When you think about it, for everything we add, we

probably drop at least the equivalent in irrelevant, outdated information. This is a good thing. Couples today need every square inch of remaining brain space just to get through the sizes, colors, absorbencies, and genders of the 3,000 diaper variations on the market today!

Note: Information on *Deb Gauldin Productions: Hormone Affirming Music and Humor for Women* can be obtained by calling 1-800-682-2347. Deb would love to hear and write about funny things that have happened to you. Please send them to her at ON251 Robbins, Winfield, IL 60190, or e-mail Deb at Debgauldin@aol.com.

(See "Kay's Perinatal Krossword Puzzle" on page 49.)