

March 22-89
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Beltzner, Eileen

Local expert authors tome on parenting

By KAREN ALTON

Special to *The Mississauga News*

Eileen Beltzner has written a book, and she's as excited as any new mom.

Beltzner calls *The Handbook for First-Time Parents*, which took her nine years to produce, a true labor of love.

A parent-infant educator and executive director of the Peel-Halton chapter of Aid for New Mothers, Beltzner says she wrote the 100-page book "to enhance children's lives, by helping parents cope with the stres-

ses of parenting."

She says the book is directed equally at moms and dads. In fact, she says, "someone told me that it slides very nicely into a man's suit-coat pocket."

Her writing style is uncomplicated and personal, and freely laced with humor. In the book, she says, "Humor is an extremely important ingredient in the recipe for successful parenting."

Even on the serious topic of negative feelings toward your baby, and what to do when the child has you at

the point of losing control, she has a light touch. "Babies are babies; they need hugs, not slugs," she writes.

Beltzner, a mother of two, has been a parent-infant educator for 12 years. She has worked with mentally handicapped preschoolers and more recently as a visiting parent-infant educator in Halton.

From 1982 to 1984, Beltzner was involved in an eye-opening study, "Reducing Stress in the First-Time Mother" at Oakville Trafalgar Hospital. Since that time, she has written articles on safety, health and prevention of child abuse while working as a freelance parent-infant educator.

In 1987 she became executive director of Aid for New Mothers, a volunteer organization that offers several services to help new mothers adjust to their new roles, including a 24-hour "warm-line" for new parents who just need to talk to other parents, and a new parent information line offering information on services available to new parents.

The group also offers "Mother's Morning Out," meetings for parents of children aged 9 months to 5 years. Currently, groups meet in Lorne Park, Streetsville and Erin Mills.



EILEEN BELTZNER

Beltzner says she hopes *The Handbook For First-Time Parents* will soon be available in local libraries. Meanwhile, copies are available at Insight Books in the Eaton Sheridan Place mall, or can be ordered by sending \$9.95 plus \$2 for handling to NPIESAS Project, P.O. Box 7282, Oakville L6J 6C6

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