



Family Values

Seasons of Parenthood: Celebrity

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With this insert, we begin a series on the eight seasons of parenthood. We already addressed one of these stages on an earlier insert dealing with the "Family Remodeler," the period when children become independent and begin to leave home. We will cover the rest over the next 7 months. The material is adapted from the book: *The Eight Seasons of Parenthood* by Barbara C. Unell and Jerry L. Wyckoff, Ph.D. Those who can't wait a month to find out about the next stage are encouraged to read the book.

The "Celebrity" stage extends from the child's conception to birth. The mothers-to-be receive star treatment, while the fathers-to-be become their "Roadies." The price one pays for celebrity is your privacy. Once the news is out, everyone wants to share in the excitement, including friends, relatives and department stores. In the mean time, your life will never be the same. The mother-to-be undergoes physical changes, while the couple is experiencing psychological, spiritual and relational changes. In addition to being a child and an adult, they now take on the added identity of "parent."

What follows is your pocket guide to the truths that unfold during the Celebrity season of parenthood.

- **Even though it's 2 A.M., you still need to go get the ice cream.** The difference between men and women in this season is that the mother is the Celebrity and the Father is her Roadie, who offers support, encouragement, and adoration as he identifies with being the provider for the Baby through caring for her.

- **Fasten your seat belt.** The Celebrity roller coaster provides the thrill and anticipation for your parenthood journey. Your excitement is building. All of your thoughts about the ride ahead tell you that it may turn out to be really fun, but it's guaranteed to scare you too. As they say at most theme parks: Follow all safety rules and regulations! Accept responsibility for your behavior on the ride!
- **Enjoy your fifteen minutes of fame.** During this phase of the ride, all eyes are on you. Enjoy being the center of attention; you'll never ride alone again.
- **Hold me, protect me.** Beginning the parenthood ride brings out all kinds of fears and makes you want to hang on to those people you love: parents, spouses and friends. Celebrities and their Roadies need each other's care and comfort, now as never before.
- **Get a good seat.** Your point of view on this parenthood ride determines how you feel on the ride. Staying positive in the midst of all the admonitions about the risk of being a Celebrity will help Celebrities and Roadies enjoy the trip along this emotionally bumpy track.

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