Quieter atmosphere characterizes Leboyer birth method

"It was really neat because when he was born he opened his eyes, looked around and smiled," said Kathy Unterseher, the mother of a child delivered through the Leboyer child birth method.

According to Lincoln Leboyer project director Mary Alinder, this method sets out to deliver babies with as much comfort and joy as possible.

"We feel it very important for a baby to enter into the world in a warm and comforting environment," Alinder

She explained that with this method, lights are dimmed, noises muffled and the children neither slapped nor spanked. After birth, the baby is placed on the mother's stomach, where she and the father are encouraged to sooth and massage it. The baby then is placed in a warm

The method was originated in France by Fredrick Leboyer, who wrote the best seller, Child Birth Without Violence. According to his philosophy, babies born under this plan are brought into the world more gently and thus are better prepared for life.

In his book, he says birth can make or break one's life.

Nathan Simon, the first doctor in Lincoln to use this method said, "Leboyer is definitely preferable to delivery under normal conditions."

He said he thinks the three safest and most beneficial ways for a baby to be born and cared for include, La Mace child birth (natural child birth), Leboyer method of delivery and breast feeding. In his practice, he has delivered 20 babies using the Leboyer method.

"Of the parents that I have talked to, all seem to believe that their babies are calmer and happier because of this delivery system," he said.

He added that 65 to 70 per cent of his patients prefer natural child birth methods, but added that the Leboyer delivery still is new.

Another Lincoln doctor, Craig Nolte, differs with Simons' opinion according to Alinder. Alinder said that although Nolte has no specific arguments against the method, he does not believe there is enough medical evidence to support it.

Unterseher was attracted to the method when she and her husband read an article in Reader's Digest, From then on the said, "My husband read everything he could on the subject, and when we found that Dr. Simon preformed the (Leboyer) delivery we decided it was for us. And we have never regretted it."

She added, "It was great for Ron (her husband) because he was able to become an active part of the birth, and he could help him (the child) into the world."

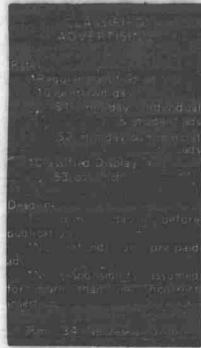
She said her experience was very favorable. But she added that because Leboyer is the only method she has experienced, it is impossible to tell if it is the best childbirth method.

Alinder and her husband, Jim along with six other instructors and 100 families, are involved in the Leboyer education project in Lincoln.

A non-profit organization, it conducts Free University courses, arranges instructional workshops and provides

Anyone can join the group and learn about Leboyer, according to Alinder. The cost is \$25 a couple.

want ads



FOR SALE: 1969 Fiat 850 convertible. Rough but runs well. \$300. Call 423-6945 even-

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NURSES AIDES. Full- and part-time, 3-11 p.m., weekends. Also need Bath girl, 7-12 a.m. weekdays. Tabitha Home, 4720 Randolph, 489-3837. Call between 8 a.m. and 2:30 p.m.

DONUT MAKERS ASSISTANT Young man for day hours, apply in person. MISTER DONUT, 5121 "O" St. .

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Need part-time car wesh attendant mornings. Apply in Cornhusker Hiway.

HELP WANTED: Nurses Aides 3 p.m.-11 p.m., LPN'S part-time, 7 a.m.-3 p.m. and 3 p.m.-11 p.m. Village Manor, 3220 No. 14th, 432-3274.

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Happy Chef is taking applications for employment full- and part-time. Waitress/ Waiter, cooks and dishwashers. If interested apply at Happy Chef, I-80 & Airport Interchange. Open 24 hours.

Dumplings Restaurant will consider mature, responsible student for assistant manager. This is a full-time job, but hours are flexible. Excellent starting salary & bonus. Paid vacation, insurance, and other company benefits. By appointment only. 423-8302.

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taking applications for Daytime Kitchen Help, Daytime Broiler Man, Daytime Bus and Dishwasher. Person Monday-Friday, 8 a.m.-5 p.m. Also hiring part-time evening help. Call for interview with Mr. Chase, 489-8383.

Help wanted, any position, apply daily, any time, J.B.'S BIG BOY, 701 N. 27th.

Porters, bus boys, waiters, waitresses, cocktail waitresses. Full- and part-time. Apply in person. Holiday Inn, Airport.

Cleaning help, Saturday mornings 8 a.m.-1 p.m., own transportation, 423-2555, 1955 South Pershing Rd.

CBS Records needs student to wrok part-time doing promotion and publicity in Lincoln. Call 612-831-8626 collect to sign up for interview on Thurs., 9-30-76.

Russell Stover Candy, Inc. 5:30 to 10:30 p.m.

Part-time temporary employment from present time to March 1977 decorating novelty candy items. Apply in person at the personnel office, 201 North 8th St., 8 a.m.4 p.m., Monday thru Friday. Equal Opportunity Employer M-F.

Part-time help wanted. Neat appearing reliable persons needed for various positions in our operation. Predominantly noon and weekend hours available. Some weeknight hours open. APPLY IN PERSON only. McDonald's family restaurant, 865 No. 27.

Delivery personnel neededpert-time, must have own car, pay up to \$3.00 per hour; apply in person after 2 p.m. at 611 N. 27.

Student bus boy for sprority needed. Tired of cooking or standing in line to eat? Work for your lunch and dinner, inquire 475-3506.

Part-time attendants needed for mini service station, 6-9 a.m. and 3 p.m.-6 p.m. shift and weekend shifts available. Apply Rt power Petroleum Services, 122 North 11th.

Delivery Personnel needed for Heavy Eddy's Pizza. Must have own car. Guaranteed \$2.50 per hour. Apply in person 611 N. 27th after 3:00 p.m.

weiters evening hours. COUNTRY KETTLE. Holdrege, 466-1659.

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17th & Van Dorn **Fiesta Cantina** Young mature adults, preferably 19 or older. Company benefits and excellent pay. Can apply in person.

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North at 3457 Holdrege on

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Ask for Lillian.

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wanted

Wanted: Girls interested in being UNL Cheerleaders or Mat Maids. Meet at Old Coliseum at 2 p Tuesday Sept. 28.

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