

BABIES AND BEYOND RECOGNIZES MOMS' ROUND-THE-CLOCK COMMITMENT TO BEARING AND RAISING CHILDREN

# Mothers honoured by Thornhill business

BY DARYL-LYNN CARLSON  
Staff Writer

A Thornhill entrepreneur has made it her business to provide pay back to women who ply what is truly the world's oldest profession.

Motherhood, said Brenley Shapiro, has never garnered the recognition or rewards it deserves.

But with Babies and Beyond, Shapiro's new business, mothers are honoured for the round-the-clock duties they devote to bearing and raising children.

"Motherhood is one of the most difficult, selfless, all-encompassing jobs there is and, ironically, one that gains some of the least recognition," said Shapiro.

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"Nobody out there has ever addressed the kinds of lifestyle changes you go through."

Shapiro launched Babies and Beyond last winter following her own experience with motherhood. A psychotherapist, Shapiro quickly recognized the impact a baby can have on one's life after she and her surgeon husband had son Brendan, now two years old.

"It is the hardest job I've ever had," she said.

Along with her new job, Shapiro yearned to resume her professional practice in some manner. "Women are told they can have their cake and eat it too, but there is a cost."

Following a few conversa-

tions with other new mothers, Shapiro said she sat down and wrote a list of issues that affect women, from post-partum depression to body image.

"The list was definitely a full page with a couple of columns," she said with a laugh.

Yet seriously, she said, motherhood troubles are not readily accepted or talked about openly.

The issue came to the fore following the much-publicized suicide of Toronto psychiatrist Dr. Suzanne Killinger Johnson, who leapt to her death in front of a subway in August, with her infant son Cuyler in her arms.

"There is a big shame about post-partum depression," Shapiro noted.

"One woman patient once told me she tried to talk about her depression with family but they told her, 'Oh stop it, this is the happiest time of your life. You have a healthy baby, what could you want?'"

Coupled with the emotional maelstrom, women also perform almost all household duties, many while holding down jobs in the workplace.

According to a Statistics Canada report released late last week, married mothers working full-time commit as many as five hours a day to unpaid household chores while men pitch in for just 3.5.

Through Babies and Beyond, Shapiro addresses the serious issues of mothering and offers women some self indulgence.

She provides courses, held once weekly in the remodeled basement of her home.

One of the sessions caters to women only. There are about six moms per class and they bring their babies along.

Each week, Shapiro pre-

sents a topic that is focused on mothering, not necessarily on babies' needs. "There are a lot of programs out there but they usually focus on the child's needs," she said.

"Once you have a baby, you find that people only want to talk about the baby. You can forget all about your needs."

Shapiro also holds a

course aimed at couples, attended by both moms and dads, focusing on issues that affect parents personally, such as sharing duties or communicating about disciplining their child.

For moms or couples who can't make the weekly class, Shapiro will make personal visits and address small gatherings in people's homes.

This fall Shapiro also kicks

off the first annual mothers' getaway, appropriately called The Mommy Convention. The convention will be hosted Oct. 28 and 29 at a resort and spa, where for just \$265 each, mothers will be treated to seminars, meals, social activities and a full night's sleep.

Before motherhood, Shapiro worked for four years as a psychologist spe-

cializing in families and teens.

"I have a real passion for this work." Her rates range from \$120 for a six-week mothers' course to \$120 for four sessions per couple.

Her own workload, meanwhile, is poised to double. Shapiro is expecting her second child in late December.

For more information, call (416) 803-9165.

## ANNOUNCEMENT

Ken Prentice, Managing Owner of  
**ROSS DIXON FINANCIAL SERVICES**

is pleased to welcome

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Cathy has operated her financial services business independently for 10 years in Uxbridge where she resides with husband Alec and their four children. Cathy looks forward to continuing to service her existing clients by offering them even more product options through the Ross Dixon network. Cathy also welcomes new clients.

Cathy will be joining Linda Farrier, Office Administrator for the Stouffville Ross Dixon office. Ken, Cathy, and Linda look forward to dealing with your financial service needs in all areas, including: GICs, Mutual Funds, RRSPs, RESPs, RRIFs, high interest Saving Accounts, Mortgages, Life and disability Insurance, as well as Financial and Estate Planning.

Ross Dixon Financial Services was founded in 1978. Today, Ross Dixon operates a total of 30 offices throughout southern Ontario. As part of the parent company Canada First Financial Group (CFFG), and its recent acquisitions of Hewmac Investments, Burgeonvest Securities, Golden Financial Services (mortgages), and EFI Financial, Ross Dixon now ranks as Canada's largest independent deposit broker. As shareholders, the various Ross Dixon offices have a vested interest in the success of the entire operation and the well being of our clients. Shares of CFFG trade publicly on the CDNX exchange.

### It's Yoplait Dip Day

Bring your family for a free swim on Yoplait Dip Day today between 2 p.m. to 3:30 p.m. at the Milliken Mills Community Centre in Markham. The pool is located at 7600 Kennedy Rd., call 477-6410, ext. 28. Everyone can enjoy a swim and free sample of Yoplait MiniDips, a new healthy snacking dip, along with prizes and pool toys. The Lifesaving Society will provide free swim safety tips for the whole family.

### Golf tourney benefits bereaved families

The sixth Annual Forget-Me-Not Golf Tournament will be held Wednesday, at Cardinal Golf Club in Newmarket. Enjoy a great round of golf, as well as lunch, dinner, prizes and a silent auction for \$150, or \$50 for dinner only. This is a charity golf tournament hosted by Bereaved Families of Ontario. To register, call Lyv at 905-898-6265 or 1-800-969-6904.

### Buy tulips to support Parkinson's research

From Sept. 28 to Oct. 1, you can buy bulbs as part of the Tip Toe to Tulip Bulb Sales for Parkinson's fundraising campaign at the Markham Fair. See you at the fair.