

**Psychologist Observes****"Mother's Day Is Up There With Apple Pie"**By Audrey C. Lodato  
Post Staff Writer

Mother's Day is one national institution that's filled with sentiment, and no doubt it's a big day for the greeting card and florist industries. While the day carries with it much positive emotion, for some there is sadness, resentment, and other negative feelings.

Charlotte psychologist Dr. Wanda Webb observes that "Mother's Day is right up there with apple pie and the American Way. People really value motherhood." She notes that the day generates a lot of feelings, both positive and negative.

Among the reasons for unhappy feelings related to Mother's Day are poor relationships between a mother and her adult child; memories from childhood that generate negative emotions; the return to old mother-child roles when both generations come together; and feelings of failure on the part of either mother or grown child.

Noting that men and women may react differently



Dr. Wanda Webb  
...Day generates emotion

to the second Sunday in May because of the differing relationships sons and daughters have with

their mothers, the counseling psychologist relates that Mother's Day is typically a holiday when

there is an increased incidence of depression in women. In addition, "Any holiday when families get together causes stress," she asserts. This holds true not only if families do get together, but also if they don't yet think they should.

"There's an added dimension," Dr. Webb points out, "in that many women are involved in their careers and put off having children. At Mother's Day, they may wonder if they should have done differently."

On the positive side there is much happy emotion that goes along with Mother's Day. "There's a lot of personal fulfillment in terms of being a mother," Dr. Webb remarks. "Children give freely without reservation. There are no conditions on their love." She adds, "There's a lot of reward in seeing your children grow up and in seeing them develop as unique individuals. Most mothers, viewing their child asleep at night, would say that it makes all of their efforts worthwhile."

Since mothers are the

initial child caretakers, a strong bonding takes place between mother and child. Because of that, notes Dr. Webb, there is always a special relationship that children feel for their mothers.



## Mothers Have Always Played A Very Important Role In Shaping Our History

From the day that the Pilgrims landed on Plymouth Rock in 1620 (and even before, when Virginia Dare was the first child born to a Colonial family), our national history has been interwoven with that of our mothers, who worked and fought and taught successive generations of future Americans.

The Revolutionary War brought us the unforgettable image of Molly Pitcher, passing cannonballs to the patriots at Trenton.

And Barbara Frietche is remembered for saving the flag at Fredericksburg during the Civil War.

Harriett Beecher Stowe, Julia Ward Howe, Frances Perkins, Eleanor Roosevelt, Margaret Heckler, Geraldine Ferraro, Jean Kirkpatrick, Sandra Day O'Connor, Dr. Anna Fisher - these names, old and new, are identified with the metamorphosis of America and the influence of women on the twists and turns of our national fortunes.

Mothers have worked in the fields, beside their farmer-husbands, carving homesteads out of the primeval forest.

Women - mothers - have been in the forefront of our national educational

thrusts - as teachers at home, as teachers in our schools and churches, as professors in our colleges and universities.

They are scientists, politicians, doctors, computer programmers, legislators, judges, attorneys, accountants - and women.

They help keep the machinery of industry spinning in factories, they give

solace to the old and feeble as nurses, doctors and volunteers in hospitals.

In World War II, they drove rivets and ferried planes across continents and oceans. And today, you find women - mothers - serving in our Armed Forces; at home and abroad, in the Army, Navy, Air Corps and Coast Guard.

They have willed it so. We need it so - which is why almost 60 percent of today's mothers are in the working force, while still managing their homes.

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