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STEVE ADUBATO, host:

Welcome to another edition of CAUCUS UP CLOSE, where we talk with some of New Jersey's most interesting and compelling personalities. I'm Steve Adubato.

Pregnancy: it is often described as the ultimate female experience, a labor of love. But just ask a pregnant woman in your life how she actually feels and the answer might be very different. Joining me now is Seton Hall University Professor Barbara Feldman, author of the upcoming book "Pregnant With Meaning: An In-Depth Look at the Cultural Expectations of Pregnancy." Good to see you, Barbara.

Dr. BARBARA FELDMAN (PhD, Sociologist, Seton Hall University): Hi. How are you?

ADUBATO: Good. We've had so many conversations off the air about this issue of pregnancy. And--and I was looking forward to this conversation because there are so many women, you know, on our production team who are pregnant, other women I know, including my wife as we do this program, are pregnant. And I'm thinking what do you mean the cultural expectations of pregnancy? Why is it anybody else's business other than the woman and the people immediately involved in her life?

Dr. FELDMAN: I think it's a part of our society and there's pregnant women all over. And we want to know exactly what to say to them and how to act. And pregnant women want to know what's expected of them. A lot of women don't even know how to be pregnant, how to act pregnant.

ADUBATO: Is there a way to be pregnant?

Dr. FELDMAN: Well, I--probably not, but I think we think that there is. And so the women are thinking that they know what to do or there--they should be doing something and then they don't know what to do. And then they feel uncomfortable about how they're experiencing their pregnancy.

ADUBATO: Why? I mean, look at all the books--there are so many books right now about how to be pregnant, how to look preg--how to--excuse me, how to not look pregnant when you're pregnant, all that stuff. I mean, doesn't that help or does it confuse?

Dr. FELDMAN: I think there's--they're very prescribed and very narrow. And a lot of us don't fall into that range, you know, how much weight to gain, the weight gain--the proper amount of weight to

gain at what time, what to wear, how to answer questions, how to feel good about being pregnant, and a lot of us just don't feel that way. It doesn't--doesn't match our personal experience.

ADUBATO: Well, let's talk about your personal experience. By the way, I want to remind the women in our control room, the women who actually run this television series, our producers, if you have any questions about this, if any of the men in there as well in the control room have any questions, just run them to me and I'll run them past Barbara.

Your pregnancy, all right?

Dr. FELDMAN: Yes.

ADUBATO: Describe it.

Dr. FELDMAN: Well, my first pregnancy was interesting. And what I find interesting about pregnancy is not even so much the being pregnant, it's the becoming pregnant. When I first realized I was pregnant, and I remember it was an early Sunday morning, it was 6:00 in the morning. My husband was sleeping and I took a pregnancy test and it was positive. And I couldn't believe it. And it was very early, as most pregnant women now experience, it was early. And I remember sitting in my apartment realizing that this huge monumental thing has just happened and I'm the only person in the world that knows it. And it was--it was amazing. And it was up to me to figure out how and when and who I was going to tell. And taking that on, becoming pregnant was--was big. It was--and I didn't know how to do it. I really didn't know. And everything I thought it would be like it wasn't like. I remember watching "I Love Lucy" when she was pregnant, she had all these images of how she would tell Desi. And it didn't work out for her either the way she thought it would. But it's big. It's big becoming pregnant and realizing to yourself you're pregnant. Seeing it, that you are pregnant and what that means, not just biologically.

ADUBATO: Well, one of the things you and I have--I should say that we've talked about this issue, as I said, in the past because I've done some work at Seton Hall. And one of the things that you said to me in our conversation off the air about the cultural and social issues associated with pregnancy is that there's a tremendous amount of pressure on a woman. And I said that in the opening, right, in the introduction--the time of your life, a labor of love, but just ask any woman who's actually pregnant and it may not actually sound the same. You said there's tremendous pressure on women--societal pressure to be unbelievably happy during this time and...

Dr. FELDMAN: And a lot of women aren't. Some are, and interestingly, if you talk to some women and they'll tell you that the women who tell you it's the greatest in the world, everyone thinks they're lying. They're just not really telling the truth. It's

not--not everything about it is great. And...

ADUBATO: What didn't you love about it?

Dr. FELDMAN: Well, I w--I felt bloated, you know, I put on a lot of weight. This is, for a lot of women, a lot of issue about putting on weight. It just didn't feel good. It was encumbering. I couldn't do things that I wanted to do. People treated me differently. I didn't like...

ADUBATO: How so?

Dr. FELDMAN: ...the kind of clothes I was wearing.

ADUBATO: Give us a--give us a for instance. You often say that, that wo--that people treat you differently. Give us an example or two.

Dr. FELDMAN: It seems--well, first and foremost, I was a pregnant woman to everybody before everything else. So whether I was at work or I was out on the street, it didn't matter what I did, I was pregnant. And I didn't always want to be pregnant. I wanted to be a professor, or I wanted to just be a person in a movie theater. And you can't avoid being pregnant. And then people help themselves to pregnant women, touching--you know, people will touch your stomach. They ask you personal questions.

ADUBATO: Such as?

Dr. FELDMAN: A lot of women have this experience. Everything from, you know, how much--you know, how much weight have you gained? Are you going to deliver naturally? You know, did you have trouble getting pregnant?

ADUBATO: Are you going back to work right away after?

Dr. FELDMAN: A lot of those questions, right. What's the name? What's--do you know what sex it is? A lot of things that...

ADUBATO: Well, what's wrong with that? Is it--is it--isn't it, on some level, society's pregnancy?

Dr. FELDMAN: I think society thinks it is. I mean, they think that this is--you're doing this for the good of everybody, you know, to increase the species or make the community life...

ADUBATO: But it is special. Everyone thinks it's special and they want to be a part of it in a really positive way for the most part, right?

Dr. FELDMAN: I think so, yes. But the problem is is that a lot of women have their own issues and their own experiences of getting pregnant, whether someone had trouble getting pregnant in the first

place, whether somebody actually wanted to be pregnant. And so when you're asking those questions or you're assuming that this is what the woman wanted or this is the greatest time in her life, I think there's an assumption that comes with the questions, you know, like, 'Why are you asking me that? You know, this is not your business,' or 'I don't want to answer that,' or 'I get tired of being asked those questions.'

ADUBATO: And what happens if the woman who is pregnant is either not married to the man who she's having this child with or not particularly enamored with the man she's with and all those kinds of things? And how does that play itself out?

Dr. FELDMAN: Yeah, there can be a lot of stresses that we just don't know. And it's part of the assumptions about being pregnant. I think we first assume that there's a father. We assume that there's a husband. We assume what we consider...

ADUBATO: Everything's intact.

Dr. FELDMAN: ...to be as--intact, absolutely. And so you assume that and so you ask questions based on that. But even for women who everything is intact or it seems like this is the perfect pregnancy and you're still not happy. It's easy to understand the woman who everything isn't intact, who's not excited about the pregnan--pregnancy or stress when everything is. I mean, I had a husband. I was at the time in my life to have a baby. I had a hard time with it. I didn't love being pregnant, every minute of being pregnant. And I feel guilty about it, and I think a lot of women do.

ADUBATO: And you had a sibling who was pregnant at a comparable time?

Dr. FELDMAN: My sister was pregnant at the same time. And we never really talked much about being pregnant. People used to say to me, 'Oh, you'll go through that with your sister, you'll do this with your sister. It's so nice.' We really didn't. We sort of were pre--pregnant parallel to each other but not at the s--together. We didn't do it together.

ADUBATO: Why did you write this book?

Dr. FELDMAN: I wrote it because I think the important thing is I want women to feel comfortable being pregnant in all the ways that you can be pregnant. And if the book can help women do that, to realize it's not a prescribed way to be pregnant. It's OK to feel not happy about it or not like certain things. And whether it's OK or not, it's just true. It's what happens. So to mystify the experience, what it's like to be pregnant and I don't think we get that a lot from doctors and even from the media or magazines about pregnant women. My an--my questions weren't answered there.

ADUBATO: You didn't find them there.

Dr. FELDMAN: I didn't find them there.

ADUBATO: Well, you know, let's talk a little bit--let's go back. You were talking about the weight gain issue. As we do this program, toward the end of May--Right, guys?--it's the end of May, 2002. Millions of Americans, 30 some odd million Americans tuned in to the final episode of the very popular NBC television series "Friends." And Rachel--Right?

Dr. FELDMAN: Right.

ADUBATO: The Jennifer Aniston character has this baby in the last episode. And I heard some pregnant women be less than thrilled about that episode for a variety of reasons, not at the least of which is she didn't look particularly pregnant other than having a belly.

Dr. FELDMAN: Right.

ADUBATO: She wasn't bloated as you said. You said 'you' and you're not--you're not alone there.

Dr. FELDMAN: Right.

ADUBATO: Right? And so it just seemed that it was very unrealistic to a lot of women because she looked so ridiculously good. In fact, by the way, she wasn't pregnant...

Dr. FELDMAN: Right. Absolutely not.

ADUBATO: ...in real life. Does that confuse the issue even more?

Dr. FELDMAN: I think it's more of the same of women looking to television or the media for some image of what they should look like, whether pregnant or not pregnant. So I don't think the media does a very good job com--portraying what a regular woman looks like when she's not pregnant or not doing a particularly good job showing a pregnant woman, what she really looks like. Jennifer Aniston is a beautiful, glamorous woman all the time on that show. You know, when she's not looking good, she's looking better than most of us. And they just continued that on through pregnancy. I--and she was.

ADUBATO: And so say someone is pregnant watching that show and they're saying, 'Wait a minute. She must have gained 10 pounds tops...

Dr. FELDMAN: Right.

ADUBATO: ...you know, to do this. She looked like she gained 10 pounds, all right there.'

Dr. FELDMAN: Right. Her arms were very thin. Her legs were very thin. Her face was very thin.

ADUBATO: You said she actually had a midriff shirt on...

Dr. FELDMAN: Right.

ADUBATO: ...like a...

Dr. FELDMAN: Showing her belly. Yeah, and it was a--it was just--people on that show, they were saying, you know, 'Why are you wearing that?' But it looked very n--much neater than most of us would look pregnant.

ADUBATO: She always had it together, always looked together.

Dr. FELDMAN: She does--she did, even when she was having the baby, she looked more together than most people.

ADUBATO: So on this--on this issue, do you think that society has a certain expectation of how much weight a woman should gain? And what impact does that have on the woman in terms of what she's ac--what her body is really going through, which no man could even begin to imagine or other women who aren--who've never been pregnant?

Dr. FELDMAN: Right. I think, depending on a woman's self image before she's pregnant--a lot of women have a lot of trouble with their weight and their body image before they're pregnant. So I think a lot of the issues get exacerbated when you're pregnant because you've got to face a lot of things that maybe you didn't before, 'cause you're just going to put on weight or you're going to be big. And the medical community has a prescribed amount of weight you're supposed to gain and at what rate and all these kinds of averages most of us don't fall into. When I was pregnant with my first child, at the very end, I had put on a lot of weight, more weight than the doctors thought. And my doctor threatened to put me in--threatened to put me in the hospital. Said, 'If you don't stop gaining weight, I'm going to put you in the hospital if that's what it takes.' And I remember saying to him, 'Am I endangering my baby? What's the problem?' And he said to me, 'You're going to have trouble taking it off afterward.' And I was outraged 'cause here he's making me all anxious and nervous just because I might not look the way I sh--he thought I should look or society thinks that I should look after I'm pregnant.

ADUBATO: But what's--excuse me, Barbara, what's wrong with--play devil's advocate here. What is wrong with a physician saying, 'Listen, weight and health, clearly connected, excess weight.' He was concerned about how you looked, how you felt, your health after the baby.

Dr. FELDMAN: I don't know if there's anything wrong with that. If he knew that my self-esteem or my psychological health was at risk because I had put on weight, that's fine. I guess that's a medical issue. I don't think that was the case then. And if it had been

explained to me that way.

ADUBATO: Do you think it was aesthetics?

Dr. FELDMAN: Yeah, absolutely. I think that we're...

ADUBATO: Do you think guys are too caught up in this?

Dr. FELDMAN: I think that men--I think women are. It's the women are ti--are hung up on their own looks. And I think a lot of that comes from men and from the expectations, but I wasn't worried about taking the weight off after I was pregnant. I wasn't even thinking about that at the time.

ADUBATO: Wasn't even bothering you. Wasn't even--you weren't even thinking about it.

Dr. FELDMAN: Not too much. I was more tu--keyed in on what was happening at the moment.

ADUBATO: You know, you were talking about afterward. It's interesting. I know some women who while they were pregnant early on, it wasn't clear to society that they were pregnant. And the concern was, 'Do people just think I look heavy? They don't really know I'm pregnant.'

Dr. FELDMAN: Right.

ADUBATO: You can't announce that you're pregnant. What about that whole time?

Dr. FELDMAN: Well, there's that terrible transition phase, you know, every woman dreads, you know, because there's that point where you can't hide it anymore, but you're not completely pregnant. And people are afraid of that. People will just think I'm fat and that would be the worst thing. So a lot of women--one of the things that women do is they start wearing maternity clothes very early because maternity clothes--there's no mistaking maternity clothes.

ADUBATO: Aren't they cool?

Dr. FELDMAN: Maternity clothes? They have a certain look about them that communicates pregnant. It's not what most of us wear, big colors, lot of floral stuff.

ADUBATO: What's wrong with that?

Dr. FELDMAN: Yeah, well, for many women, that's not how they dress. And so--but when you put those on, everybody knows, you know, then it's OK, you know, then--oh, then it must be you're pregnant and you're not just fat. And coming out of the pregnancy, we're not--you don't lose the weight right away. And I remember...

ADUBATO: Yeah, what's up with that? Isn't there pressure to lose that right away? By the way, Steve Archer, our cameraman, I can hear you laughing. Did you ever experience any of this, Steve, in your life? Exactly, 'cause his wife--right? Like--and--and--and there are expectations, not just the--the husband, we don't h--we're clueless about this. And then, like, we're--the woman is feeling guilty if she's not losing weight, but what's really going on with her body?

Dr. FELDMAN: Yeah. I know, men have a hard time. They don't know what to do and what to say to their wives. And the--the fact of the matter...

ADUBATO: 'Honey, do I look fat?' What's the answer, guys? Absolutely not.

Dr. FELDMAN: Right. Right.

ADUBATO: No matter what.

Dr. FELDMAN: And make sure you don't pause before you say that.

ADUBATO: Right away.

Dr. FELDMAN: Don't think about it. That's right. And...

ADUBATO: Wha--what does a woman want to hear? What does a woman want to hear who is pregnant or has just had a baby when they ask, 'Do I look fat?'

Dr. FELDMAN: Yeah. I don't--I don't--I think you're in a lose-lose situation. I don't think there's anything you're going to say because you sa--if she's thinking about it in those terms, it means she's just not happy with the way she looks and the way she's gaining weight. And you're not going to be able to talk her out of it and...

ADUBATO: You've said--you've said that a woman isn't actually pregnant--you told one of our producers that a woman's really pregnant when she, quote, unquote, "accepts being pregnant."

Dr. FELDMAN: Right.

ADUBATO: Well, how does that work? She's actually pregnant but you're saying she has to accept it?

Dr. FELDMAN: Well, I think you're biologically pregnant. Your body is pregnant but now with early home pregnancy tests, a lot of women know that they're pregnant, find out way before their body is telling them that they're pregnant. So in a way, you're coming to this reality and if you ask certain pregnant women, they'll tell you. You know, 'I know I'm pregnant. The test says I'm pregnant but I don't feel it yet.' You know, and they're waiting. They're sort of looking

down at their body, waiting. 'When is this going to happen?' Where historically, I think, it was the body cues that then led a woman to think, 'Well, wait, maybe I'm pregnant.'

ADUBATO: Right.

Dr. FELDMAN: So it's happening almost in reverse. So there's a time when you can't look to your body to tell you what you seem to know is true and you need to take the cues from somewhere else. So it's a long transition. Telling people you're pregnant is often a big deal. So I told--when I told my husband I was pregnant, he was the first person, and we sort of lived with it for a while and then we went to Thanksgiving dinner. Big family dinner and everybody's there and I figured I'd make the big announcement that I was pregnant. And all of a sudden I found myself whispering it to people one at a time. You know, to my cousin, my aunt, (whispering) 'You know, I'm pregnant. I'm pregnant.'

And finally I told one of my cousins and she whispered back to me, and she says, 'Is it a secret?' I said, 'No.' She said, 'Well, why are you whispering it?' And that was really when the whole idea of the book started because I realized what is going on here.

ADUBATO: Why were you whispering it?

Dr. FELDMAN: I--I ju--I couldn't say it out loud. I don't think I got it--I really knew to say it out loud. There was a lack of belief and when the words come out, there's some truth to it. And when everybody knows, you can't take it back. You know? And--and if you're not ready for everybody else to then treat you like you're pregnant, you can't--you can't tell them.

ADUBATO: There's another very complex part to this and I'm trying to understand it from a woman's point of view, being pregnant, but then when you're around a woman who's pregnant, it's complex as well because--first of all, you're--you're talking about when you say. The advent of miscarriage--OK?--does that change the dynamic as to when and who you tell?

Dr. FELDMAN: Well, I think more than that is the pregnancy test, because I think in the past people would miscarry before they even knew they were pregnant.

ADUBATO: Right.

Dr. FELDMAN: So there wasn't that kind of thing. But when you find out so early, five weeks, six weeks, there's that--still that danger time when the percentage or the risk of miscarriage is much higher.

ADUBATO: And--excuse me for interrupting--the pregnancy is now much longer.

Dr. FELDMAN: Yes. It's always been nine months but we've never experienced it nine months and it's a long time. And that's a whole other issue. Women are pregnant much longer than they used to be.

ADUBATO: So it's harder to manage because it's just a longer period of time.

Dr. FELDMAN: It is. It's a...

ADUBATO: OK.

Dr. FELDMAN: But...

ADUBATO: Let's go to this question of--the pregnancy test says one thing.

Dr. FELDMAN: Right. And people sometimes don't want to tell people they're pregnant yet until they've passed the point where they think that the risk of miscarriage is gone. Because you tell everybody you're pregnant and then something happens, like you miscarry, now you've got to go around telling everybody that it's over. And--and as hard as it is to miscarry, then you have to deal with that. So there's some re...

ADUBATO: That's society's--excuse me--that is also on some level--you talk about the societal implications or expectations of a woman who's pregnant, but now there's a whole other side to it.

Dr. FELDMAN: Yes.

ADUBATO: People have opinions about that as well.

Dr. FELDMAN: Right.

ADUBATO: Are you going to get pregnant right away again? You going to try--you know, all those kinds of things.

Dr. FELDMAN: Right.

ADUBATO: Which is nobody's business.

Dr. FELDMAN: It's very personal. It really is. And for women who have to wait for an amnio, they're gonna get an amniocentesis which happens later. A lot of people don't want to wait until after that because you don't know what's going to happen. So people are in your pregnancy often way before you're ready to have them there. And so we're trying to manage that, women--I think a lot of women early in their pregnancy are trying to manage that, come to terms with--with it themselves and their fears and not necessarily have to manage everybody else's.

ADUBATO: Complex.

Dr. FELDMAN: And you don't always know who knows because you tell a few people and they tell other people and so if something happens, the pregnancy doesn't work out, you don't even know who you're going to run to--run into that doesn't know anymore that it didn't happen.

ADUBATO: And in six months--you know, six months pass and they think you've had the baby...

Dr. FELDMAN: You know, then also...

ADUBATO: ...and a very different experience has happened.

Dr. FELDMAN: Then also you lose touch with people.

ADUBATO: Let's talk about the woman--she has the baby. It's supposed to be the most special time in her life. But again that's more complex as well.

Dr. FELDMAN: Yeah. Transitioning out of being pregnant is huge and taking on this baby, being a mom, most of us have no idea what to do. So you're talking about a life change--taking on a new, full-time job 24 hours a day job that we're basically unprepared for. It's a huge responsibility. We've just gone through a whole medical thing, whether we--the whole delivery. Most of us, after we have...

ADUBATO: Traumatic.

Dr. FELDMAN: It's traumatic. And most of us after we have that kind of a medical experience, we take it easy for a few days afterwards. You're launched into this new thing with this new baby and you don't know what to do. And so it's more of--feelings to deal with.

ADUBATO: If I can--excuse me. Why don't you talk to your mom, your aunts, the other women in your life? I mean, can't they just sort of direct you?

Dr. FELDMAN: Sometimes that happens. You know, we all talk to our mothers or to our friends, but it can be very different and very individual and I think sometimes talking to people, when it doesn't match what you're feeling, it can make women feel very uncomfortable about what's happening. You know?

ADUBATO: Huh.

Dr. FELDMAN: And not everybody's honest because it's such a--it's such a hot issue. There's a lot of women who won't be real honest and up-front about the fact that they don't feel good about this or they're depressed and--or they're scared.

ADUBATO: Not supposed to say. Society doesn't want you saying that.

Dr. FELDMAN: Scared to say it, yeah.

ADUBATO: So if you actually feel it--a degree of conflict, society clearly dictates that you keep that to yourself.

Dr. FELDMAN: Could. You could be embarrassed that you feel that way, especially women who--you know, they all--this is all they've ever wanted and they've tried to get pregnant...

ADUBATO: Wow.

Dr. FELDMAN: ...and this whole thing and now you've got this bundle of joy--even our language will suggest that.

ADUBATO: It's not a bundle of conflicts, it's a bundle of joy.

Dr. FELDMAN: And--yeah. And--and you don't feel joyful about it. You can feel guilty. You can feel embarrassed and--and not know what to do with that feeling.

ADUBATO: You know, let's talk about the men here in the equation. Obviously much more challenging for a woman. But societal attitudes toward the men. Is there a way--i--how do I want to say this? For--for guys out there who want to get it right, who want to be supportive, but we're not really sure what that means, we're not sure how honest to be, we're not sure how present to be or not be, we're not sure how involved we should be, it's really a woman's pregnancy. You're just kind of the--guys will say--people will say that all the time. What is our role? What should our role be?

Dr. FELDMAN: Yeah. You know, if there's one thing in this life that's not about men, you know, it's about pregnancy and...

ADUBATO: It's not about us?

Dr. FELDMAN: Not too much. Right? I mean, the--the--this is a women--woman's experience. There's been some, recently, books written about pregnant men and how to be a pregnant dad and all of that, because men are looking for those kinds of answers. And I think that's an interesting phenomenon because it shows that I think men are being brought into the whole pregnant experience.

ADUBATO: Right.

Dr. FELDMAN: Before this was--women went to the doctor, the women were secluded and kept apart; men didn't want to know from it. So it's a good sign. But it, in some ways, happened prematurely because I think until we straighten out some of this stuff for women and how women should feel about it, I don't--it's hard to tell men what to do because...

ADUBATO: Oh, come on, Barbara. Why--why can't they be done

simultaneously? Why--we're not going to resolve this issue of--you know, how women can manage society's expectations about her pregnancy. We're not going to do that anytime soon. And men are consistently involved in a woman's pregnancy and we don't know how to act very often.

Dr. FELDMAN: Well, it can be done simultaneously. But if I'm a pregnant woman, and many pregnant women feel this way, they're not so concerned about how it's affecting their husband at that time and...

ADUBATO: But it is.

Dr. FELDMAN: It is. It absolutely is. And it's not that isn't--that we shouldn't pay attention to that, but women need to figure out how they're gonna deal with this thing that's happening to them, their impending labor and motherhood, which is huge for women, and it's--it's huge for men too but in a very different way. I think the expectations on women is still that after they have the baby they're going to be a mother first and foremost ever--over everything else. The man's going to be a father but he's going to still have his job and earn money and support his family. That's still very much his role.

ADUBATO: Yes, stay on that again. You've said to me--I mean, as a professional--I mean, you've worked hard to get your PhD, to get your professorship, your chair of the department of sociology and anthropology at Seton Hall University. There is a--you said that there are many people in your life, some of whom you knew well and some of whom you didn't, who had opinions as to when and whether you should even go back to work.

Dr. FELDMAN: Absolutely. When I had my first child, I had him in July and I went back to work in September. That's five weeks after I had him. And people were very unhappy about that. 'Why did you bother to have a baby? Why would you do that? How are you going to bond with him?' My husband went back to work three days after we had the baby. Nobody was concerned with how he was going to bond with his baby and what kind of father he was. In fact, that was good. That's what he should do. Go out.

ADUBATO: That's what we do.

Dr. FELDMAN: Right. You need to--now you have a baby to support, so you better get out there. If you took too much time, he probably--people would have looked at him like, 'Let's get on with it.' And I think it's complicated for working women. I mean, the roles--women's roles have become increasingly complex in society and so the place of pregnancy gets lost or it's not really clear, but it was very hard. And then you have people who stay home with their babies and people look at them, too, like, you know, 'What is this stay-at-home mother thing?'

ADUBATO: Hold your thought right there. I want to...

Dr. FELDMAN: Yeah.

ADUBATO: ...take care of a piece of business. For those of you watching, who want to get more information on Barbara's research in the area of pregnancy, societal attitudes toward pregnancy, I wanted to let you know you'll see our Web site up on the screen. Are you putting it up? Great. Put up our Web site address and you can log on to our Web site and you'll get information from this interview--the transcript from this interview. And also we're going to get some excerpts from your soon-to-be published book on pregnancy and we appreciate you watching.

For the entire family, the growing family of CAUCUS: NEW JERSEY, I'm Steve Adubato. Thanks for watching. We're still on the air, so let me run this past you. Best case scenario, book comes out, what do you hope happens? What kind of discussion takes place?

Dr. FELDMAN: I hope that women start to see themselves as individual women who all have their own pregnancy and get away from the Jennifer Aniston-type pregnancy or this notion that we need to be like that. Women trust their own instincts and see their own pregnancies as individual experiences that are real because that's what they're having, a different--then what it should be.

ADUBATO: The media doesn't help too often, do we, on this?

Dr. FELDMAN: Not always. Not a--I don't think the media helps women too much in general in terms of their whole body image and stuff that...

ADUBATO: Really?

Dr. FELDMAN: Yeah.

ADUBATO: We've made it harder, more confusing, what?

Dr. FELDMAN: I think we've made the expectation of what it is to be a perfect woman very narrow and unrealistic.

ADUBATO: Well, we appreciate you sharing with us.

Dr. FELDMAN: Thank you.

ADUBATO: It was great ta--wish you all the best with the book.

Dr. FELDMAN: Thank you very much.

ADUBATO: Thanks, Barbara. Great job.

Announcer: If you would like more information on this program or if

you'd like to express an opinion, e-mail us at talkcaucus@aol.com.
And visit us on the World Wide Web at www.caucusnj.org.

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