



BROOKLYN_BORN

Change Banner Image

154,947
SparkPoints



Info

Photos

Feed

Blogs

Awards

More

Thinking about pregnancy at age 67

Friday, February 13, 2015

No, I'm not announcing or planning a medical miracle. Blame it on the Beatles.

My choral society is performing a concert of Beatles music and through the months of rehearsals I've been digging out my old clothes from the 60s and 70s. I keep my favorite stuff a LONG time. In one box I found this.



The good news: Oh look, it's even a little loose!
The bad news: Now I remember why. It's a MATERNITY outfit!
Here I am in July 1975 – 8 months pregnant.

[Add a Blog Entry](#)

See Today's Featured Member Blog Posts

More Blogs by BROOKLYN_BORN

[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)

[Avoiding Our Wedding Anniversary - 6/4/2021](#)

[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)

[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)

[View All >](#)



That's sparker Hayburner1969 on the right (almost 6) and her sister who was almost 3. Here's another view.



There some extra room, but I don't think it's enough for a whole baby. The pants have an elastic waist, but not one of those stretchy front panels some maternity clothes had.

This got me thinking about the changes in prenatal care over the last 40 years. Back in the day caffeine wasn't forbidden. Neither was alcohol. I remember women being advised to "limit" smoking, although in the maternity ward, new mothers and visitors smoked all the time.

It was recommended that we limit our weight gain to 20 pounds. A bit more was OK, if not overweight to begin with, but over 25 pounds got a stern lecture from the doctor. I gained exactly 25 pounds each of my 3 pregnancies.

Exercise: This was discouraged. Easy walking was OK, but not anything strenuous. Bending and reaching was a no-no although I think this was an old wives tale.

One of the songs on our program is "When I'm 64." Once that seemed so far away. Now I'm looking at it in the rear view mirror.

So here's some grandmotherly advice for all you young women. Think ahead. Plan to live a healthy lifestyle right now.

It's never too late, but the earlier the better. You're worth it!

Member Comments About This Blog Post



HOLLYM48

wow, I bet that was a blast from the past putting that on and thinking about being pregnant. You sure did not look 8 mos pregnant in that pic! You were super thin, much like today! I sure did get a smile from your late 60's outfit!
2300 days ago



CD13376265

Your blog title had me worried! Great outfit!
2307 days ago



BABE

I think it's fantastic you still have that top. Others may remember things based on photos but if I wore something to a special event I can pull it out and the memories coming flooding back.
2307 days ago



MARYJEANSL

When I was pregnant with my first (aaargh - 25 years ago now!), I remember my mother getting terribly upset when I mentioned that I was swimming every day (in spite of the horror of the maternity swimsuit) because she was convinced that I would get an infection. The obs of her day had forbidden her to swim for that reason. I'm so glad that some things have changed. I gained 35 pounds with that pregnancy, the outside limit of what was considered ok. I gained a good bit less with my other pregnancies, but it didn't matter; I managed to gain a whole lot more after delivery and beyond. :-(
2308 days ago



GIVEUP30



I don't see any reason why you can't wear this outfit just don't tell anyone what it is. I like it.
2308 days ago



MILLEDGE2

You made me laugh and think, too! On his 64th birthday, one of my friends simply posted "Today, I am a Beatles song!" We all got the message!
2308 days ago



WISHICOULDFLY

This is an AWESOME blog! **THANK YOU!** You crack me up! You make a lot of sense too AND I came over to your page because I wanted to see just who the wise woman was who advised STEPH-KNEE this:

"You're smart to understand the difference between being kinder to yourself (about slip-ups) and giving yourself permission to do it again (and again and again)."

Wow. You definitely spoke to ME on that! **THANK YOU!**

2309 days ago



ONEKIDSMOM

I second your advice to young women! Start working on it, planning it, and living it as soon as you can! Because it might take some practice learning to balance all the elements of your life as a woman... and you are WORTH it!

Love the outfit... AND the Beatles tune (have it on my marathon playlist). **WE CAN DO IT**
2309 days ago



WATERMELLEN

What a fun blog!! You looked adorable pregnant with your two little girls, hard to believe that was 8 months! And it's amazing you still fit that top with plenty of space to spare.

I'll be singing "When I'm 64" next bday!! and like you can hardly believe it . . .
2309 days ago





DOVESEYES

You look great, thanks for the blog really enjoyed it
2309 days ago



SUBMOM2

Great outfit and wonderful advice!!



2309 days ago



TERI-RIFIC

You look like you finished a large meal and your stomach is a bit puffy. I agree that you could be an ad for how to have a healthy pregnancy. I gained 70 pounds with my first pregnancy. I could be an example of how to eat too much and make life harder for yourself. I had people come up to me and INSIST that I was having twins. I totally agree with your advice. You don't want to wind up like me and be losing your baby weight when your baby is 22. Also, love the

groovy outfit!
2309 days ago

Comment edited on: 2/13/2015 4:16:53 PM



CD4114015

blog and even better advice to the new breed of young mothers! I had forgotten all the differences of back then to now! Love the outfit...I had the kind of "panel" ones you described...and was much heavier than you....not good memories....but love these pics of you!



2309 days ago



GINIEMIE

I started reading and had a strange feeling about where we were going with that. I don't recall anyone smoking in the hospital maternity ward when mine were born in 1970, 1972, 1973 and definitely not in 1977 and 80. I got scolded all the time. It seems as if the 5th/6th month mark spiked a 7-9 pound gain....oooooh two different doctors had fits with this the first one was older and had a different perspective, he also delivered my dear husband and called him Stevie-really doc. He retired after Lisa was born, said he was getting old delivering his babies' babies...His son was one of my dear friends in HS. How on earth did you save anything that long, I didn't expect

maybe a sweater I made in 1969 and one my mom made in the 70s.



2309 days ago

Comment edited on: 2/13/2015 2:21:47 PM



1STBUCKETITEM

What a blast remembering "when"... yes, and now I am "64" too. Your photos seem like just

"Yesterday!" Thanks for sharing your memories.

2309 days ago



KRISZTA11

You looked like an demo picture of healthy pregnancy!



It is really weird how long it took to discover smoking is bad for health :)
Watching old movies always surprises me, seeing people smoking everywhere: in hospitals, offices, restaurants and bedrooms.

2309 days ago



LINDAKAY228

I remember those big geometric shapes on clothes! My first child was born in 1973 and then in our town there was no rooming in and fathers were not allowed to even see the child, except through the nursery window, until we went home, usually at 3 days or so. I remember my pediatrician telling me to feed the baby cereal at 2 weeks and everything else in baby food at 4 weeks! Poor child! So many changes by the time my last child was born, 10 years later.

2309 days ago





NUMD97



I just love your blogs! I had a feeling "When I'm 64" was going to be part of your retinue. When that song first came about, it seemed eons away. Now, for me, less than four weeks away. How the heck did that happen? Another favorite of the time was (albeit not a song) "Don't trust anyone over 30." My sister and I had an argument over that. She could not believe it was 30 and was certain it was 40. Nope. Very scary.

The changes that you mentioned, I have seen on episodes of "Mad Men". We have come "a long way, baby". Hard to believe, that what was so accepted then, is verboten now. Forty years is a very long time.

What I do love about your maternity pants is, you took the time to iron a crease in it! You were one stylish mom, pregnant or not!

Thanks for the trip down memory lane.
2309 days ago



PHOENIX1949



Enjoyed this. Many of my 60's & 70's clothes and accessories went to a niece when she was in high school in the 90's and into the retro look. Still have a few items in the back of the closet.
2309 days ago



DDOORN



Talk about the gift that keeps on giving...! Our health is such a PRICELESS investment!

Don
2309 days ago



DR1939



Remember it well.
2309 days ago



IFDEEVARUNS2



Thanks for the laugh. I must say I love the outfit and its fit on you today. You look great.

I remember taking aspirin and other meds with my first two - not the last two. I also fed my older two solids as soon as they seemed to want it.

64 is in my rear-view mirror too, but I'm looking ahead.
2309 days ago



SYLPHINPROGRESS



You seamlessly stitched your themes together. The photo of you and the wee girls is charming. Now I'm sorry that I gave the couple of Indian print things I'd kept to my niece, now 38, when she was 16- or 18-ish. Not that they'd come anywhere near fitting me now. Good for you on that front.
2309 days ago



KELLIEBEAN



You look fabulous in that outfit. I'm a big Beatles fan and a fan of anything 60's!

Excellent advice! Have fun!
2309 days ago



PHEBESS



LOL - I remember those Mondrian dresses!!!!!! My best friend had one (though I didn't) - and I was thrilled to later see Mondrian's actual paintings and realize that he was the inspiration!
2309 days ago



CD15292438



Thanks for sharing! :-)
2309 days ago



CD2244567



2309 days ago


Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

Subscribe to this blog

ADD AN EMOTICON

SPELL CHECK

Post Comment

Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.