



## MAKING ADJUSTMENTS

Obviously, pregnancy necessitates some changes regarding all kinds of things, especially drumming. All four women I spoke to agree that a hiatus from roadie duties is a nice perk. "It was awesome," says Peta. "I would carry a snare or a tom into the gig then go and relax over a lemonade." Morning sickness while drumming was an issue for a couple of drummers. Sasha Lawless of Maryland hip-hop-rock crew Mzery Loves Company accommodated this by cutting out the background vocals she used to sing while drumming, while Trish Naudon of Brooklyn band The Natch toured with a bucket strategically placed kit-side. Trish also got an endorsement deal with RockStarMoms, who make what she calls "awesome" maternity wear designed for musicians. Each drummer says she made sure to listen to her body and make changes as needed. But for Sasha, "The only change I made was take out certain songs and shorten the set time."



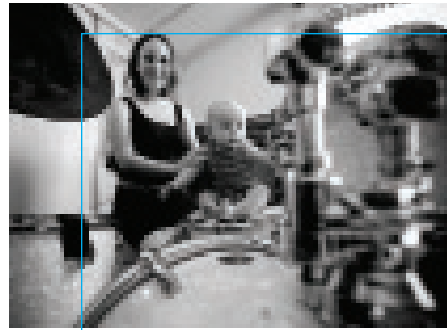
Sasha Lawless of Mzery Loves Company

## BABY BEATS

Peta says her family is "happy to look after [the baby] when we go and play gigs. Dad brings him out to the jam room and they sit outside listening while we practice. He loves it." Sasha says it's all a matter of scheduling. "It's not too hard to be a grownup and be in a band," she says, though she's planning on getting earplugs for the baby. And no one's even thinking about stopping playing. Jessica hopes to share drumming with her daughter. "I definitely plan on being a drumming mom. And I hope my little lady will want to play too!"



Peta of Tokyo Spares, with Roland Rad



Trish Naudon of The Natch

## BUT CAN SHE PLAY?

The consensus among these ladies was a resounding "yes"—drumming and pregnancy do work together. Jessica Zweback Zoller of Houston, Texas, band Skyblue72 explains: "My doctor said it was totally cool, that I could keep playing until I gave birth, just like any other kind of exercise." Peta of Tokyo Spares, an Australian garage rock trio, said that being pregnant made drumming more interesting. "Bubs would kick around inside, which was so weird," she says, "but great 'cause I knew he would be a little rocker. We played our last show when I was 38 weeks."

## MOMS ON DRUMS

BY JANE BOXALL

*How many times have you seen a lady with a bun in the oven playing the drums? That's what I thought. In 18 years of drumming, during which time I paid particular attention to my fellow female musicians, I'd only ever seen one pregnant percussionist—marimba artist Janis Potter, who performed solo at the Percussive Arts Society International Convention while very heavily with child.*

*Although I don't have any kids, advice from family and friends on the topic generally has been along the lines of "Oh, you'll have to give up drumming if you have a baby." The idea of giving up drumming is, to me, a bit like the idea of giving up food or oxygen, so I was curious to find out whether there were any women who didn't give up drumming while pregnant. That's how I found these active professionals who are overwhelmingly positive about the compatibility of drumming and motherhood.*

Jessica Zweback Zoller of Skyblue72



## EARPLUG CHECK

Jessica has researched hearing issues regarding pregnancy and drumming, and says, "The deal is, supposedly, that when the baby gets to be about 26 weeks or so, they develop a stronger sense of hearing. So that was about the point that I decided to tone it down a bit." Peta notes that some of her research offered conflicting advice. "Some people said that [drumming] can affect the baby's hearing and others said that it was fine," she says. "The sounds are all muffled in the belly because of all the fluid, so it takes the high-pitchedness out of the sound."

Read the full interviews with each of the four drummers quoted above online at [www.tomtommag.com](http://www.tomtommag.com)

