



After the Birth

What happens after the birth??

Bonding with Your New Baby

There is a period right after birth when the mother and father welcome and get to know their newborn. This is true for women who labor and have a vaginal birth, who labor and then have a surgical birth, and who have a non-laboring Caesarean. There are no particular skills for this period, other than to become familiar with your baby whom you have gotten to know over the past nine months but are seeing for the first time.

However, while this period is very special, there is a caveat you need to know. There is an inaccurate message that “bonding” occurs immediately after birth. For some people it does, and for others bonding just takes time—and that’s not a problem. There should never be any shame, guilt, or despair if you and your baby do not immediately connect.

Furthermore, if, for any reason, whether due to surgery, health issues, or pain relief, you are not able to be with your newborn right after birth, do not grieve and think you have missed a non-retrievable meeting. Whether you are with your baby right after birth or days later, the first exploratory time can always be special if you make it so. It will always be the beginning of a lifetime to explore and get to know your child.

Self-Evaluation

Self-evaluation takes place all the time. This is normal and natural. We reflect, re-play, and use our amazing minds to better ourselves and our future experiences.

The two of you will discuss your birth experience in depth for months afterwards. This discussion serves a monumental purpose. Repeated reviewing helps both of you develop a more well-rounded ability for when you have your next child. Each Pink