

## **Birthing Better: Achieving a Positive Birth**

### **Good Birth/Bad Birth—or Positive Births for All?**

Probably the worst thing that has happened in childbirth trends in the last 40 years is classifying births as good ones or bad ones. A positive birth experience, or knowing how to birth better, does not mean you should expect a “perfect” birth or even the exact one you want or imagine. Instead, expect one that you can feel proud of. Your Pink Kit Method For Birthing Better® will lead you to having a positive birth if you learn the skills. In fact, feeling proud of birthing better is the story repeated again and again by thousands upon thousands of women and their exceptional coaching husbands/partners who have used The Pink Kit.

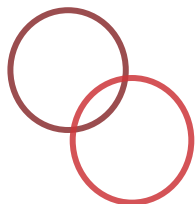
Of course, there are millions of women who have had good births without knowing anything about how to birth better or without knowledge of or access to The Pink Kit. But, often, women don’t know *how* they had a good birth. They may just feel they were lucky, had a quick birth, or made good guesses.

There has to be more than that, or we are just left with that pesky old adage: “There is no way to know what your birth will be like, so there is nothing you can really do to prepare for it.” What a hopeless belief, and one based on such little control and empowerment!

Fortunately, your Pink Kit skills can change all that, not only for you, but for all expectant parents. At last, there is a skills-based pregnancy/childbirth system that leads toward a positive birth experience for all mothers and fathers-to-be who take the time to learn, practice, and use the skills.

#### **What is a bad birth?**

For all the pregnant women in the world, there is an equal number of birth stories. What distinguishes a good story from a bad one is more often our own perception of



our experience than the experience itself. Bad births may be about poor outcomes, particularly if the outcome is unexpected, but not usually.

Bad births can range from

- a woman who was angry her husband didn't know how to help her and then stayed angry with him for months or years to
- a woman who felt that the staff midwife was rough when she did an internal to
- a woman who was angry because her favorite midwife was sick the day she gave birth.

What you will discover as you work through your Pink Kit is a clearly articulated pathway to take to birthing better and achieving a positive birth no matter what the situation. You do so by incorporating an old Chinese saying: "If you can't change the situation, change the attitude."

There is hope.

### **Simple: I had to know how to birth**

*"The lesson The Pink Kit taught me, after having five bad births but trying after each one to change every factor I could think to create a good birth, was simple. I had to know how to birth. Once I learned 'how to,' my next birth was great, even though the circumstances around it were even less desirable than my other births. Something so simple, but not spoken of at all."*