



How Important Are You?

OH SO VERY! If you haven't found a childbirth preparation class or book that *really* includes you, look no further! You are as important as your pregnant partner to this system. Although your woman will be the person actually "doing" the birth, you have a role that is just as active: to help her do the activity of giving birth to your son or daughter, regardless of what variety of birth you have.

Your Birthing Better Pink Kit skills are practical, simple to learn, useable in absolutely every birth, and will catapult you into becoming the birth support/coach you and your partner want you to be! And you can be that coach even in the presence of your birth professional, even if you have rarely or never ever met him or her before.

Birth and Men

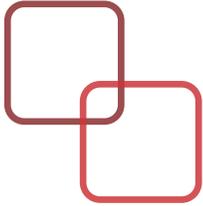
Until quite recently, men in modern societies were not allowed to be present for labor or delivery. They sat in the waiting room, pub, or at home. Since the late 1960s or early 1970s, fathers have been welcomed, encouraged, and fully expected to participate during labor and the birth.

Today, doctors and staff would like you to know how to help your birthing partner cope with labor pains, but they really don't care if you just stand around. However, your partner will care big time.

Men essentially feel two ways about birth:

1. "I'm glad it's not me!" (or "Birth is women's business.")
2. "I wish I could be pregnant and give birth."

Whichever group you fall into, your woman won't want you to just watch and be useless.



Are You a Birth Coach or Birth Support?

The general expectation nowadays is that you “support” your partner in some way. “Support” doesn’t exactly lay down your job description, though. Childbirth is fraught with politically correct terminology that assumes everyone understands the same thing. But that’s inaccurate, and words are important.

The term “coach” was used in the late 1960s/70s when fathers were first permitted and then subsequently encouraged to “be there” and “do something.” The rationale behind changing the word from “coach” to “support” was that “coaching” means “telling a woman what to do.” People thought it sounded too much like an aggressive sports coach. But you know that not all coaches are like that.