

PREGNANCY / CHILDBIRTH

1st Pregnancy

MOTHERS- AND
FATHERS-
TO-BE

Pink
KIT
METHOD®

First Pregnancy: Mothers- and Fathers-To-Be

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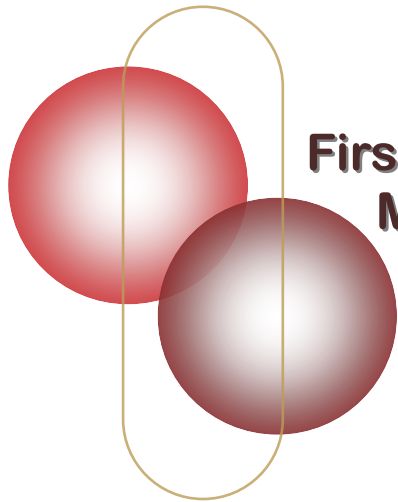
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Birthing Better with The Pink Kit Method®
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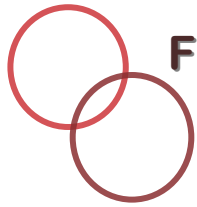


First Pregnancy: Mothers- and Fathers-To-Be

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First Pregnancy: Mothers- and Fathers-To-Be

Help! What's going to happen?

You are pregnant; you're having your first baby, looking forward to the birth (or not) and becoming a parent. Not many things in life are so dynamic and full of the unknown and everyone's opinions as pregnancy, childbirth, and parenting.

The reality of pregnancy is the same for all women. Once you are pregnant, you will give birth, one way or another. Yes, this can include a miscarriage or premature birth, which you hope won't happen, but some kind of birth is 100% guaranteed. Most likely, you will give birth within two weeks of your due date.

And fathers, you're going to be there throughout the pregnancy and at the birth.

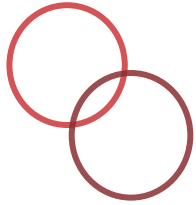
You Need an Anchor

You'll both get lots of advice, and there are plenty of childbirth books to read, classes to attend, and doctors or midwives to consult. You'll have to sort out the practical things such as where or with whom you'll birth. You'll have to make decisions about what you would like at your birth, such as pain relief, the ability to move around, or a Caesarean delivery. You will have to think about so many things and make so many decisions that your head will spin.

Let's cut to the chase.

You both need an anchor, and that's your Pink Kit. In the midst of the swirl of information, opinions, and choices, these skills can give you something to focus on and do together. That's important.

With your Pink Kit skills firmly entrenched, all your decisions will come from a sense of confidence, so needed when you are having a first baby.



Women

Any birth, including a first birth, is an exercise in plumbing. Your body is a container for your baby, and, during the birth, this object has to come out of its container. No matter how much you follow all the suggestions of your doctor or your midwife or your unique birth plan, you can always make that passage much easier by having your Birthing Better Pink Kit skills.

Throughout your Pink Kit resource, you will learn exactly how to prepare your pregnant body to open up, as well as the skills to work with your baby's efforts to come out. With these skills, you can take charge of what you do for yourself during your first birth. You'll still have to breathe. Your body will still be in some posture or position. Therefore, you can use breathing and relaxation skills at every single moment of the experience. And you can use your skills with and around all the assessments, monitoring, and procedures that occur during birth.

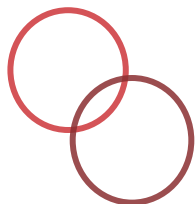
By learning birth skills, you'll feel capable, confident, and ready to meet the challenge of birth. When you have worked with your baby's efforts to come out of your body, you will also feel more ready to parent.

Men

Pregnancy and childbirth have traditionally been considered women's business, a feminine area. But since the 1960s, when women started to request that their partners help at the birth, dads have been expected to offer some form of help. In reality, there is still very little help out there *for* fathers-to-be, especially for first-time expectant fathers.

This is where your Pink Kit comes in: it gives you the exact skills to do your role as birth helper or coach.

Now, some people will say that your job is just to "support" your partner. But let's think about the word "support" compared to "coach." When you support someone,



you are definitely there for them, often holding their hand or giving a back rub. However, a support person never really gives guidance like a coach would.

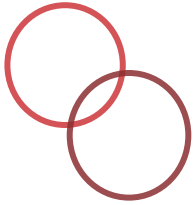
Coaching is about providing support *and* guidance. It's an activity, just like giving birth is. Your partner wants you to know how to help her give birth, and you *can* do that.

Childbirth is a very physical experience. Your Pink Kit skills are based on what you, as a man, have in common with your partner—your human body! As a man, you have the same number of bones and muscles as women. You blink, cough, and can tense up your muscles the same way women can.

This means that you can learn a set of coaching skills that are based on what we all share in common—our body and how we use it. Birth is just a heightened experience of using our body. In fact, men are usually much more in tune with their bodies than women, so these skills come more easily to them. Any hesitancy usually comes from a misperception that men can't know anything about birth because they never give birth.

But, if you keep in mind that it is an exercise in plumbing—big object coming out of container—then you can certainly get your mind wrapped around it. When you also remember that the activity will involve naturally occurring pain that can cause your partner to tense up, you know all the basics. Your job is to help your partner relax as much as possible to let the big object out. This isn't rocket science—it's common sense.

For example, because men and women have the same body, if you breathe in a relaxed manner, your partner will breathe the same way to relax, as well. You just need to learn how we, as humans, breathe and how breathing changes during painful contractions. Then you have to learn to recognize whether your partner is breathing in a relaxed or stressed manner and help her maintain relaxed breathing. This is simple to learn, practice, and do.



But you need to practice these skills regularly, for short periods of time every day. Some of the practice you can do alone while you're at work. Yes, that's true. You can become capable even on your own!

Once you learn breathing, relaxation, and communication skills, then you, a first-time father, will excel as a birth coach. Just as your partner can use her skills with and around all the assessments, monitoring, and procedures your doctor or midwife will require, a skilled birth coach can do the same. Keep working with your partner through one contraction after another or even during the surgery of a Caesarean delivery.

Doctors and midwives absolutely love to see a father really help during the birthing process. This is your role, your job, so learn the coaching skills that give you confidence and know-how. When you don't feel at the mercy of the experience, you will even feel more ready to be a parent.

You *Do* Have Power

Don't let anyone tell either of you that being a first-time mother or father means you can't do something for yourselves and your baby to make your birth experience really positive. Many first-time mothers and fathers over the past 40 years have done just that, by using the Pink Kit. Once you become Pink Kit parents, you, too, will be capable of preparing better for birth in your two distinct roles!