



What Kind of Birth Do Women Want?

That's hard to say. Many women are told that they are less of a woman if they don't "want" a labor and vaginal birth. This is a terrible judgment being projected from women to other women. Even women who plan or want to labor and have a vaginal birth often encounter undesired standards of care in medical environment and feel they have failed because they didn't have a "natural" birth. Just more unnecessary judgments.

Too many women find themselves saying after the birth:

- *I wanted a natural birth but had to be induced.*
- *I had the whole cascade of interventions.*
- *I felt so disappointed.*
- *If only someone had told me.*

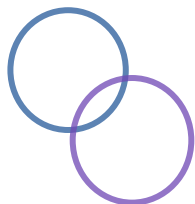
First birth

Do you want to labor and have a vaginal birth? If you do, it should be your top priority to commit the time and energy to learn the appropriate skills so you can have what you want. Don't assume you'll just receive it. Your effort is what will lead to that incredible high of success rather than just relief it's over or anger with the things that you didn't like or want.

Subsequent birth

If you've given birth before and don't have any medical reason to have a surgical birth, you might want to refine how you behave, respond to, react to, cope with, and manage the labor and delivery.

For both kinds of mothers, if you labor and have a vaginal delivery, you have



succeeded whether you have a natural or medical birth—AND DON'T LET ANYONE TELL YOU DIFFERENT!

With well-learned Pink Kit skills, you are more likely to say after a labor and a vaginal birth:

- *The pain was over the top, but I hung in there and used my skills at every moment.*
- *I'm really proud of how well I did.*
- *Wow...what an amazing experience.*
- *It wasn't as bad as I thought it would be.*
- *I coped well but can't say I loved it.*
- *I just worked around all the interventions.*

Is One Birth Better Than Another?

In the present childbirth trend, only some types of birth are considered “good.” The past 35 years have devolved good births down to those that occur at home, preferably in water with a midwife. We’ve gotten so narrow in our focus that it has left too many women feeling shame, blame, guilt, disappointment, envy, judgment, and bewilderment, as well as a “Couldn’t care less” feeling.

For women who have accomplished the “ideal” birth, there is often an unconscious projection of superiority and confusion as to why other women haven’t accomplished the same or judgment toward those who don’t seem to care.

Perhaps this is not common knowledge, but the fact remains: women are not supporting each other, and too often there is underlying judgment about other women’s birth. Unless we are inclusive of all births, we will continue to create many negative feelings about this precious experience, and that’s not good.