



Giving Birth: The Ultimate Activity

As soon as you became pregnant, you commit yourself to giving birth. This is guaranteed 100% of the time, even if the pregnancy ends with a miscarriage or premature birth or is just full of the unexpected. And the reality is that you have to do this activity *with* another person: your child. The best approach to this reality is to learn skills so you can do your part of this phenomenal activity as best as you can mentally, physically, and emotionally.

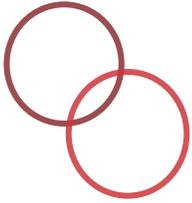
Your Pink Kit resource is about these things:

- The physical preparation of your pregnant body in order for you to “birth better.”
- Learning birth skills so you can work with your baby’s efforts (his/her “doing”) to be born.

Your Pink Kit skills bring your mind and body together, as any set of skills does. All of us have experiences wherein we feel or know we lacked skills. Lacking skills makes us feel stupid, incompetent, and uncertain. Having good and appropriate skills makes us feel competent, capable, and proud.

- Knowing what you are doing during the birth of your baby will make you feel in control of a situation you literally cannot control: your body’s actions, labor.
- Having birth skills gives you the confidence to continue to work with your baby’s efforts to be born even if you cannot control what is happening around or to you, such as a snow storm that prevents your midwife from getting to your home, or an unexpected emergency Caesarean delivery.

Think how much better the above woman would have felt had she learned Pink Kit skills during pregnancy with plans to use them during her surgery, but instead used her skills for her unexpected, spontaneous birth. Instead of feeling distressed after



the fact, she might have at least felt able to handle what wasn't wanted. Throughout Life, we will repeatedly be asked to handle things we don't want!

Your individuality will lead you to your own birth experience. Your birth might be better than you imagined! Or worse than you ever thought. What's for certain is having skills can make that experience as positive as possible because of what you can do for yourself the day of. Your Pink Kit skills, which come from people who have *been there*, will empower you to participate in your own unique experience.

Join your individuality to our commonality. Get the best of both realities.