

Birth Roles: Woman, Coach, and Birth Professionals

Childbirth and Skills

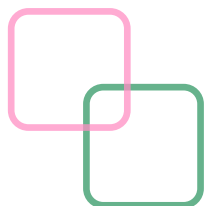
This is an important resource for both of you to read and discuss. There is no doubt that expectant parents today are not certain how to do their roles during childbirth. Sure, we all know that you, as a pregnant woman, will do the birth, and you, as a father-to-be, are expected to be there to support your partner. Yet what does any of that mean, exactly?

Jobs and roles are not static nouns, but rather a bunch of tasks you are expected to do—roles contain jobs. Jobs contain tasks that must be performed.

It is always much better to know what is expected in any job and to feel confident when you know how to do its tasks. However, unless each of you has been to 10-20 births, you actually do not know what tasks are necessary in childbirth, nor their required skills. Skills are learned, and you can't learn them unless they are specifically spelled out in small units of "doing," "observing," and "refining" the doing.

Driving a car is an analogy used a lot in Birthing Better with The Pink Kit Method®, so let's look at just one skill a driver has to perfect (this word "perfect" is not the same as "being perfect"): the use of the brake. Your role as a driver is to drive safely. Your job may be to take a journey from A to B. One of your tasks on this journey is to use your brake appropriately; to do that, you must use various braking skills.

In fact, your braking skills are not set in stone. Every time you use your brake, you are choosing how best to do that! On a moment-to-moment basis, you determine how much pressure you apply to the brake pedal, how gradually you apply it, and for how long you apply it. For instance, your proximity to the traffic light that has just turned yellow will affect all three of these skills. Or a car in front of you will determine how you use your skills. You might think "Brake now" because the car is suddenly slowing, but then that car moves forward, so only a light tap is necessary.



Your childbirth and coaching skills are applied in the same moment-to-moment usage. Your Birthing Better Pink Kit Package is your “childbirth skills manual.” In it, you’ll find all the childbirth and coaching skills that both of you need in your roles. It’s NOT a “childbirth informational manual.” Information you can get in most birth books and from classes. Birthing Better with The Pink Kit Method® is unique as it is the ONLY skills-based approach to pregnancy and giving birth.

Birth Skills for the Two of You

COMMUNICATION

It’s a commonly known fact that, if a man touches a woman in labor and she doesn’t like it, she’ll flick his hand away. Often, a man will believe, “She doesn’t want me to touch her,” thus the myth that women don’t like to be touched while in labor. But it’s only a myth. The fact is, birthing women loved to be touched, if it’s in the right place, in the right way, and at the right time.

Communication is the key. Communication can be verbal or non-verbal—use whichever works best in the moment to help the two of you work together better. A man can’t read a woman’s mind. If your partner touches you and you don’t want to be touched at the moment, flick his hand off. But as soon as you want to be touched, tell him, or reach out your hand, take his, and place it exactly where you want to be touched.

TOUCH

Now you know in labor to use non-verbal communication to get the touch you want, when you want, and where you want. In pregnancy, try this simple skill. As a father/partner-to-be, have the woman take your hand and place it on the part of her body she wants touched. Then develop three levels of touch: light, medium, and firm. When the woman likes the level, she should nod her head. This will help both of you know how light or firm the touch should be. In labor, either of you can hold up one, two, or three fingers as a non-verbal form of communication.