



Action, Not Just Choice

Unassisted homebirths are often perceived of as a rejection of something (the medical profession), but, in reality, they're often a choice for something. Sometimes the motivation might be a desire for the intimate privacy that can occur between husband and wife or for having a cigarette after birth, which a Birth Center or hospital might forbid and home birth midwife frown upon. Sometimes this choice simply comes from a physical distance from the hospital or a lack of midwifery care. There are many, many reasons why families choose to give birth without a birth professional present, not even a non-registered lay midwife, student midwife, or doula.

Now that you've made your choice, the question—from the Birthing Better with the Pink Kit Method® perspective—relates directly to the actions you should take to achieve your desired birth. Both of you have a higher responsibility than any other couple to learn exactly what you need to know to make your coming birth safer, easier, and more effective.

Birthing by Yourself

If you are resistant to becoming skilled as a woman or man to help your baby to come down, through, and out, you need to find other things in your life that do require skills and ask yourself why you have chosen to become skilled in those areas of but not in the birth process. Unless you have a very, very strong religious belief that accepts God's will and that states you don't need to do anything but have faith, and you are willing to totally accept the consequences of your beliefs, you do need to acknowledge that our human ability to be skilled does do these three things in other elements of life: prevent, reduce, and eliminate potential risks.

This is one of the fundamental questions you must ask yourself: If your ultimate desire and goal is to achieve as “natural” or “normal” a birth as possible with a