

## **To the husband / partner of a birthing mother**

Israel Maya CMHt  
Office: 305-655-2451  
Direct: 305-772-3643

[www.painlessbirth.com](http://www.painlessbirth.com), [www.painlessbirth.net](http://www.painlessbirth.net)

Greetings,

Thank you for downloading this file, I think it's some important information that may help you (as the expectant father) understand more about that special day of having your baby. I created this file because often times a husband can attend the birth of their baby but they may feel awkward or uncomfortable while they are there, not knowing how to react or what to do. You may even be caught off guard by your wife's reaction to the birth.

I am a hypnotherapist and have been teaching a course on having a baby with little or no discomfort while birthing using mind relaxation techniques for some time now and have had the opportunity to work with a lot of expectant mothers. I've also been very fortunate to attend the birth of 2 women...my wife, and a client of mine, which I'll call Debbie. I usually don't attend births because the techniques I teach help women do everything on their own, but I am available for those moms that need extra support or for single moms that would like me to be there. The following will give you a bit of history and will help you better understand what you may or may not feel during the birth, and how to avoid certain feelings as well.

**If your wife has taken the Painless Childbirth Course...  
I suggest you read on, but there is a special section  
titled: "[For the Painless Childbirth Husband](#)" toward  
the bottom that better fits your situation.**

### **I had it all figured out**

I am not a OB/GYN or a midwife, but interestingly enough, I learned a tremendous amount about birthing from those births that I attended. I currently have 3 children so I have been with my wife in the births all 3 times. The first birth was the most uncomfortable...for both of us. Although I knew what was going to happen (baby coming out of birth canal) because I had seen the process on TV or movies, maybe some screaming, moaning and groaning, "why did you do this to me" "it's all your fault"... out comes the baby and everybody is happy. I felt that I was prepared enough to handle anything that came my way. You see I always thought that I had it all figured out

because I knew how she was going to feel, the problem was, I had no idea how I was going to feel.

## **Woops! I wasn't counting on that**

Sure, my logical thinking as a man told me “just be there, Israel, hold her and keep her comfortable and she'll be fine.” Many women look to their spouses for support when things are going tough in their lives or when they have an emotional upset. In my opinion, however birthing can be a totally different experience. I knew nothing about hypnosis in the birth of my first child so my wife had a natural birth, but there was no regard for relaxation during the birthing process. She was convinced that it was going to be a painful experience; in fact she was going to have an epidural before we decided to have the baby in a birthing center, but the risks dissuaded us from having a “traditional” hospital birth with epidural.

Let's fast forward now. It's the day of the birth and I'm fine. Honey, can I get you anything?” “No” “Well, can I help you in any way?” “No” Hmmm, I will try coaching her like I saw in the movies and at filmed births. “C'mon honey, you are doing great, you can do it, I'm real proud of you.” So she says, “don't talk, just let me concentrate.” By this time, I'm really confused. I felt out of place, wanting to help and feeling completely unable to help. I felt like somehow I failed. As the birth progressed, I saw her getting more and more tense which made me feel worse.

Every time a contraction came, her face would scrunch up, her body would tighten and she would be in tremendous discomfort. I wished I could take some of that pain upon myself but all I could do was stand there watching the midwives do the job that at that moment my ego really wished I could do but couldn't.

## **Now I understand**

When I attended Debbie (my client's) birth, I was truly able to remedy this feeling (the helplessness of my first child's birth) that I felt the first time around. As a man, it's really tough to feel like you couldn't do something because we are into doing and fixing things. Whenever something is broken, our job is to fix it and logically we can deduce how we can fix this broken thing because our minds work systematically. That's why men are so good at mechanics of cars, planes, whatever. (Not to say that women can't do it but there are much more men mechanics in comparison to women.)

But women are more feelings oriented and are not as systematically oriented as we are. It doesn't mean that they can't be, but they act on emotion and can act more on the spur of the moment. They will deal with things as they come and many times will think about a situation when it arises. A man will at times obsess about situations until he has figured out exactly what he is going to do before faced with it. By the time the situation arises, he's got it all figured out. Great! But what if the solution is different than what you

thought of? What do you do then? If you are able to act on the spur of the moment, you may be able to handle certain situations better. This is where men and women can help each other out.

## **This time I was really ready**

As I was driving to Debbie's birth I said to myself "I've got to understand and be prepared to hear anything from her." I didn't know how Debbie was going to react from me being there even though she called me for support. Obviously she couldn't blame me for the pregnancy, but she might blame me for any discomfort that she felt even though she took my class. I thought to myself "she may even throw me out of the room, or what if she threw something at me?" Well I don't know about the throwing something at me part, but maybe a sharp "GET OUT" was a possibility.

I guess that at that point, after having worked with so many pregnant women, I had become accustomed to the fact that when dealing with women in difficult situations, logic was not the most practical application...understanding was. I put myself in my wife's or Debbie's shoes for pregnancy and birthing. Please follow along with me men. You are all excited when you are family planning. "Oh a little baby, it's going to be great honey, we'll build it a room and call it Johnny and it's going to be wonderful...you get the picture. But what happens to most of the women when it's the real deal, in other words, the pregnancy?

## **A quick break down of the 9 months and birth**

The first 3 months are tough, there are hormones raging, emotions soaring, throwing up, she wants to eat but she can't, she doesn't want to eat at all, or your telling her she has to but she won't. Then things normalize, kind of but later she's growing a lot, has to get new clothes, eats everything in sight or has really weird cravings, has to stop and rest, doesn't want sex and is constantly wondering about the pain, the discomfort and how she is going to deal with that horrible birthing story she heard from her aunt Sally, her friend Jane that had a C-Section and is in excruciating pain from the staples, and the screaming she saw from A Baby Story on TLC. If that wasn't enough though, by the time the last month or two rolls around she's weighed down, wobbles, prefers not to get up, still wants to eat everything in sight, and can't wait to get this baby out. (This is not everyone but general)

Finally, it's the day of the birth and the hormones are still raging. Her body is squeezing and she's getting feelings she's never had before or is unfamiliar with. If there is a lot of tension, the pain is excruciating, this experience is scary, she never thought it would be this way and all of the sudden she has everyone telling her it's ok, it's ok...but she doesn't feel it's ok. Men...are you getting the picture? There is no logic, this experience is...take it as it comes, so it's easier if you are understanding and if she tells you to leave her alone, you leave her alone. This may not be the case with every birthing mom, but

you have to understand, she's had it really tough for 9 months and may be upset at why you didn't partake in any of this discomfort.

## **So now what do I do?**

Now you're faced with this situation that you may have all figured out but she may not really want your help for some things, all things, or maybe she wants everything from you. That's where you can really be the hero. Here's where the way you act can really count and it's simpler than you thought. Just do what she needs. That's it!

Nothing to figure or plan out. If she wants her backed rubbed you rub her back, if she doesn't, you don't. You just understand...because at that moment, all of the things she's gone through is coming to a close and I believe...that after she's gotten used to the changes.... she feels she's got to change again. After she's called throwing up and eating or not eating, carrying all of that weight and feeling like a lob sided ball normal, she has to go through another experience that's going to take all of that away to bring her into her previous self or maybe a different self with someone else to take care of which if she's not prepared for that, it may seem scary.

So you see, it's not a matter of fixing; it's a matter of understanding. It's a matter yielding. It's not a matter of logic; it's a matter of intuition. Sometimes just your presence may be enough for your partner and you shouldn't feel out of place if she wants the practitioners, doctors, or midwives to do everything for her and not you.

Just be aware and attentive to her needs and ask her what she wants. You can surely understand that if she doesn't want anything, then there is nothing to do. Some wives may want you to play a very active role and others may not, and there are no set rules...your partner may change her mind at the birth itself. **So don't think it's something you did, it's just the way she wants it at that time and truthfully, I think she deserves that space if she asks for it.** My advice to you as a man that has been there is, enjoy the process and have fun with it. If it's a pleasant experience just feel good from it. If it's not, realize that it's not going to last forever. The experience will end soon and you will feel a lot more comfortable from just understanding her than wonder where you went wrong.

## **For The Painless Childbirth Husband**

Many women that have taken my course have had great experiences while they had their babies. My wife had an incredible birth when she had our 3<sup>rd</sup> child. Just to give you an idea, she was talking on the phone with her sister in New York when she was 9 cm dilated and she was actually laughing while the head of the baby was coming out. I swear, ask the midwives at the Maternity Center. Our second child was a good birth, but I was sick that night, so I could not really tend to her needs. I separated myself and let the midwives at the Miami Beach Maternity Center do the great work they know how to do. By the time we had baby #3, I was already trained in hypnosis and had taught the

painless childbirth methods to my wife. She was really motivated to have the baby and I was excited to keep her motivation going throughout the birth with the positive suggestions while she relaxed.

Most women that take my course are very motivated to have the baby because from about the 7<sup>th</sup> month onward, the expectant mom is given as much positive reinforcement as possible with materials that I use in the course. So if your wife has already taken my course, she will most likely be very motivated to have the baby and expect a great experience. This is good for her and the baby because the positive feelings and attitude makes the experience go a lot smoother. A woman can have a better experience when she is birthing if she is more comfortable with the process. Tension tends to slow down the birth and cause more discomfort.

If your wife has taken my course she will be more relaxed during the birth and you will enjoy interacting with her a lot more than if she didn't. By the time she is birthing she is much more in tune with her body and feelings and has been working at taking control of both, you may find that she may not need much of your help. If you have read the information above, I mentioned that a man that feels that he either can't do anything at the birth or is no use, feels left out, as if he did something wrong or is a failure somehow in helping his wife have the baby. As the one that tries to be there as much as you can for your wife/partner, understand that since she has been practicing for this event for several weeks because of the Painless Childbirth Course, she may feel that she can have the baby without the coaching and extra support.

The important thing to remember in this whole experience is to go with the flow. Just be there with your wife and let her know that you will help her if she needs it. If she says that she is fine and doesn't need anything...honor it and relax; she may just need something else later on. Be open to the possibility that she may need her back rubbed or she may need your help in the technique that she learned in class, which allows you to take part in helping her relax deeper during the relaxation process.

*(If you did not attend the last class, your wife can explain the technique to you)*

Israel Maya CMHt  
Office: 305-655-2451  
Direct: 305-772-3643

[www.painlessbirth.com](http://www.painlessbirth.com), [www.painlessbirth.net](http://www.painlessbirth.net)