

## **Becoming a Birth Navigator**

This message is to strengthen your resolve, to provide you with intelligence, and to give you the best advice to help you become the best navigator for your child's entrance into this world. Your partner did not get to this place without you, and she shouldn't have to fly this mission alone. Once you choose to make the commitment to being involved, you are part of the birth team.

The reason we have chosen to use the analogy of flying a military mission is that delivering a baby can become a dangerous journey. First, your partner and your baby are at risk. The way birth is handled in North America adds to the dangers. So you need to be ready to protect your family. Though there have been advances in medicine in the last century, in the last thirty to forty years birth has not become any safer for women and children.