

## A Wing Man Never Leaves His Post!

When you do not turn away under fire, you are a hero, no matter what the circumstance. The whole focus of a marital vow is to say you will stick it out through sickness and health, good times or bad times. Heading into the unknown territory of birth, you go in understanding that hell or high water you will do everything in your power to never let your captain down. You fly knowing that death could be around the corner, and you fly with determination.

We are men. We are the strong, the proud, and the brave. Men are born for adversity, to handle extreme pressure. Outside of actual warfare, childbirth may present the most difficult of emotional experiences for us. But, if we are prepared, we are able to overcome. Just look at all our own fathers—they survived didn't they. Who knows, the child coming to you may be the next Rembrandt, George Washington Carver, or John F. Kennedy.



All of us have faced times in our lives when we wanted to bail out. Courage is facing the troubles of life. Cowardice is checking out and abandoning your post. Who hasn't felt like packing it in? Birth can shake up your world too, but the brave are able to hang in there. **A wingman never leaves his post.**

## Promoting Positive Emotions



Helping your partner believe in herself, and her body's design, is something that any birth professional should be working toward, and you should join that effort. If she knows that relaxation helps reduce pain, but doesn't believe she is capable of relaxing, then there is a problem. A study shows that the more confident a woman is the better. So if you don't believe, then you can negatively affect your partner. It's like a faith thing. Most women are not prepared for the pain associated with their first childbirth experiences, and so much of handling childbirth is handling the uncomfortable stress, weight and pain. Having a partner who is confident about her ability to deal with all that is essential. Much of what doctors and midwives do is to help a woman deal with the pain. Birth techniques all seem to revolve around this idea. So try your best in encouraging your partner to believe in

herself and in the natural design of her body. Remember every woman deserves an award for carrying children.