

## **Human Touch**

As men, we are not too touchy. One of the most effective means of encouraging a woman is to touch her. We men fail miserably at that. During pregnancy and especially during a labor and delivery, touch is a powerful way of encouraging your partner. Recent studies have shown that male partners are much less likely to touch a laboring partner than a female doula or labor assistant. Touch reassures a woman. It provides a physical communication of love and support. It would benefit all men to learn to touch their partners with a gentle, non-sexual touch. This would improve your ability to be there for your partner, and it would improve the probability of the type of outcome we all want. So touch her. That's right stroke her. Massage her. Hold her close. Anything but sit there like a cold statue.