

THE DADS* GUIDE TO SHE BIRTHS®

Welcome to parenthood – one of the most amazing, life-changing, frustrating, joyful, challenging and important journeys you will ever embark on.

Over the coming weeks and months there will be much for you and your partner to process as your relationship, priorities and expectations change to make room physically, spiritually and psychologically for your child's arrival.

DAD'S ROLE IN - AND EXPERIENCE OF - BIRTH

Your support and participation in your partner's pregnancy and preparation will play a vital role in achieving a positive experience for you both during one of the most significant events in your lives - the birth of your child.

Traditionally, birth has been considered 'women's business', a perception that's prohibited dads from active involvement for centuries. But now, thanks to progressive scientific research and an evolution in social norms, dads are encouraged and expected to be present during the birth of their child.

But just 'being present' to witness the birth won't necessarily result in a positive experience for you or for mum. Birth doesn't often go to plan and for dads unfamiliar with childbirth and its potential complications, witnessing your partner and baby in distress can be an extremely confronting and traumatic experience.

"Birth shocks a lot of fathers ... They have high expectations of everything being normal and then they are faced with the possibility of being a single father."

- Dr Rakime Elmir, Western Sydney University.

At She Births®, our objective isn't just to guide you on how you can support your partner during the birthing process; it's also to familiarise you with birth and prepare you for what's to come by ensuring you have all the tools and resources you could possibly need. Your support during the birth will be invaluable and make a significant contribution to the creation of a beautiful birth experience for everyone.

"She Births® reminds us guys that they need not be afraid... I'm not exaggerating when I say that within the space of these two-days, your perspective of giving birth (and possibly your life) will change forever and for the better. Mine did."

**- Matt & Naomi Noffs, Social Entrepreneurs:
Ted Noffs Foundation**

"This is the most important thing you can do before you have a baby ... especially for the husbands ... you learn how to be a supportive birthing partner and feel like you're a part of the birth, that you're actually contributing."

- Benji Marshall, professional rugby league footballer



WHY SHE BIRTHS®?

She Births® is the world's only scientifically-verified childbirth education program proven to improve birth outcomes for mum, dad and baby. Combining evidence-based and holistic techniques, She Births® equips mums and partners with knowledge and skills that work to support you both during pregnancy, birth and early parenting.

Results from the She Births® – Post Birth Survey were randomly completed by over 200 She Births® mums and demonstrate significantly lower medical assistance rates, more normal birth rates and very high degrees of birth satisfaction:



- 95% of She Births® mums said the course helped them connect with their partner
- 92% said She Births® helped them communicate more effectively with caregivers
- 94% were supported by their caregivers in their She Births preferences
- 98% of She Births® mums said their partner was their primary support during childbirth

She Births® was designed by Nadine Richardson in 2008 and has since empowered more than 4,000 couples with the knowledge and skills to create a beautiful birth, no matter what unfolds. The program is based on three pillars:

KNOWLEDGE

We provide couples with the latest evidence-based and holistic information to feel empowered to make educated decisions with caregivers about health, birth and baby.

INNER STRENGTH

Women have the innate skills to work with labour and it is often a matter of simply learning them so they can be drawn upon automatically on the day. Most of the inner resources used for birth are Eastern techniques such as yoga, relaxation, visualisation and breathing.

OUTER SUPPORT

We equip you (partners) with a comprehensive toolkit of skills, which are practiced throughout the course, to encourage you and mum to work as a team. Using 'doula type' support strategies such as active birthing, massage, acupuncture and more, you can help reduce your partner's pain effectively and contribute to a safer and faster delivery.

"In one single day She Births® completely revolutionised our perceptions, giving us another reality of birth that is natural, joyous and ecstatic. As a man I felt it was the most vital preparation I could have done." - Gary Gorrow, Meditation Teacher

The She Births® antenatal education program has been scrutinised in large, randomised controlled trials over the last five years and is the first and only childbirth education program in the world that is scientifically verified to lower epidural rates (65%), caesarean section rates (44%) as well as resuscitation of babies (53%) and even shorten labour by 32 minutes. (Read more about this ground-breaking study here, which was published in the British Medical Journal.)

65%
Lower
Epidural
Rates

44%
Lower C-
Section
Rates

53%
Lower
Resuscitation
Rates

WHAT'S INVOLVED FOR DADS?

You and your partner will take part in a weekend, private or online She Births® course to provide you with a toolkit of skills to support you both through pregnancy, labour and your journey into parenthood.

The course covers everything you'll need to know about the birthing process and details how to work together as a team using active birthing, yoga, massage, acupressure, breathing, relaxation techniques and more, to reduce pain and achieve a safer and faster delivery.

She Births® is highly inclusive of even the most reluctant birth partners and certainly no experience in yoga or meditation is required to take part or implement the methods.

To find out more information, please click on the below buttons to be redirected to the course program.

WEEKEND COURSE

ONLINE PROGRAM

'[The She Births®] course really changed me. I mean yes, I'm a management consultant, and yes I spent 10 years in the British army but I'm pretty open to just trying anything and I certainly am not a bluff old traditionalist who thinks there's only one way in terms of the medical profession. But my God I'm glad we went through it. I went in thinking that there wasn't really much support I would be able to give my wife as she gave birth, and I came out feeling like I had a purpose. I was informed. Ready.' - Phillip Dove



'My wife signed us up for She Births® ... I went along reluctantly as the whole thing seemed a little too 'hippy' for my taste. She Births® changed my views by educating me about the process of giving birth ... it gave me a useful role during the labour.' - Matt Johnson



* At She Births® we support marriage equality and respect the rights of all people regardless of sex, religion, age, gender, ability and lifestyle choice. We recognise that it's not always a 'dad' that helps mum through birth but have used the term here generically.