

10 Personalities of Dads at Birth

Written by Lauren McClain

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son, we were so in sync that he just naturally knew what I needed. His 100 percent support and effort during my whole pregnancy and birth was such an amazing gift a true blessing. He has continued this support into motherhood! ***Michelle Holmes Klinger***

My husband, Matt, made labor and delivery easier by being there emotionally and physically, allowing me to relax, surrender, and allow the process to unfold naturally from the moment I knew I was pregnant to the birth, both times. If he saw a place he could help he jumped in wholeheartedly, and I am so grateful for the experience! ***Nicole Poirier Keenan***

Sacrum massage/counterpressure, emotional support, timing contractions, calling the midwife, doula, etc., holding my puke bowl then rinsing it out, filling the tub, and even being a physical support to lean against (he was in the tub with me) when our daughter was born. ***Laura V p***

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Gillow

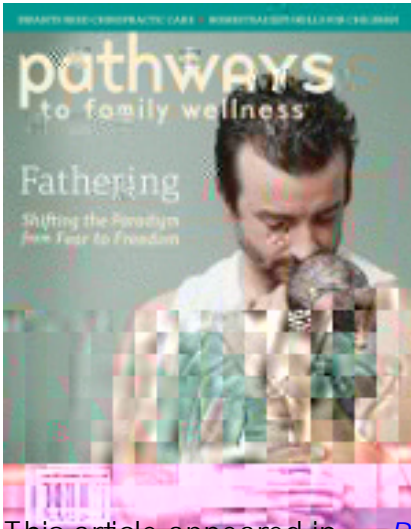
He walked with me for the first 24 hours as I tried to walk my little boy into this world. Then when it was time, he brought me my heating pad, massaged my back and sacrum, just listened, stroked my brow, gave me my water, and helped me focus. ***Meggan Medley***

At the birth of my second son, Max, I lost my cool. Labor was hard and furious and I kept saying, I can't do it, I can't do it I need drugs. My husband held my hands and said in the

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