

Fathers Present at Birth

Birth – Patrick M. Houser
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Talking Points

- Fathers have become increasingly more present in their children’s lives since 1975. They have also been more present at the births of their children. Father’s need to feel safe and supported at birth while being able to listen to the mother. What are the benefits of having the father feel supported and be involved during the birth?
- So, where can fathers learn to be fathers? This is where Patrick Houser has stepped up to the plate: looking to educate fathers-to-be with his *Fathers-to-Be Handbook* as well as a push for “fathers” to be included rather than “the rest of the family,” “other family members” and “birth partners.” All of these terms can include fathers however, research shows that unless the word *father* is used, fathers won’t include themselves.
- When fathers participate in the birthing experience it can be extremely beneficial to the birthing mother and it can be an equally equivalent impediment when they are ill-prepared or are unsure or unaware of their role. In what ways can the oxytocin produced from a loving relationship during this time can be highly advantageous to the mother during birth?
- Midwives and birth-care professionals play an important role in birth and could, and do, help integrate fathers more into the experience. What are things we can do to help father’s be prepared for the births of their children?

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

Patrick Houser’s website: <http://www.fatherstobe.org/>

An article by Jeff Sabo, “Homebirth: A Father’s Perspective”:
<http://pathwaystofamilywellness.org/Pregnancy-Birth/homebirth-a-fathers-perspective.html>