



## Childbirth and Marital Bonding

### on *The Jenny Hatch Show*

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Guests: Bob and Lynn Griesemer

## Love, Sex and Babies...

What more is there to life? Well, how about Emotional Bonding? Marital Bonding? Take a look at a strong, happy marriage and you will likely find a couple with a solid emotional bond. How did they get this? How do they nurture this closeness?

Couples can do many things to increase or maintain a sense of marital bonding. One way is to share deep, human experiences. Birthing a baby is the physical manifestation of the couple's love, and what better way to bond than at the birth of their baby?!

What woman wouldn't want an intimate, pleasurable birth? Why do many husbands shy away from getting involved in birth? Many people are so fixated on the idea that birth is painful and requires experts that they neglect two important aspects: (1) a woman in labor / giving birth should be treated with dignity and reverence and (2) The couple should have a romantic or private atmosphere.

Bob and Lynn Griesemer believe that the potential impact on the marital bond is *COMPLETELY* ignored by the current approach to childbirth.

Bob will discuss his experiences with the birth of his children both in the hospital and at home, unassisted. He will also talk about the father's bond with the baby and his wife and why he thinks the marital bond is greatly affected during birth. Lynn will emphasize the importance of "emotional bonding," not only with your newborn baby, but with your husband.

Unassisted Homebirth (UHB) is not insurance against divorce, nor does it mean that you will live happily ever after. However, UHB strengthens the relationship because it is a shared event during one of life's key moments. It requires healthy communication and is filled with tenderness, compassion, gentleness and honesty. Bob and Lynn will share all this and more, including:

- why men resist greater involvement and what can be done about it
- gaining courage before and after the birth
- 3 ways UHB strengthens the marital bond