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The 5 Sweetest Things These Midwives Have Seen in the Delivery Room



by **Judy Koutsky**
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If you're pregnant (especially for the first time) and anxious about what's to come, you're not

alone in picturing the delivery room with some trepidation — as a Place of the Great Unknown that's all about [labor pain](#) and pushing. But for certified midwives Julie Marks and Sandra Uribe, from the Department of Obstetrics & Gynecology at Loyola University Health System in Maywood, Illinois, the "L&D" room is home to plenty of sweet displays of affection, too. Here, some of their favorite memories (that just may help ease some of your own labor worries!):

The Brink: One of Marks' favorite moments in the delivery room is something she calls "the brink." The brink, she explains, is when a mother is mentally, physically and emotionally exhausted and thinks she can't take it anymore (this is especially the case in women with long labors). The mom feels like she's done. Then she gives that final push, and the baby comes out. And she immediately forgets the pain, forgets the exhaustion, forgets everything else and simply embraces her baby in her arms and cradles her. You can see the love and joy in mom's eyes, which are saying: "It's all worth it."



The Champion: Another great moment is when a first-time mom who's clearly nervous about labor when she enters the delivery room leaves feeling like a champion. She's proud of herself and her body and everything she's done to deliver her baby safely into the world. [Labor and delivery](#) is a lot of work, and moms should be proud of themselves. While not all moms express that empowerment, for those who do — who get that they really are heroes for giving birth to their babies — it's a very special moment to witness.

The Lightest Touch: Many times in the delivery room, it's the men who turn emotional and mushy and are overly delicate with their newborns immediately after birth. Dads cry and are so filled with love and wonder with what they've seen that it's almost surreal to them, and they express these emotions gently — ever so lightly — when they touch their baby girls or boys for the first time. It's so sweet to see that light touch, like they're afraid the baby won't withstand much. That tenderness, that gentle sweet first connection between dad and baby, is the start of a lifelong bond.

The Helper: Partners frequently feel helpless in the delivery room when they see their women going through all the pain of delivery. But there are those partners who are so sweet and comforting to their laboring partner, providing water, a cool compress and sweet words of encouragement. These dads and moms know their partners are doing the heavy lifting, but they are doing everything in their power to shoulder some of the burden and [make the process easier](#).

Sibling Love: There's often a lot of talk about sibling jealousy and [preparing brothers and sisters for the latest addition](#). But it's not uncommon to see siblings — especially little ones — want to snuggle up with mom and baby soon after birth. Seeing everyone in bed together — mom, newborn and sibling — completes the circle. It's a special moment.

Can you relate to any of these stories? What's the sweetest thing that happened to you in the delivery room? Share your thoughts in the comments below!

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- [The Lowdown on the Delivery Room](#)



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