



“Studies have shown that men in the phase around the birth, have a significantly higher willingness to inclusion of health topics.”

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Biography

Chief physician for gynecology at the St. Joseph Hospital in Berlin, Prof. Dr. med. Abou-Dakn has over 30 years of experience in maternity and antenatal care, especially in high-risk births, pelvic births, twins, etc.

As the first chairman of the WHO / UNICEF initiative "Baby Friendly Hospital" and member of the National Nursing Commission Germany, he is also a breastfeeding specialist, providing breastfeeding consultation as an international board certified lactation consultant (IBCLC).

Achievements include authorship on books and numerous publications for research in breastfeeding and lactation challenges such as mastitis, women's health extending into bleeding and postmenopausal challenges, and a particularly unique perspective of the role of the father, and bonding with the infant.

40 years of father in the obstetrical – helpful or rather counterproductive?

Since the mid 70s of the last century, the presence of the father at birth increasingly has become a matter of course. In 1970, only 12% of fathers were present at the birth of their child, approximately 60% in 1980 and in 1990 already over 90%. This change is also reflected in the literature of the time, both in the lay press (e.g. parents and newspaper articles), as well as in the specialist literature. The presence of the father at birth in mammals can't be found neither in nature nor in observations of the ethnologists.

The question therefore arises why such a change in the obstetrics came?

In principle, this is certainly the social change in the understanding of the role of women, but also in obstetrics. After the primary orientation of the obstetrics on the prevention of deaths of mother and child, it came already in the 60s of the last century to a rethinking of the way of birth.

Literature searches show that the effects due to the presence of the man are still not unique. There is no unequivocal statement to the effect on the course of birth, the medicalization and the mode of birth. Recent studies deal with the preparation for the birth and the differences in the perception of the birth preparation courses for more specific situations and that men experience a more positive birth experience, which is also reflected then in the women. Studies have shown that men in the phase around the birth, have a higher willingness to be included in health topics. The influence of the Father on breastfeeding and breastfeeding duration is described in several studies

