

Project Title: "A Father's Hands: Saving Two Lives in a Moving Car"

Location: Airport First Junction, Accra | Date of Incident: December 4, 2024

On the 4th of December 2024, amidst heavy traffic at Airport First Junction, an ordinary morning turned into a life-or-death emergency. I, Cynthia Dzifa Koomson, went into sudden labour with a breech baby-a high-risk birth complication where the baby is positioned feet-first.

There were no midwives. No hospital in reach. No tools. Just my husband, Sgt. Samuel Koomson, a soldier of the Ghana Armed Forces, and our private vehicle stuck in traffic.

As the contractions intensified and I cried out in fear and pain, my husband saw the baby's feet already emerging-something even trained nurses fear. In that instant, he became our lifeline. He stopped the car, cleared the back seat, and with nothing but courage, love, and instinct, safely delivered our baby girl. Her first breath was taken in his hands. His uniform was soaked with blood and tears, but we were both alive.

This terrifying but miraculous event inspired our project: "A Father's Hands." It is a grassroots campaign that uses our personal experience to promote male involvement in childbirth, build awareness around breech birth risks, and advocate for emergency birth preparedness in Ghana.

Project Goals:

1. Educate communities about breech births and what to do during emergency deliveries.
2. Promote male involvement in maternal care as a key to saving lives.
3. Encourage policy for emergency delivery kits in public service vehicles (military, police, transport).
4. Provide basic emergency childbirth training for fathers, drivers, and first responders-because every second counts.

Innovation:

What makes this project unique is the real story behind it. It's not based on research alone-it's born from lived experience. We're not just advocating-we survived it. And we want others to survive too.

Community Impact:

Our campaign reaches expectant fathers through workshops, antenatal clinics, and military family networks.

We collaborate with health workers to simplify emergency birth procedures into teachable moments.

In remote and urban communities alike, we aim to provide low-cost birth preparedness packs and create awareness around breech signs.

Why It Matters:

Too many mothers and babies die in Ghana due to delays, lack of knowledge, or absence of support. But my husband, an untrained but determined father, saved our lives with his bare hands. If one man can do that in crisis, imagine what many can do-with the right knowledge.

"A Father's Hands" is more than a moment. It's a movement. A reminder that fathers are not bystanders in birth-they can be protectors, supporters, and even heroes.