

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

Date Received: 19 July 2023

Partially
Confidential

2 births through the public system. First birth was in Dec 2021. Aimed for a physiological birth. The majority of everything went quite smoothly. It was hard being pregnant for the first time, so unsure and anxiety with no continuity of care. We tried to hire a trainee midwife etc but it didn't work out. Had multiple midwives during the labour. Gave them my birth plan. I'm lucky I wasn't too worried about the change of midwives, but for someone who is more anxious than this would've been an issue. Would have been nice to have explained that breaking my waters was a part of an induction which I didn't want. Felt empowered to still make a decision but didn't really have all the information. I had two beautiful midwives plus one student who ended up delivering my baby. They were amazing and so supportive of the physiological birthing process. Another head midwife decided to come in and it seemed she was a little

Judgemental of the tens machine. Then I was so fatigued as she made me have a shower and then take the baby and I physically had no strength to hold him. That was upsetting. Our baby's levels then dropped and he had to be admitted to NICU. I did some research after and found out this may have been because of the change in temperature after the shower. Overall, I wasn't happy with the head midwife's service but a beautiful birth overall.

My second birth was through the MGP program and this was absolutely amazing! I opted for a homebirth. The continuity of care was extremely comforting and especially that I even had some in the comfort of my own home. was amazing and so confident and reassuring. It was stressful as I was close to going over 41 weeks where I wouldn't have been allowed a homebirth - I feel as though this needs to change! Anyway, our baby was born at 41 weeks 6/5/22 and at home! It was the most magical, undisturbed birth where respected me and my decisions. I would highly recommend encouraging more homebirths and to be able to offer more women, free continuity of care! This is vital for a baby's entry into the world - A calm, safe space!