

Submission  
No 96

## INQUIRY INTO BIRTH TRAUMA

**Organisation:** Little Bo Sleep

**Date Received:** 22 July 2023

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Partially  
Confidential

As a gentle sleep consultant I work with supporting families improve their child's sleep.

I have worked with many families who have experienced birth trauma which has then impacted the way in which they have been to parent their baby, make decisions, bond or adjust to a "normal" level of sleep deprivation. This can be in the form of unsafe cosleeping, driving children in cars for hours at a time or challenges bonding or reading their baby's cues. Even months and years after their child's birth their experience is still fresh in their mind.

We work to build confidence in their attachment and understanding their baby's which should be able to come naturally when a mother is able to enter the journey with their newborn feeling empowered and trauma free.

Better understanding of the impacts during birth to women's psychological and emotional health needs to happen to provide continuity of care both before and after the birth of the baby. Medical professionals need to better communicate and listen to their birthing mothers and their voice be valued and their experience be protected.