

Submission
No 134

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

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Partially
Confidential

Throughout my whole pregnancy I was treated as though I was putting my baby at risk because of the size of my body, even though if someone got to know me they would have found out how I take care of myself and regularly exercise. The size of my body is the least interesting part of me. There is a lot of bias and disrespectful language used for those of us who exist in a bigger body.

The public hospital birthing system makes you feel like a number. The biggest gap is continuity of care - having someone you see regularly who can get to know you so each time you go in you don't have to start from scratch and have the same conversations or have anything missed. My birth wasn't what I was hoping for, being an emergent caesarean after failing to progress after an induction. The induction I never wanted but was talked into by the hospital.

The midwives are amazing but I felt pushed into the caesarean by the GP at the hospital without much of a chance to talk about it, the forms were already in my hand to sign as they walked out saying 'think about it'. I didn't get asked about any thing I wanted to have through my birth so didn't get to keep my baby on my chest after he was born. I didn't have it in me to fight or ask for it at that stage. While I don't consider it a traumatic birth I see so many gaps in how the system works in NSW, at a time that is supposed to be beautiful.