

Submission  
No 160

## INQUIRY INTO BIRTH TRAUMA

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Partially  
Confidential

I gave birth twice in hospital in the past 4 years and I wasn't pleased with how I was treated a lot of the times. I was denied continuity of care because I have epilepsy. I was spoken down to because I didn't want to do all the recorded testing and even had to deal with a little temper tantrum from a receptionist just because I denied doing a urine test during one appointment. My midwife tried to persuade me many times to do an ultrasound after my husband and I made it very clear we weren't comfortable with ultrasound and don't want to use it.

Getting consent to labour in water and give birth in water was also difficult for me because I am 'high risk' because of my mild epilepsy. I had a midwife who panicked over a little blood that came out while I was pushing and told me to get out of the bath. Then when I birthed my son next to the bath and I wanted to sit immediately to rest she told me to walk all the way to the bed and sit there. I told her I just want to sit and rest and she insisted that it's easier for them to check me when I'm on the bed. I believe I may have some sort of trauma from the birth system and how I was treated like I was other and not welcome.

When I presented during labour they made a big deal about wanting to do an ultrasound to see baby's positioning even though I had never had issues with baby's position. And got like two doctors to come talk to me and get me to sign a form that I was going against their recommendation. During labour. Btw I had made it very clear that I don't want any ultrasound throughout my pregnancy and it was in my birth plan that I didn't even want Doppler used much. I didn't feel properly cared for. I asked the midwife to come help me shower after the birth because I was scared I might faint as I did in my last birth and she just left me alone.

They were so busy that night I was barely cared for and so decided to go home straight from the labour ward a few hours after the birth. With my first birth, my daughter actually got traumatised from breastfeeding because of the rough and harsh methods the midwives used to get her to latch when she obviously had latching issues. They got forcing her into the breast and she ended up not breastfeeding and actually screaming every time I'd offer her my breast. I didn't know any better and that's why I just let the midwives do what they did. This was over a few days and really affected me and my daughter and our bonding.