

Submission
No 162

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

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Partially
Confidential

I had a perfect pregnancy, excluding every doctors and obstetrician visit. I had prepared for pregnancy and birth thoroughly, I had done a lot of research, multiple courses. I knew I wanted to deliver naturally and intervention free. Each time I voiced my birth preference it was met with "Oh well we'll just see about that". I went into spontaneous labour at home at 41+5. From the minute I was over 40 weeks I had to fight so hard to avoid being induced, I was told I was an irresponsible mother, immature, reckless.

I stayed at home as long as possible to labour in peace. I went to the hospital at 7cm dilation, where I voiced my preference for a natural delivery again. I was told "we don't have many natural deliveries here" and if I could "keep the noise down" in the birthing suite. At 10cm the obstetrician attending and was annoyed she had been contacted too early and my baby was "ages away". I had no urge to push at this point, however forced to lay on my back, hold my knees, tuck my chin and hold my breath and push my baby out.

I knew my body and baby weren't ready. The urgency and pressure put on me by medical staff was stressful, they told me I needed to get the baby out now. They used the vacuum against my wishes and I experienced a second degree tear which I contribute to their actions. The manner of which the birthing team conducted themselves and the system in which they follow made my experience feel far from natural.