

## INQUIRY INTO BIRTH TRAUMA

**Name:** Name suppressed

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Partially  
Confidential

Dear Committee,

I gave birth to my eldest child in July 2021 at a hospital in Sydney. I was in the MGP program for my entire pregnancy which was great. When my waters broke when I was 38wks6days I went to the hospital to be assessed and was then informed that my baby was breech. I was unaware the baby was breech and had regular appointments with my midwife which should have indicated that the baby was breech. I was subsequently informed that the hospital's policy was that I would need an emergency C-section as the hospital did not do breech delivery. When my daughter was born the attending doctor suggested she had been breech for the majority of the pregnancy. Again it was traumatic for me in that I was not informed/my midwife did not pick this up and that I had no control or say over how the birth proceeded. Furthermore the language used by staff on the maternity ward felt accusatory about why I had a C-section. This whole experience left me with little to no faith in our hospitals, particularly in the ability of medical staff to adequately detect things like a breech baby.

My subsequent pregnancy and birth I went through GP shared care and employed a doula to support me. This was a far better experience and I ended up having the birth I wanted aka the birth and birthing space I could control and have a say on. During this pregnancy I did find myself anxious each time I was required to go to the hospital for the NBAC clinic. I found the term 'Normal birth after cesarean' was isolating - I would have thought a better way to describe it is 'vaginal birth after cesarean'.

In my first pregnancy, I felt let down by the hospital and birthing system. At no point was I informed about breech babies and options and nor was I aware that I could say no to things that were being suggested.

The hospital birthing system has a long way to go to better empower women to have the birth they desire with as little intervention as possible.