

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

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Partially
Confidential

I experienced trauma postpartum after the birth of both my children, first in June 2021 and most recently June 2023.

Both times were around breastfeeding and hospital midwives pushing their agendas.

I birthed both my babies at _____ Hospital.

Both of my babies had tongue ties and the paediatrician who saw them both did not say anything. The midwife that did tell me my first born had a tongue tie told me that I wasn't allowed to tell anyone she told me so, and that _____ is notorious for not diagnosing tongue ties. Without her telling me this, I would have struggled to breastfeed my son without knowing why. Second time around I know what to look for in my baby's mouth. Still no one told me she had one.

The conflicting advice of midwives was damaging to my self esteem and mental health. Each midwife had their own opinions which differed from the next. This created a lot of confusion to a first time mother and left me feeling out of my depth and lost.

Without midwives actually saying no, I was manipulated to keep breastfeeding my second baby despite me knowing my milk hadn't come in and asking for formula to top up her feeds. As a result my daughter lost 400g (more than 10% her birthweight) in only 3 days. I felt like I'd failed my newborn baby by not advocating hard enough for her.

Women are emotionally/mentally/physically vulnerable after birth. There is an lopsided power dynamic of medical professional and vulnerable new mother. I put trust in what the professionals/experts tell you despite gut instinct saying otherwise.