

Submission  
No 304

## INQUIRY INTO BIRTH TRAUMA

**Name:** Name suppressed

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Partially  
Confidential

On May of 2022 I gave birth to my first baby at \_\_\_\_\_ Hospital in NSW. Every single aspect of my birth did not go how I wanted. During the final weeks leading up to birth I was coerced into agreeing to an induction due to having an LGA baby. I had gestational diabetes (diet controlled) but the Drs reason for induction was always because my baby was measuring “too big”, diabetes was never mentioned. I finally agreed to induction after pushing it forward a whole two weeks which was not easy, I was taken to speak to many different drs whom all told me the risks of not being induced and never the risks of induction itself. The decision I made to get induced was done out of fear and coercion and was not an informed decision. The fear came from words from the Drs such as “still birth”, “shoulder dystocia”, “caesarean”, “badly tearing”.

I was admitted to the hospital to begin my induction and there was a midwife and dr in the room, the midwife told me the reason for my induction was gestational diabetes and that my baby was not big, and the dr in the same room disagreed with the midwife and told me the reason was of my large baby.

Induction process went along and there was no progression from it. Fast forward the next day I had waters broken and the drip shortly after. From the start of this day there were many people in and out of the room, I did not feel safe or comfortable at all and was very nervous. Had many VEs and at one point I was asked by the dr for a VE and I remember having an extremely intense back contraction where I was not able to lay down, so I told him one second please I cannot lay down right now and he rolled his eyes. This was the worst moment for me during my entire birth experience. I felt so disrespected and powerless and the Dr had no remorse or empathy at all.

In the end the induction resulted to a cesarean due to all the interventions that occurred; (foley tube, artificial rupture of membranes, drip, many VEs, epidural) and the distressing environment I was in.

After being discharged from the hospital I had time to rethink what had happened and felt like I didn't really give birth, the nurses and Drs gave birth for me. I felt so powerless and that my body did not have a chance to do anything by itself, with no distraction or interruption. I had zero control the whole way through and was not given the opportunity to experience birth in its natural state, non interrupted just the way it was made to be.

My birthing experience resulted in not having that initial bond with my baby that everyone speaks about. It took me months to feel a major motherly bond with my child and I believe it's the result of the experience I had.

If I could recommend and change one thing to prevent birth trauma it would be to let women trust and listen to their body. Allow them the opportunity to feel the power of birth and limit the amount of intervention that occurs way too often.