

Submission  
No 427

## INQUIRY INTO BIRTH TRAUMA

**Name:** Name suppressed

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Partially  
Confidential

I gave birth 18 months ago in a hospital with a publicly funded Midwife Group Practice in ████████ NSW, I did not experience birth trauma and I am very lucky to have been very well supported and understood by the midwife group. I was “low risk” and I had a very low intervention vaginal birth. But I feel as though I worked very very hard at educating myself, knowing my rights and that in the end it was down to me and my partner to advocate for my needs and my babies needs. I am a Social Worker with a masters degree, and paid a significant amount of money to do a hypnobirthing course, which I believe was extremely helpful and supported my virtually pain free calm birth, but most people can't afford this and aren't able to read research papers. Unfortunately the birth I had is a minority, for research suggests (and I'm sure your inquiry will show very clearly) that if you birth in a hospital in Australia (or any western country ie UK, USA) it is very very unlikely that a woman will birth vaginally without intervention from medical practitioners.

I have a friend who had an induction (was it medically required???) and told “your baby is too big and wouldn't fit out your pelvis” (what research is being used to make such outlandish claims), the epidural failed twice and ended up in an “emergency” c-section (a it actually an emergency when we know that a huge percentage of first time mums who are given inductions will end up having c-sections) to which she was not properly numbed and felt all the cutting of her skin during the procedure and was then knocked out and missed the birth of her baby and subsequent first goal ended hours with her baby (I uttered her to make a submission but am unsure if she felt able given the trauma of this experience). Why is the medical system scared of womens ability to birth our babies safely without intervention? Why are we told we need medical intervention, why has the c-section rate skyrocketed without the research or evidence to suggest that they are actually needed in most cases or at least properly educated on their risks? Why are the rates of breastfeeding plummeting?

Women are not being well educated, given actual choices, and why are they are not being respected by medical professionals or the hospital system at large. If we are doing things to womens bodies out of fear, or things that are not inline with actual evidence or best practice, then my dream and hope for this country and all women is that this changes, quickly. And that there is a while birth-system overhaul!!! Let's actually properly fund programs that fully support women to birth naturally and safely. Let's actually fund skilled birth practitioners whom know how to birth twins vaginally, know how to birth breach babies, know how to do manoeuvres for shoulder dystocia, because my understanding is that many practitioners are just not being taught how to support these birth presentations and therefore women end up having c-sections due to a lack of skilled practitioners in the room, not because they actually NEED to be cut open... This is an absolute outrage and needs to change. Birth practitioners need to know how to support a womens ability to birth calmly, powerfully and actively. Let's really get to the bottom of what's going on, so that our daughters and their daughters have less birth trauma and more empowering and safe births. Is that too much to ask for.