

Submission  
No 603

## INQUIRY INTO BIRTH TRAUMA

**Name:** Name suppressed

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Partially  
Confidential

To Whom It May Concern,

I am writing to share my personal experience as a partner of a mother who endured birth trauma as a result of the care received from the Maternity Group Practice (MGP) program in Australia. Our journey through the MGP program was marred by misinformation, disrespect, and ultimately resulted in an emergency c-section that had profound consequences for my partner's mental and physical well-being, as well as her early relationship with our newborn son.

The care that my partner received during her pregnancy and childbirth was marked by a lack of communication, inadequate support, and misinformation. She entrusted her care to the MGP program, hoping for a positive and empowering birthing experience. Unfortunately, what she encountered were caregivers who failed to adequately address her concerns, provide accurate information, or foster an atmosphere of trust and support.

Leading up to the birth of our son, my partner experienced a series of interventions during labor that were not properly explained or discussed with her. This lack of transparency left her feeling powerless and disconnected from the process. The disheartening reality was that interventions were carried out without her full understanding or consent, contributing to her feelings of distress and helplessness.

The culmination of these challenges was the need for an emergency c-section, a procedure that was unexpected and traumatic for both of us. The impact on my partner's mental health and physical well-being cannot be overstated. The recovery process was arduous, and the initial bonding experience with our new child was overshadowed by the emotional aftermath of the birth trauma.

It is imperative that we address these issues to ensure that no other families have to endure similar experiences. I implore you to initiate a comprehensive inquiry into maternity care practices in Australia. This inquiry should encompass:

**Transparency and Communication:** Caregivers must ensure that expectant mothers are fully informed about all aspects of their care and any interventions that may be required during labor. Transparency and open communication are essential in fostering trust and minimizing trauma.

**Respect and Dignity:** Every woman deserves to be treated with respect and dignity throughout the childbirth process. Caregivers should actively listen to mothers' concerns, validate their experiences, and work collaboratively to create a positive and empowering birth environment.

Comparative Analysis: A thorough examination of maternity care practices in other countries will provide valuable insights into effective strategies for reducing birth trauma and improving maternal and infant outcomes.

Mental Health Support: Adequate mental health support should be readily available to mothers who have experienced birth trauma. Early intervention and comprehensive postpartum care can significantly contribute to a woman's overall well-being.

In conclusion, I urge you to take my firsthand account as a partner seriously and consider it a call to action. Birth trauma should not be a part of any family's birthing experience, and by conducting an inquiry into maternity care practices in Australia, we can pave the way for a more compassionate, informed, and respectful approach to childbirth. Our goal should be to ensure that all mothers, fathers, and families can welcome their children into the world in an environment of care, support, and empowerment.