

Submission  
No 674

## INQUIRY INTO BIRTH TRAUMA

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Partially  
Confidential

I gave birth to my first child in 2016 at \_\_\_\_\_ hospital. My birth experience was a traumatic one with doctors pushing me for a cesarean after meconium was apparent in my ruptured membranes, despite no signs of distress from either myself or my baby after I consented to constant monitoring. I felt patronized and ridiculed for hours by two doctors as they used scare tactics to try to get me to consent to a cesarean despite the midwives telling me my baby wasn't in any distress and me simply wanting to try for just a little longer. I felt completely powerless in my own birth with none of my wishes being followed.

Finally when the time came for delivery the doctor ripped my baby from me with forceps whilst I screamed in agony begging him to stop as it felt like he was pulling my pelvis from my body. This left me unable to walk or even sit up unassisted for weeks due to the damage to my pubic muscles and bones which still click and crunch painfully to this day. The following day whilst still in hospital I tearfully tried to ask for help with the pain and ask why I couldn't move or walk the doctor told me he was concerned for my mental health and the baby blues as I always seemed to him to be crying and suggested I see a counselor. I was later told by a pelvic floor physio that muscles had been torn from my pubic bone but the extent of my damage is unknown. I never struggled with any post natal depression or even baby blues I was simply in agony and desperate to be able to move to take care of my new baby.

After I was discharged I had to return to hospital around 9 days later and have day surgery to fix my completely botched episiotomy which had started to lose stitches and come apart.

3 weeks after this I was rushed to ED with the most debilitating abdominal pain. They immediately rushed me back to maternity to the same doctor who delivered my baby who told me I now had an infection in my uterus.

The trauma of this birth stayed with me for many years. I was made to feel ignorant and stupid when I simply asked questions. I was dismissed at each and every turn as being an overly emotion or hormonal woman as if this somehow made my suffering invalid. I lost any sense of self or connection to my body during delivery. The obstetric violence I experienced left my struggling physically also for many years. All the doctors wanted on the day of my sons birth was the rush him out in the quickest most clinical way and my physical, emotional and mental well-being was a sacrifice they were gladly willing to make.

I went on to have 3 more full term babies and one delivered at 17 weeks. I learnt a lot from that birth about what I wouldn't allow to happen to me and my baby again. I delivered my last baby just over a year ago in a beautiful unattended and unassisted homebirth which is how I wish they had all been.