

Submission  
No 645

## INQUIRY INTO BIRTH TRAUMA

**Name:** Name suppressed

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Partially  
Confidential

Hello, my name is [REDACTED]. I have an almost 2 year old daughter and another bub on the way. My daughter was born 29/9/2021 by induction at the [REDACTED] Hospital in Adelaide. We have since moved to [REDACTED] NSW to live.

I did not want an induction. I had done a lot of reading about the risks of induction to mother and baby. My pregnancy was a healthy and uncomplicated one. At 40 weeks, the hospital started to suggest to me that I could consider induction. I advised them once again I did not want one. By 42 weeks, the pressure to have an induction overwhelmed me. I had a scan at the hospital (was required to have one every day because the baby was 'overdue'). I was on my own. The doctor said something like 'do you know the unnecessary risk you are putting your baby in' and though I had read so much research and understood the risks for both sides, and also understood that there were scans they could do to tell if the placenta was actually failing, I caved. The pressure was too great.

The induction drug lead to violent and almost unmanageable contractions. I had done a lot of 'hynobirthing' training which meant that I was able to remain calm and birth my baby safely. Throughout the Labor I was required to have a heart rate monitor strapped to my belly, which meant I was restricted from being in certain positions, positions I felt my body calling me to be in. Never the less [REDACTED] arrived very quickly and safely. The midwives advised me what amazing health my placenta was in, and [REDACTED] had apparently no signs of an 'overdue' baby, she had plenty of vernix and was not wrinkly.

After a few hours unfortunately things took a turn for the worst. [REDACTED]'s sats kept dropping due to fluid she had on her lungs. She was born too quickly, due to the forceful synthetic contractions, and she had fluid on her lungs still making it hard for her to breathe. She spent the next day in NICU. She was discharged healthy. The effect of this was that because of the reduced amount of skin to skin on that first day, and due to the stress of a scary induction plus my daughter needing NICU, my milk did not come in and we had an incredibly difficult time establishing breastfeeding.

At 4 weeks [REDACTED] and I were admitted to a [REDACTED] hospital where we were set up with a supply line and a LOT of breast pumping, we slowly began to make progress with breastfeeding. By 4months old, she was breastfed exclusively and we introduced solids. I have no doubt that this struggle to breastfeed took a toll on my mental health. I would not have judged another woman in my position for giving up. I was also stubborn and driven I eventually made it happen but I'm not sure at what cost.

I believe that if I had not been induced, there would have been no need for [REDACTED] to be admitted to ICU and breastfeeding would have come far more naturally to us. I believe that the induction shaped the first months of [REDACTED]'s life and My life as a new Mum. I believe that I did a great job of birthing and providing for my baby, not because of but IN SPITE of the interventions.

My next bub will be birthed at home, with as little intervention as possible.