

Submission
No 883

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

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Partially
Confidential

I am a mother of two boys, born October 2021 and May 2023.

My biggest fear growing up was falling pregnant. I had only heard horror stories of pregnancy, labour, birth and motherhood.

So when I got married in 2013 I fearfully and religiously took birth control pills for 8 years I till I faced my fears and decided our family couldn't be put on hold any longer.

Living in the area my only option (that I knew of) at the time of falling pregnant with was a 26 minute drive to Hospital. But when I found out was Breech a 1 and half hour drive to The was my only viable option for the natural birth I desired. was successfully born breech at but I felt my local hospital failed to provide us with the support or knowledge needed. Financially I spent thousands of dollars recruiting our own private Doula and Birth class support to mentally prepare us for this successful breech birth.

Seeing how unaccommodating the Public Birthing system is of Mums with little children in tow, for my second birth I unquestionably hired a private Midwife and Doula for my entire care. was warmly welcomed and birthed at home with no complications.

My heart brakes for many women in my life who do not have the financial means to birth the way they desire.

I am traumatised by the initial care by the public system I was subject to before I sought out my own private care.

I believe all families deserve to birth their babies without fear and without financial stress.

The current system must change to better support families birth preferences and financial positions.