

Submission  
No 821

## INQUIRY INTO BIRTH TRAUMA

**Name:** Miss Stephanie Luhrs-Gowing

**Date Received:** 7 August 2023

---

Partially  
Confidential

To whom it may concern,

I am writing to you, with excitement in my heart, as birth is my most passionate life experience.

My first birth; I knew I wanted a natural birth, but I was not educated on the hidden lies in the system, the little lies they think they can get away with, because women are supposed to be silent good girls who don't question the system.

It was luck for me, a small midwife practice in a small town of \_\_\_\_\_ and their practice is women centred.

Unfortunately it's a low risk hospital, and as we know, many women are labelled high risk, just as a precautionary tale, and if you go over your 'due date' you are destined for a very medicalised hospital birth in \_\_\_\_\_.

Anyway, lucky for me, that wasn't the case.

My birth transformed me, it was magical, it was lucid.

Accept for the routine vaginal exams and Doppler checks, which we know are not proven to even work, these ruined my rhythm.

How ever, I was primal, I was feminine and I was in my power. I rawed my baby girl into the world in the water, and that experience ignited a fire in me, and I realised the birth system is broken.

My second birth, I had spent so much time researching and finding everything out about the hidden agendas of the birthing system, in my opinion all of this comes back to the authoritarian parenting, which has created doctors with ego and needing control always,

With my second birth, I experienced first hand the system wanting control, my sons gallbladder filled with bile duct in utero (which is actually really common), how ever every one freaked out, If I wanted to avoid \_\_\_\_\_ hospital I had to have 4 extra scans, and these extra scans led to seeing that he was a 'smaller' baby, I stood up to the doctor, I spoke all of my evidence, this is healthy, he is normal, I will birth here, still she requested more scans, I finally got through to her, (I often think about the women who have this happen to them and have no knowledge of how babies develop and what is normal, and how easily manipulated they are) the next problem, what if I go over 42 weeks ?

Luckily I didn't, this birth was hard, leaving my daughter for the first time, his face was engaged instead of the crown of his head, and he was posterior. HOWEVER, I set my birth team up, I trusted my midwives, and they knew that I knew my stuff, they knew my wishes, and they respected them, when I was overwhelmed they assured me I was doing it, this baby would be earth side soon.

However the doctor from \_\_\_\_\_ started calling, she needs to be hurried along, maybe she should be transferred... propaganda propaganda.

I didn't listen, I was not going anywhere, I knew my baby was safe, because I was intube with him, with my body.

Our bodies were doing the sacred birthing dance.

And just like that, I roared him out too.

2 beautiful physiological births, oh so different, but oh so beautiful.

But most women don't experience this, and it's important to note, I dreamed of homebirths, but we couldn't afford it, and we rent a small carpeted house.

While you read these submissions, I hope this can be a pillar as to what birth can look like in the future, undisturbed, trusted, beautiful, slow, dark lights.

I urge you to consider the current policies in place, they do not serve physiological birth, they disrupt it.

Whilst the medical system is epic when it's needed, it actually often isn't needed, they create the problem and sell the solution.

Mother and baby know best, we need to instill motivation in women to reconnect with their inner child and their intuition, when a mother is connected with her intuition, she know if her or her babe are safe or not.

Thank you for reading