

Submission  
No 1055

## INQUIRY INTO BIRTH TRAUMA

**Name:** Name suppressed

**Date Received:** 14 August 2023

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Partially  
Confidential

My name is \_\_\_\_\_, I live in \_\_\_\_\_ I am 40 years old and I have a 7 year old and an 8 month old. I had my first birth at th \_\_\_\_\_ Centre Sydney and my second birth was a Homebirth su

During my first birth, I had a positive experience within the \_\_\_\_\_ however, as my son had been found to have Transient Tachypnea of the Newborn (TTN) \_\_\_\_\_ en moved across to NICU. The paediatrician pressured me when it came to decisions I had made surrounding my birth choices and was condescending in her manner and remarked that "Not everything you read on the internet is necessarily true". I was then pressured by the nurses within the unit to leave my sons side and to rest which after watching my son being hooked up to machines and being separated from my skin was the furthest thing I wanted to do. My son was given an x-ray and intravenous antibiotics without consent. After my son left the NICU and was with me in the maternity ward, my partner questioned the Head Nurse in the NICU and discovered that the antibiotics were not entirely necessary and were a "just in case" scenario. We asked to put a stop the antibiotics and the following day the paediatric doctors were acting as though I had no say and after much deliberation decided to stop the treatment and then said I was unable to leave as we had to be monitored for a further two days. I felt like I was a hostage and I had no right to leave. On the final day, it was said that my son appeared to be slightly jaundice and may have to stay a further night. I argued that we had been trapped indoors for 5 days and needed sunlight to which I was then asked to return to the jaundice clinic to following morning. My son was absolutely fine after being exposed to air and sunlight when returning home.

My experience birthing in the hospital system was that I was not heard, I was not taken seriously, I felt I was held hostage and I didn't have a right to make decisions about MY baby. I was in a vulnerable state having just birthed my first child and I was bullied and pestered and I now have trauma that is linked to my birthing experience.