

**Submission  
No 1113**

## **INQUIRY INTO BIRTH TRAUMA**

**Name:** Name suppressed

**Date Received:** 14 August 2023

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Partially  
Confidential

My name is \_\_\_\_\_ I live in \_\_\_\_\_ NSW, I'm 31 years old and I have a 16 months old daughter.

I gave birth to my daughter in April 2022 at the \_\_\_\_\_ in \_\_\_\_\_ . I have been in shared care during my pregnancy – seeing my local GP and a midwife at the Antenatal Clinic from \_\_\_\_\_ in \_\_\_\_\_. I felt well looked after and appreciated their knowledge and care. I planned my birth to be at the \_\_\_\_\_ Hospital in \_\_\_\_\_ which is just 20 minutes away from my home.

Later in my pregnancy I found out through my regular ultrasound appointments that my baby is lying in a breech position. I was told by an obstetrician at the \_\_\_\_\_ Hospital that I will need to have a Caesarean section if the baby shouldn't turn into a head down position as the hospital does not have any trained staff to support a breech birth. I felt very shocked and anxious as I heard this statement. I asked if \_\_\_\_\_ hospital has doctors which are able to deliver a breech birth but with no success.

I felt devastated as I felt more than capable to birth my baby naturally. It gave me anxiety and anger to think that a doctor will undertake an operation to birth my baby just because training has lacked for breech birth.

I have been fortunate that my friend was in a similar situation. She was able to deliver her baby naturally despite being breech thanks to a highly skilled director of obstetrics who advocates for women to have a choice and support to birth their baby naturally through trained and skilled staff. Unfortunately this director of obstetrics is one of a few who train and practise in breech which is heart breaking.

It is unbelievable how the system abuses women to have a C- section + taking away their confidence, pride and instinct to birth their baby naturally. After a lot of tears, sleepless nights, attempts to turn the baby, phone calls, research and conversations I started to plan the logistics of my birth at \_\_\_\_\_ Hospital for \_\_\_\_\_ as I had to travel from \_\_\_\_\_ to \_\_\_\_\_ which are 150km. I broke out in fear thinking that I could not make it to the hospital in time to birth my baby + to have contractions in the car including panicking emotions. My husband and I decided to move in with a friend in Sydney to avoid this awful situation.

The director of obstetrics has a wealth of knowledge and generally does not see why a healthy woman should not be able to birth her baby naturally if she wishes too. I felt understood and more than supported by my decision and he guided me through the end of my pregnancy with a lot of warmth and confidence which gave me strength and excitement to birth my baby.

I could tell you a lot more negative experiences with the system but my priority and wish here is that women should receive support with their choices and birth plans that they make regarding breech birth. There must be more trained medical staff to facilitate a woman in breech birth. Midwives told me that a natural breech birth was a common supported birth in the past but it has changed drastically within the last 10 years. I was told that in New Zealand even midwives are trained to deliver a breech birth with success.

The pain you cause to a woman taking away their ability to birth a baby naturally is beyond comprehension.