

Submission  
No 1208

## INQUIRY INTO BIRTH TRAUMA

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Partially  
Confidential

In 2020 I birthed my daughter in hospital. My birth itself was great as I was uninterrupted. However I was advised by a midwife to receive stitches for a graze - the doctor who gave them to me was so rough and inconsiderate of me and my vulnerable state. He was extremely heavy handed with my body and kept telling me to sit still whilst I screamed in agony. As I screamed, I woke my baby (as she was in my arms) and she started crying too. The doctor then proceeded to say "oh now look what you've done" (pointing at my crying baby). This was a traumatic experience for me. The complete lack of empathy was disgusting and this is the reason why I will never birth in a hospital again and why I've just freebirthed my second baby at home. Also, advising stitches for a graze is completely unnecessary and negligent. The vagina can heal on its own! This experience has highlighted how dissociated most care providers are to the vulnerability of a woman after she births her baby. Very disappointing