

**Submission  
No 1209**

## **INQUIRY INTO BIRTH TRAUMA**

**Name:** Mr Mathew Aquilina

**Date Received:** 13 August 2023

---

As a psychologist working with parents in the perinatal period, I see the impacts that a traumatic birth have on parents' capacity to bond with their child, regulate their emotions when activated by their baby's needs, and other trickle-down impacts like relationship issues. Birth trauma affects all members of a family unit and our health systems are failing parents by removing their choice and autonomy, and disempowering them through a lack of trauma-informed care.