

Submission
No 1250

INQUIRY INTO BIRTH TRAUMA

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Date Received: 10 August 2023

Partially
Confidential

I have birthed two babies through the MGP program and I would say both were positive birth experiences. The continuity of care for both my pregnancies and births meant that I had a relationship with my primary care provider from the beginning of my pregnancy until the postpartum period. Both of my midwives understood my choices, preferences and could help me to make informed decisions for myself and my baby. I wish this care was available to every birthing woman. The experiences of friends and family, where they have not had this, I can see such a huge difference in most birth outcomes.

I wish there was more focus on the early postpartum and the support available. Board certified lactation support should be available to everyone who seeks it to support a healthy breastfeeding journey!