

Submission
No 1290

INQUIRY INTO BIRTH TRAUMA

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Partially
Confidential

I would like to start by first of all stating I did not have a traumatic birth.

However the only reason I did not, was because the majority of my friends and family in my generation did.

Hearing their stories of trauma at the hands of our system put absolute fear in me, and therefore I threw myself into researching birth. Pain management strategies and more

I would like to note that the single most effective thing I did in my research was find Bernadette Lack's core and floor program and the free antenatal classes she held online.

I live in NSW, and at the time there were no classes being offered to mothers due to a lack of staff.

Looking back I believe I had prenatal anxiety, which I think was a contributing factor in my development of postnatal anxiety and depression.

hospital was understaffed at the time of me giving birth, and therefore I left the hospital after one day on the belief that there would be at home follow up appointments with midwives, however I did not get these visits due to the staff shortage.

There needs to be a refresh to the current system, and more incentives to draw more people to the profession.