

**Submission
No 1254**

INQUIRY INTO BIRTH TRAUMA

Name: Ms Averil Towner

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I was horrified when I had my 36 week appointment at the hospital. Everything had been going so well, I was in perfect health and so was my baby. The doctors and mid-wives told me to book in for an induction as my blood pressure was slightly more elevated (still at a safe and healthy level) I was advised that if I didn't book in, I would be risking the life of my baby. Hearing this, obviously filled me with anxiety and stress, something I hadn't experienced before during my pregnancy. My partner and I decided to trust our instincts and declined the induction. The night before his due date, I gave birth to a perfect healthy boy, free from any interventions. Unfortunately, so many of my friends have listened to the doctors about induction. Majority of them have ended up with a Caesarian, against their wishes.