

**Submission
No 1255**

INQUIRY INTO BIRTH TRAUMA

Name: Ms Lavender Bates

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I wholeheartedly believe in this as someone who had a wonderful, empowered birth within the hospital system. I say this as someone who was reluctant to trust the system, from so many people around me having horribly disempowering, traumatic, and in some instances, abusive birth stories. My experience shouldn't be an exception, it should be the norm. Pregnancy shouldn't be treated as a diagnosis that needs treatment, but rather an experience that is biologically designed for us. When given the tools, the knowledge and most importantly the support to give birth, women are able to trust in the system and trust in their bodies. I understand in certain circumstances there are situations in which interventions and further medical supports are required in emergency situations, but I also know that people have the right to informed consent and information on what is happening to them.