

**Submission
No 1214**

INQUIRY INTO BIRTH TRAUMA

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Birth trauma has lifelong impacts on mothers, babies and families, and is sadly very common where I live. The issue is very important to me. I would like to advocate for physiological birth, one to one continuity of care with a known midwife, and homebirth as a right to be supported for all women who wish it, regardless of risk factors. This is an issue of human rights, that birth needs to be more woman centred and better supported. The rate of unnecessary caesareans occurring is shocking.