

**Submission
No 1217**

INQUIRY INTO BIRTH TRAUMA

Name: Mrs Alanna Thorn

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My first birth was in a public hospital and my second was a home birth.

My home birth was a beautiful and empowering experience. There was flow, no pressure or time limits placed on me.

The hospital birth I believe placed more importance on time, and getting the baby out within their time frame. I was instructed to hold my breath and force pushing. In exchange for the forced pushing I received a 3rd degree tear. This was a traumatic experience for me, and for my loved ones.

This doesn't have to be our normal.