

**Submission
No 1297**

INQUIRY INTO BIRTH TRAUMA

Name: Mrs Emily Keenan

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My first birth ended in a non emergency c section basically because my care providers didn't know why my birth was taking so long and not progressing in stages despite that I was dialating but very slowly. The few signs of birth progressing that I did have, were seen as not "normal" (without explanation) they suggested the Csection in fear of waiting would end up with not being able to get my baby out. I agreed to the Csection out of fear and I was heavily medicated with morphine. I was given the paperwork to sign for Csection but not advised of how recovery from the surgery would prohibit my movement and my ability to care for my baby. Whilst I was not "traumatised" during my labour and birth, I was hugely mentally and emotionally depressed as a result of the medications, pain, disappointment, guilt and inability to care for my newborn how I had hoped. It took me over 4 months to emotionally recover from my depression and 12 months to emotionally recover from my birth experience.

My second birth in the hospital ended with a beautiful natural birth at a hospital with my birth team but my post partum care from the hospital staff was despicable, insulting, offensive and degrading. I will not birth in a hospital again.