

Submission
No 1219

INQUIRY INTO BIRTH TRAUMA

Name: Mrs Lucy Gray
Date Received: 14 August 2023

Partially
Confidential

I have had three completely natural, intervention free, trauma free births within NSW in the last 5 years. I credit the empowerment of my births to the care teams I had deeply caring for me, educating me and supporting me. My first two births were through blacktown hospitals MGP who taught me from the beginning to believe and trust in myself. Most recently I birthed at home under the care of our private midwife

. A homebirth was a totally freeing and empowering experience, I could not have asked for more.