

**Submission
No 1300**

INQUIRY INTO BIRTH TRAUMA

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I personally had 3 children in the past 8 years through an MGP program and believe this needs to be further funded. My belief stems from not only experience but current evidence based research. One midwife, continuity of care creates the best outcome and the least trauma for birthing people.

I am also a Women's Health Physiotherapist and talk to pregnant and postpartum women daily. Unfortunately it is evident that birthing people's autonomy is not valued as much as the business and economics of birth. Women have been culturally conditioned to believe that private obstetric care means they will get continuity of care based on their desires and needs, when what they are getting more often than not is coercion to fit into their systems needs. This needs to change. Quotes from women who I have seen as a Women's Health Physiotherapist include:

"My baby was measuring big and so I was induced and my baby was actually small and required NICU care, I don't know how I can recover from this"

"My husband was not allowed in the recovery room post c-section and I have never felt so alone in my entire life"

Prenatal, individualised education is ESSENTIAL for women to be able to navigate this system but alongside this the system needs more support and to get up to speed with current evidence based practice quicker.