

**Submission  
No 1262**

## **INQUIRY INTO BIRTH TRAUMA**

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Powerlessly witnessing the irreversible trauma women experience within the Australian birth system has left me with my own personal trauma. I was once a midwife full of passion and optimism; now I am plagued with anxiety and fear when I enter my workplace. Not just at what I may experience; but what the women and babies and families may experience. The damage that they may experience. The sadness that they may experience. The lack of autonomy that they may experience. The lack of respect that they may experience. It slowly feels like that 'may experience' is turning into a 'will experience'. As a survivor of my own birth trauma; and as a midwife who goes into battle with my hands tied behind my back; helpless and fearful; something needs to change. I fear for my daughters and hold out some hope that they will never have to experience trauma at the hands of the Australian birth system.