

**Submission
No 1263**

INQUIRY INTO BIRTH TRAUMA

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My prenatal care was with a midwifery group practice model. Within this, I only saw our primary midwife twice, fortunately she was available on the day I went in to labour. I was empowered by her and able to achieve a birth I felt good about. However, a few things stand out as contributing to trauma feelings - doctors came knocking to check how long I had been pushing, without discussion I was told that they would have to consider instrumental birth if I was pushing for longer than their expected time frame. Both my baby and myself were healthy, there was no medical need for this. The GP I saw when pregnant for the second time was dismissive towards my preference for a private midwife and home birth. She gave me a list of appointments and tests that she said I 'must' attend/perform, and did not provide adequate information on my prenatal and birth care options.