

Submission
No 1306

INQUIRY INTO BIRTH TRAUMA

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Partially
Confidential

I had decided on a birth centre birth in Hospital.

Community midwives were amazing, so kind, trustworthy. I was exceeding their time limit on being in the centre (12 hours). And I also couldn't use the pool due to being 5 kgs over on allowed weight. My waters broke at home, so hospital policy said I needed to be progressing quicker. I was given further medical interventions and ended up with a c section.

My aftercare wasn't great- I very nearly didn't breastfeed that second night due to the lack of care and support. My husband had to keep going back and advocated for me for a midwife of more experience with breastfeeding. The other midwives I had repeatedly told me I could bottlefeed. I was so fragile and tender, but made to feel that it was normal having a c section. It's not. I wasn't given basic care and support in the hospital, but fed and checked when they needed too and that was it. I couldn't get up to get my baby, I had to call the midwives, who couldn't come because they were so busy.

I've a another baby since, chose to stay at home with a private midwives and now I know my first experience wasn't normal, or right. Because my second baby has so much joy and positive feelings from it from how I was cared for and supported. My birth, at home, in a pool, was perfectly supported with a midwife.