

Submission
No 1307

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

Date Received: 8 August 2023

Partially
Confidential

My name is . We live 15minutes south of I am 28 and birthed our son in 2021 at home under a Private Midwifery Care.

When i fell pregnant, we lived further south, and I felt confident because i was close enough to birth at the the Hospital. When we moved further north i genuinely feared birthing in the hospital. Having worked there briefly, i heard many stories and I desperately feared being at risk of an emergency C-section if my laboured was delayed/stalled.

I decided at 28weeks pregnant that there was too much risk for me to

- a) be cared for outside of a Continuity of carer and
- b) birth within the hospital

Having the resources at the time we were able to source a Private Midwife and birth our baby at home.

at 39 weeks and 6 days gestation my waters broke spontaneously in the middle of the night and labour gently ramped up over the day before our son was born into the pool just before 3pm. My Son remained attached to his placenta until it stopped pulsating, and i delivered my placenta completely intervention free.

I received medical attention for a 2nd degree tear with stitches and Intramuscular Pitocin for blood loss & dizziness. I felt safe at home and initiated our breastfeeding journey on the couch i'm sitting on writing this.

Being able to receive all of this care at home by our private midwife was an incredible empowering experience.