INQUIRY INTO BIRTH TRAUMA

Name: Leanne Neil

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I've had two births- the first an unnecessary cessation after a 'failure to progress' with a private obstetrician in a private hospital in Sydney. The second was a heavily medicalised cascade of intervention in a rural hospital in nsw after our local rural hospital could not assist with birth due to staff shortages- which meant a one hour ambulance ride in labour. Both births were littered with medical coercion, moments of no informed consent, threats of a 'dead baby if you don't do what we say'. Neither births were what I wanted from childhood-except for having a 'live healthy baby and mum'. I had a horrible start with my first born-difficulty breastfeeding and bonding, then a huge post part haemorrhage with the second (3.5years later) which the hospital agreed was likely due to their intervention. If I could have my time again I would have loved to be supported for homebirth- however due to poor education with the first (you don't find out all the birth trauma stuff until after the event), and then lack of access to care rurally- birthing options were limited.