

Submission
No 1233

INQUIRY INTO BIRTH TRAUMA

Name: Ms Shikha Sahay

Date Received: 15 August 2023

Partially
Confidential

My first birth was at _____ hospital in September 2015. I was one of the lucky few (very few!) who managed to get on the MGP program. I had a “healthy” pregnancy and felt that my wishes and plans for birthing were of utmost importance. I had great trust and a wonderful relationship with my midwife I was assigned to. I had a positive birth experience and I believe this is specifically due to the continuity of care model that is provided by the MGP.

I feel that every birthing person has the right to an empowered, dignified and transformative birth. I believe that women centered, continuity of care model would provide more positive birthing experiences.