

Submission  
No 1312

## INQUIRY INTO BIRTH TRAUMA

**Name:** Stephanie Valle

**Date Received:** 8 August 2023

---

Partially  
Confidential

I was fortunate enough to experience the wonderful outcome of MGP. I live in \_\_\_\_\_ am 28 years old & have a 10 week old baby. I didn't get into the MGP straight away which was really hard to hear being my first baby & all the anxieties that come with that I then got excepted later, which, unfortunately means that another lady was deemed too high risk to be on the MGP. If anything, I think those medium-high risk women needs continuity of care more than low risk pregnancies... someone they can come to trust & learn with.

The service I received for the remainder of my pregnancy, birth, and postpartum was incredible. My midwife educated me on non-medical pain management techniques, which were very useful during labor. She gave me books to read and recommendations for a Podcasts, prenatal exercise locations, and further research if I was interested. I felt highly informed entering the birth space. Fortunately my midwife and her back up was that on the day I went into labor, and I felt we all worked as a team, but in particular I felt so respected, and they waited for me to mention if I was ready for something else... I made all the decisions. And there weren't many. They suggested things and I either said yes or no. I loved my first birth. I hear so many stories of women who haven't had the same experience & I truly believe MGP can lead the way to better a better service provided for births.