

Submission
No 1284

INQUIRY INTO BIRTH TRAUMA

Name: Miss Melissa Rusell

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Partially
Confidential

I was lucky enough to have been able to loan the money to pay for a private midwife and to birth my baby at home, after a series of disrespectful, unkind and uncaring experiences with medicinal professions from my GP to the hospital intake staff to the midwives and ultra sound staff. I was treated like a number. Not a person and I knew in my bones that continuing this journey with the hospital was only going to lead to trauma. I was also very aware of how horrendous the reputation was of my local hospital for leaving women traumatised after their births and suffering for months and years later. So instead I hired my midwife, had the most easeful and exciting pregnancy without any anxiousness or lack of confidence in my body and my ability to birth, which led to a beautiful empowering natural birth in my loungeroom where my midwife barely did a thing as she let me and my baby lead the way. This is what birth is supposed to look like and it's disappointing and disgusting that women are still being traumatised with outdated policies and outdated education for birthing professionals.