

**Submission
No 1287**

INQUIRY INTO BIRTH TRAUMA

Name: Miss Emily Hinks

Date Received: 7 August 2023

I gave birth in a public hospital in January 2034, I was a first time mum and terrified. My water broke at home and was filled with meconium so I needed to go to the hospital, once at the hospital I was told I needed to be examined, I was not prepared for a vaginal exam and this wasn't explained to me. I was told I now needed continuous monitoring, which meant no birthing/labouring in water which had been my plan. Over 24 hours into labour I was sent for a c section - this was a positive experience, this wasn't pushed on me, big scary words weren't being used to coerce me into it, but when my baby's heart was dropping it was whispered about in my room like I wasn't there. I was given the option to have a Caesar or wait, I opted to have one which was overall positive. After the birth was traumatic, my baby had a tongue tie the hospital failed to assess or mention, and breastfeeding was incredibly painful which no one seemed concerned about. This was incredibly heartbreaking and led to me not sleeping for days and ending up back in hospital due to feeling mentally unstable.