

**Submission
No 1242**

INQUIRY INTO BIRTH TRAUMA

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I finished my training as a midwife last year and unfortunately, I witnessed many traumatic births during my placements.

The system is inflicting trauma onto birthing people. There is often a lack of informed consent, threatening language thrown around and excessive use of intervention when it is not needed. The rates of birth trauma and women who have described their birth as traumatic is unacceptable.

Something needs to change! When I fell pregnant last year, I knew I did not want to birth in hospital as for me, it did not feel safe. I decided to have a home birth through a publicly funded homebirth program which was incredible and the gold standard of midwifery care. I believe this model of care needs to be more accessible to all.