

**Submission
No 1074**

INQUIRY INTO BIRTH TRAUMA

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I had a beautiful birth experience 2 years ago with a private OB who listened to me and did her best to respect my preferences. I absolutely loved it and know it helped me have a smooth post partum phase. I've since had 2 miscarriages which were horribly managed by the hospital and I was assigned to a twin clinic where my experience was terrible (I'm currently 36 weeks pregnant with twins). The care I was provided following my miscarriages and at the twin clinic gave me the impression that my mental well-being didn't matter. I reached a point with the twin clinic that I was fearing for my safety and the safety of my twins post birth (due to the high risk of birth trauma and post partum depression). Examples of what I experienced: insensitive comments after my miscarriages, lack of acknowledgment of post loss trauma (dismissive behaviour), zero continuity of care (saw a different doctor at every appointment), only saw registrars and was told I'd most likely never meet an OB or midwife until birth, being told how my labour and birth would be managed whether I liked it or not, never being asked what my preferences were, being told some decisions would be made on my behalf for the convenience of the hospital, the use of scare tactics (your baby could die, we don't want to be sued...)... I raised all my concerns with a social worker who helped me find a birthing team willing to listen to me: the latter took me out of the twin clinic right away and have been extremely supportive, I finally feel safe and comfortable. Women need birthing teams who listen to them and whom they trust to limit the risk of trauma and post partum depression. The mothers' mental and physical well-being need to be taken seriously. I felt like the hospital couldn't care less about me, it was all about getting live babies out in a way that's most convenient for them.