

**Submission  
No 1095**

## **INQUIRY INTO BIRTH TRAUMA**

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Within all three of my births I have experienced trauma through lack of communication and information.

With my first born there was absolutely no communication about what was involved in the caesarean and all that would be involved. I was not given any information about the potential to birth my child naturally, or that having a C-section would stay the odds against me for future pregnancies and the hospital; system. Even to have your baby taken away immediately after surgery and not given the opportunity of skin to skin is traumatising. Think about it, this mother has just given birth and the baby is whisked away for no other reason than it being protocol. What about the bonding? What about the skin to skin? this is an outdated practice.

In my second labour I counted 15 course of intervention in 2 hours which ultimately put me and my baby in distress and led to a very unwanted c section. Once again I was not given any facts, I was basically told that if we didn't act immediately that my baby would most likely die and as I was being wheeled into theatre the ob said to me "oh well nothing but c sections for you from now on". A very unnecessary comment to a woman already in a vulnerable and emotional state.

Third labour, nothing but unsupportive jobs intruding, demanding my baby be monitored even though he had shown a strong, happy and healthy heart beat, the constant fear mongering and arrogance was enough to impede on the whole labour process. Even in prenatal visits I was constantly told that my baby might die during labour.

The treatment of women in these spaces is absolutely appalling. Even without the event of big T trauma, women all over the country are having their sacred births stripped from them through outdated protocols, procedures and hospital systems operating on a money over people mentality. It is clear most of these practices are to avoid law suits rather than to actually care for mothers and their babies