

**Submission
No 1111**

INQUIRY INTO BIRTH TRAUMA

Name: Mrs Kayla Dyson

Date Received: 8 August 2023

My name is Kayla and I am a 28 year old mother of two babies both born at my local hospital. I am also a student midwife at my local hospital.

My first baby was born in 2018. Midwifery group practice was not an option at this time and I received fragmented care throughout my pregnancy. This meant that I often seen different midwives each time, which did not allow me to build trusting relationships. The midwives that were on shift when I went into labour were women that I had never met before, and this created uncomfortable feelings going into my labour. I experienced a quite straight forward labour that ended in an episiotomy after 2 hours of pushing. Reflecting back, I was not informed of my choices throughout labour, I was not informed of how a posterior baby can affect your labour and when I was told I had to have an episiotomy to get my baby out as her heart rate was dropping; I had no idea what an episiotomy was. I experienced a really rough recovery, and at 4 months postpartum I was diagnosed with postpartum depression and anxiety.

My second baby was born in 2022. Before conceiving my son, I did a lot of evidence based research to prepare myself. I was able to have the same midwife throughout my pregnancy, and the same midwife for my birth. I was confident going into this birth, and I had trusting, respectful relationships with my birth team. I did yoga after recommendations from my midwife as my baby was posterior again. This allowed my baby to turn and I experienced a 40 minute water birth. I was able to have a physiological third stage labour after my midwife advocated for what I wanted. I had my baby at 3am and was home by 7am. I felt supported and had a great recovery with my anxiety managed by medication.

Currently, MGP is an option at my local hospital, but only for women with low risk pregnancies, and even then it is difficult to get into. This leaves a huge gap for women that need that extra support and one on one care.