

**Submission
No 1117**

INQUIRY INTO BIRTH TRAUMA

Name: Mrs Rosie Carrick-Clark

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My name is Rosie, im 36 years old and i have three children aged 1,4 and 5.

During my first pregnancy, I was given a routine ultrasound. The tech doing the ultrasound didn't speak to me once. He didnt give me and information at all and was quite rough with my body. At the end of the ultrasound he threw a towel at me and told me to clean myself up. My sister (who attended with me) were left feeling shocked and i was left feeling uncomfortable and uninformed as i wasn't told anything regarding the health and wellbeing of my baby. This was magnified by the fact that this was my first healthy pregnancy after multiple miscarriages.

During my second pregnancy my second labor i was told that i i was 3cm dilated and needed to be induced, they suggested the first intervention was to be put on the drip and when i questioned this and asked to try other less intrusive methods first i was spoken down to and made to feel like i was stupid to ask such a question. Thos made me feel out of control and that my opinion wasn't valid. Them once my son was born the midwife made incorrect measurements of him which then resulted in months of medical intervention as the pediatricians thought his growth was abnormal. i was also told we was too small and that my milk wasn't sufficient (even though i had ample supply) and was pushed out of fear to put him on formula.

The lack of trust and belief that a womans instinct and intuition is an important and valid consideration during pregnancy and labor is traumatizing. Being pushed or coerced into making decisions using fear tactics should not be allowed. My birth trauma is mild in comparison to most but i was left feeling incompetent in the ability to birth and care for my baby. Over medicalization of pregnancy is also a huge issue and inducing a already progressing labor with no red flags seems unnecessary and dangerous.

This lead me to choose home birth and private midwifery in my third pregnancy. I had the most positive experience. I would implore that publicly funded home birth needs to be made more accessible and affordable for healthy pregnancies.