

**Submission  
No 1171**

## **INQUIRY INTO BIRTH TRAUMA**

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I saved like crazy before my pregnancy knowing that I'd want a private midwife. I had the most magical empowered pregnancy, birth and 1st year of my postpartum journey. I was given the information I needed and supported in all decisions I made about my body and my baby throughout the care I received by my private midwife. I fully believe that I have thrived in my postpartum journey because of the birth I achieved and the support I was given. My baby is thriving because I was supported by my midwife for up to 6 weeks to establish breastfeeding properly.

1. There needs to be state wide access to continuity midwifery care, birthing centres, and publicly funded home birth.
2. 12 months of paid maternity leave
3. Medicare funded IBCLC access for all women

When mothers are supported the community benefits.

Less need for postnatal mental health support = less cost to gov

Better breastfeeding rates and length of time = much less accessed health care for the child's life time and improves health of mother too. Again reducing the cost to the health care system. Birth is the foundation of motherhood, when we get the right it feels good for most women! A better birth = healthier mother = more likely to achieve breastfeeding goals