

**Submission
No 1174**

INQUIRY INTO BIRTH TRAUMA

Name: Miss Amanda Fisher

Date Received: 15 August 2023

I had a terrible birth due to the stress and lack of support from the medical system. One out of three midwives I had was awful and only added stress to what was supposed to be a beautiful process- and my only birth. A lot more resources, time and money would be saved if they invested in creating a calm environment for mothers and to empower them in this process rather than forcing it into a medical procedure- IT IS NOT IT IS A BIRTH! And this affects baby and mother FOREVER.