

Hello, my name is Miki and I have three young children; my first was born by emergency c-section through the public health care system, my second and third safely and peacefully born at home under the care of a professional midwife.

All my pregnancies were healthy and normal, and after a lot of research it became aparent that there was no real "emergency" in the medicalised birth of my first baby, and none of the doctors could give me a clear explanation. Having had one c-section I was now classified as a "high-risk" patient for subsequent births and it was proving to be very difficult for me to try to have a natural birth in a hospital system on a physical and emotional/confidence level, and the information I was provided with was very biased towards problem births.

This is the main reason I chose to birth my next two babies at home, and without the high quality one-on-one care I received from my midwife I am most certain I would not have had enough complete information about risks, pros and cons, the confidence and support to safely birth naturally. This took place at home because there was no such support through the public health care system. There were too many restrictions put on me if I were to try to labour and birth naturally in the hospital which was willing to even let me try this before agreeing to another caesarean.

My midwife taught me everything I needed to know about birth and beyond. This included my diet, emotional well-being, relationship with my partner and first son, excercises, how to handle labour, contingency plans (ie. hospital transfer), natural pain relief, role of partner in labour and birth, birth positions, breastfeeding, post natal care and diet, mothercraft, creating a support network, etc. etc. I CAN NOT EXPRESS IN WORDS HOW EXCEPTIONAL THE QUALITY OF CARE I RECEIVED FROM MY MIDWIFE WAS. The care I received through the public health care system did not provide me with enough information and support to birth safely and naturally. (ie. the hospital midwives and doctor in charge had me on the bed in a semi-reclined position, basically sitting on my sacrum/tail bone area, during most of my labour, which is not conductive to "opening" space for the baby to come through, but instead is squashing that space. My labour was not progressing as quickly as what they define as "normal" but there was no distress. When the doctor started suggesting a c-section to "get the baby out while everyone is still happy", I asked her if there was anything I could do to help my labour progress, like walk around, squat, jump, anything! Her response was, "you can try but I doubt it'll work". Shortly after that I agreed to the operation w/out even trying to get up off the bed. In comparison, one of the many usefull things my private midwife taught me during pregnancy was how to help the baby get into the optimal position for birth and was actively involved in guiding me into different positions during my labour to achieve this).

IT IS SO VERY IMPORTANT FOR WOMEN TO HAVE THE CHOICE TO BIRTH AT HOME WITH A PROFESSIONAL MIDWIFE.

PLEASE PLEASE PLEASE DO EXTEND THE NECESSARY FUNDING AND INSURANCE FOR MIDWIVES IN PRIVATE PRACTICE TO COVER HOME BIRTHS!

HAVING MIDWIVES IN PRIVATE PRACTICE PROVIDE WOMEN WITH CONTINUITY OF CARE THROUGH PREGNANCY, LABOUR AND BIRTH AT HOME IS A MUCH SAFER AND ECONOMICAL OPTION COMPARED TO THE HIGHLY MANAGED AND INVERVENTION-BASED

BIRTHS IN HOSPITAL WHICH ULTIMATELY LEAD TO HIGHER CAESAREAN SECTION RATES. WHY ARE WOMEN NOT INFORMED OF THE REAL RISKS OF CAESAREANS COMPARED TO THAT OF A NATURAL LABOUR AND BIRTH?

Passionately hoping that homebirth with a private midwife will remain to be a choice for Australian women. Natural and safe births create a better community, a better society, and a better world. Don't we all hope for a more peacefull world?

Sincerely,

Miki Takizawa