

For other women, it is not always the sensational or dramatic events that trigger childbirth trauma but other factors such as:

- Lengthy labour or short and very painful labour.
- Induction.
- Poor pain relief.
- Feelings of loss of control.
- High levels of medical intervention.
- Traumatic or emergency deliveries, e.g. emergency caesarean section.
- Impersonal treatment or problems with the staff attitudes.
- Not being listened to.
- Lack of information or explanation.
- Lack of privacy and dignity.
- Fear for baby's safety.
- Stillbirth.
- Birth of a damaged or disabled baby .
- Baby's stay in SCBU/NICU.
- Poor postnatal care.
- Previous trauma (for example, in childhood, with a previous birth or domestic violence).

Men who witness their partner's traumatic childbirth experience may also feel traumatised as a result.

They are very likely to have been present at the birth and witnessed the distress and pain of their wife or partner. The feeling of helplessness for the one you love can be extremely upsetting and the experience is likely to have also been very

traumatic for the dad. This may leave the partner experiencing flashbacks to the birth involving distressing images, sounds and even smells.

For further information please visit the Birth Trauma Association web pages at:www.birthtraumaassociation.org.uk