

November 28, 2022

Chairwoman Manchester, Vice Chairman Cutrona, Ranking Member Denson and Distinguished Members of the Families, Aging, and Human Services Committee thank you for allowing me to testify in Opposition of House Bill 496.

I am a mother, wife, nurse, and birth worker. I became trained as a birth doula after the birth of my third child in 2016. I have been a nurse for over a decade, and I am a strong advocate for health-medical freedom. I have birthed four of my five children at home with a direct entry Midwife. I can not say enough good things to my friends and family about home birth as an option for pregnant women. My firstborn was born in a hospital with an OB-GYN and while we had minimal interventions, I still would not willingly choose that model of care for myself again. The problem is allopathy – hospital care views birth as a medical event that needs managed. When in fact birth is a natural life event that can proceed for the majority without problems. I highly recommend the book *Childbirth Without Fear: The Principles and Practice of Natural Childbirth* by Grantley Dick-Read. I had beautiful uneventful births. The prenatal care given by my DEM midwife was unlike anything I had experienced before. I had one-hour prenatal visits going over my and my unborn child's wellbeing. The care is beyond what anyone in a hospital setting will get. I am against this bill. I will be bold in my testimony and say many of us are tired, we are handling a lot, and on top of that have undergone much stress the last three years. I think a lot of people do not know they can submit written testimony and make their voices heard. If they did your inbox would be flooded with opposition.

I urge you to vote NO on House Bill 496.

Most sincerely,

Stacey Elizabeth Sigetic