

Big or small. Your baby's growth matters.

All pregnancies are different. Regardless of your size, what's most important is a healthy rate of growth for your baby.

- **Assess:** Early in pregnancy your risk for fetal growth restriction (FGR) will be assessed. For women at a higher risk of FGR it may be necessary to monitor the growth of your baby with regular ultrasound.
- **Measure:** At each antenatal visit from 24-28 weeks onwards, your baby's growth will be measured and plotted on a growth chart.
- **Monitor:** If your baby is growing slower than expected, increased monitoring may be required and any concerns will be discussed with you.



Attend all your pregnancy care appointments to assess, measure and monitor your baby's growth as part of the Safer Baby program, to reduce risks of stillbirth.

FIND OUT MORE: visit saferbaby.org.au or speak to your health professional if you have questions about your baby's growth.