



Safer Baby

WORKING TOGETHER TO REDUCE STILLBIRTH



The Safer Baby program is a new evidence based initiative to reduce the number of babies that are stillborn in Australia.

www.saferbaby.org.au

Learn ways to prevent stillbirth and have a safer pregnancy, based on the latest research and clinical best practice.



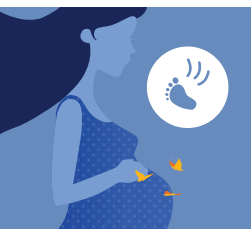
#Quit4Baby

Smoking is one of the main causes of stillbirth. Quitting at any time during your pregnancy reduces the risk of harm to your baby. However, quitting as early as you can means a better start in life for your baby. Free help with quitting is available.



#GrowingMatters

Your baby's growth will be regularly measured during pregnancy to check they are growing at a healthy rate. If your baby shows signs of not growing well enough, your maternity health care professional will monitor the growth of your baby closely and discuss with you how to manage this.



#MovementsMatter

It is important to get to know the pattern of your baby's movements. If you are concerned about your baby's movements, particularly from 28 weeks, contact your midwife or doctor immediately. Do not wait for your next checkup.



#SleepOnSide

Going-to-sleep on your side from 28 weeks of pregnancy can reduce your risk of stillbirth, compared with going-to-sleep on your back. Either left or right side is equally safe.



#LetsTalkTiming

The aim is to make every pregnancy and birth as safe as possible for you and your baby. It is important to speak with your maternity healthcare professional about your individual risk of stillbirth and how this may influence the timing of birth.

For more information about the Safer Baby program and reducing the risk of stillbirth contact your maternity health care professional or go to saferbaby.org.au