



Your baby's growth matters.



Even though all pregnancies are different, a healthy rate of growth for your baby is important.

- **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 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.

The Safer Baby program recommends you attend all your antenatal appointments to assess, measure and monitor your baby's growth to reduce your risk of stillbirth.

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