



# Let's Talk Timing of Birth.



**Most women go into labour on their own between 37 and 42 weeks.** Having your baby as close to your due date as possible is generally best for your baby's development.

**In some pregnancies, planned (early) birth might be considered to reduce the risk of stillbirth and/or for your own health.**

Talk with your maternity healthcare professional about having a safe and healthy pregnancy, and **decide together the right timing of birth for you and your baby.**



**FIND OUT MORE:** [saferbaby.org.au](https://saferbaby.org.au) or speak to your healthcare professional.