

Safer Baby

WORKING TOGETHER TO REDUCE STILLBIRTH

A photograph of a pregnant woman lying down, wearing a white tank top and a light-colored sweater. Her hands are resting on her bare pregnant belly. Another person's hands are also visible, gently touching her belly. The image is overlaid with a semi-transparent dark blue filter.

Steps you can take to have a safer pregnancy

#Quit4Baby

#GrowingMatters

#MovementsMatter

#SleepOnSide

#LetsTalkTiming



saferbaby.org.au

Stillbirth
CENTRE OF RESEARCH EXCELLENCE





#Quit4Baby

Quit smoking for baby.

Quit Smoking and vaping for baby and keep your home smoke free.

It's one of the main causes of stillbirth and baby being born too early.

Your healthcare team and Quit are there to help you.

**Call Quitline
on 13 7848**

or scan this QR code
to visit quit.org.au



#GrowingMatters

Your baby's growth matters.

Attend all your pregnancy appointments to check baby's growth. Your healthcare team should measure your baby bump at each visit. Some women may need extra scans to check their baby.



#MovementsMatter

Your baby's movements matter.

From 28 weeks, feeling regular baby movements is a sign that your baby is well.

If your baby's movements stop or slow down, call your healthcare team straight away.





#SleepOnSide

Sleep on your side when baby's inside.

Going to sleep on your side
from 28 weeks of pregnancy
is safest for your baby.

Either side is fine.

**If you wake up on your back
don't worry!** Just roll over
onto your side.



#LetsTalkTiming

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 some women, planned (early) birth
might be safest.



**Talk to your healthcare
team and decide
together when you
should give birth.**

Scan this QR code
to learn more about
timing of birth



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Remember

Every pregnancy is unique, and the chance of stillbirth is very low. However, it is important you follow these steps to have a safer pregnancy.

Speak with your healthcare team about how to have a safe and healthy pregnancy.

When do I seek help?

Contact your healthcare team any time that you are worried about you or your baby.

Do not wait until your next pregnancy appointment if you have worries.

Your healthcare team is there to help you at any time of day or night.

Your healthcare team:



This initiative is being led by the NHMRC Centre of Research Excellence in Stillbirth (Stillbirth CRE) in partnership with health departments across Australia.

The list of organisations who have contributed to development of, and endorsed this resource, can be accessed on our website.

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