



# Safer Baby

WORKING TOGETHER TO REDUCE STILLBIRTH



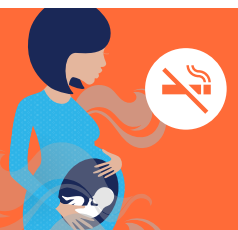
The Safer Baby program is an evidence based initiative to reduce the number of babies that are stillborn in Australia.

[saferbaby.org.au](http://saferbaby.org.au)



Stillbirth   
CENTRE OF RESEARCH EXCELLENCE

**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 will be regularly measured during pregnancy to check they are growing at a healthy rate. If your baby is growing slower than expected, increased monitoring may be required and any concerns will be discussed with you.



## #MovementsMatter

Feeling regular baby movements is a sign that your baby is well. It is important to be aware of your baby's movements every day from 28 weeks. If your baby's movements stop or slow down, contact your maternity healthcare professional without delay.



## #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

Towards the end of pregnancy, your maternity healthcare professional will discuss timing of birth with you. Together you will decide the safest timing of birth for you and your baby to reduce your risk of stillbirth.

**For more information about the Safer Baby program and reducing the risk of stillbirth contact your maternity healthcare professional or go to [saferbaby.org.au](https://saferbaby.org.au)**