

How does a pregnant mother Bond with her Bump?



In the 3rd trimester, monitor your baby's movements to Bond with your Bump **everyday**, preferably at the same time.

Pick a time based on when your baby is usually active. Make sure your regular bonding sessions are at a time when baby is commonly awake.



To get started, **sit** with your feet up **or lie** on your side. Pay attention to each of your baby's movements and get to know the little one growing inside you. Does baby move when you talk? Respond to your touch? Like to listen to music? Your baby already has a little personality, get to know your baby before birth.



You may like to **log** the experience, time or special moments in a chart, your phone, diary or app.

Consistency is key. Once you and your baby have established a bonding **routine**, try to stick to it.



If anything seems different or irregular, contact your healthcare provider for a check-up straight away, even if its 3am, **do not wait.**

For a how to guided video please visit www.stillaware.org

It's important to remember that every baby, every body and every pregnancy is different. It may be that Bonding with Bump more than once a day is what suits you and your baby. Once a mother and bump have developed a routine, that's what should remain consistent.

Get to know your baby's own individual pattern of movement, you will then be able to determine if baby has a period of reduced or increased fetal movement. Monitoring baby's movements can help expectant families get to know what is normal for their baby and report any irregularities or changes straight away.

This information is not intended to replace the advice of a trained medical professional. Still Aware provides this knowledge as a courtesy, not as a substitute for personalised medical advice and disclaims any liability for the decisions you make based on this information.



About Still Aware

Still Aware is driving change and working tirelessly towards reducing preventable stillbirth. Change prior to the event. Change through education of clinicians and expectant families. We continue to work with key researchers in the field to gather and report data of care provisions already offered internationally, but which are not offered to Australian patients.

Still Aware is the only not-for-profit organization in Australia dedicated to raising awareness of stillbirth. At Still Aware every dollar donated goes directly to funding awareness and education to bring about change. The people involved volunteer their time and knowledge, so you can have confidence knowing that your dollar goes straight to activities that bring awareness of the thousands of babies born still every year in Australia.

A baby inutero is still a baby and they deserve our voice. So we are speaking up and raising awareness. You can too. Together we can and will reduce preventable stillbirth in Australia.

Still Aware was formed by the mother of a baby born still at 9 months in South Australia. Alfie Foord-Heath was born without breath on February 12, 2014. With no rhyme or reason for the death of this healthy baby girl, her mother and father - with the guidance of the Still Aware board, medical advisors, and your help - seek to change how we talk about stillbirth prior to the tragedy, raising awareness in the hope of prevention.



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“
Still Aware seeks to raise awareness about stillbirth not to cause concern, but to empower mothers to connect daily with their babies, particularly in the third trimester.
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Visit stillaware.org for more info or follow us on social media.

- [stillbirthaware](https://www.facebook.com/stillbirthaware)
- [Still_Aware](https://www.instagram.com/Still_Aware)
- [Still_Aware](https://twitter.com/Still_Aware)

Pregnant?
Your baby's only direct link to the outside world is through YOU.

*Be Still...
Be Aware...*

BOND WITH YOUR BUMP

Monitor your baby's movements.

Help prevent adverse outcomes of pregnancy, including stillbirth.





“
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”

Why Bond with your Bump or monitor baby movements?

Bonding with your Bump by monitoring baby's movements can reduce the risk of a stillbirth.

A baby's only direct link to the outside world is through its mother. Taking time each day to monitor a baby's movements is as important as mothers staying healthy. By setting aside time daily to feel your baby kick, roll or poke, you can bond with your bump and check on your baby's health as well.

When to call the doctor or midwife?

In general an active baby is a healthy baby.

In the third trimester, you and your baby are a team. You're in sync and you should feel movements every day. If something feels irregular or you have a bad feeling then contact your health care provider.

LISTEN TO YOUR INSTINCT, DO NOT WAIT.

What will happen if I ring the maternity ward?

Your doctor, maternity ward or midwife should ask you to come in. They will monitor baby's heartbeat or conduct an ultrasound, reassuring you that all is normal and well.

Reduced fetal movements can be a sign that your baby is unwell, in some cases further investigation may be required.

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Myths about movement



DOESN'T A BABY SLOW DOWN BEFORE BIRTH, BECAUSE THEY RUN OUT OF ROOM?



A baby will keep moving throughout pregnancy, even during labour. In fact a healthy baby usually gets stronger. Particularly in the last few weeks of pregnancy, be conscious of your baby's movements and call for a checkup if anything seems irregular or different. You should seek immediate advice from your doctor or midwife, do not delay. In some cases, not feeling a baby moving is the only warning sign that is noticed before a baby is stillborn. [1]



IF I HAVE SOMETHING TO EAT OR DRINK WILL IT GET MY BABY MOVING?



If you are wanting to make your baby move because you are concerned about movements, it is best not to waste time but instead contact your care provider immediately.



ISN'T IT OK IF MY BABY MOVES 10 TIMES A DAY?



Every baby is different, sure, some might move 10 times in a day but others will move ten times in ten minutes! Baby's movements can vary from 4 to over 100 every hour. It is important to know what is normal for you and your baby and report any change in that.



IS AN INCREASE IN MOVEMENTS A GOOD SIGN?



A slow increase probably indicates that your baby is getting stronger and is healthy and well, but a sudden increase, particularly if you feel the baby going "crazy" should also be immediately checked out with your care provider, do not wait.



Is Stillbirth a significant issue in Australia?

In Australia, more than 2000 babies are stillborn every year. [2] Stillbirth is defined as the death of a baby beyond 20 weeks gestation. The loss of a child at any age is unthinkable. To birth a baby born still is a gut-wrenching devastation that no family should ever have to endure, particularly in this day and age.

At **Still Aware** we strongly believe that awareness and education brings change.

DID YOU KNOW?

- 6 babies are delivered stillborn in Australia daily...that is one family every 4 hours!
- Up to 60% of stillbirths occur at term or in the third trimester. [3]
- Often there is no identifiable cause and for one third of cases - the cause of death remains unexplained.
- Mothers monitoring their babies movements - bonding with their bump - daily in the third trimester resulted in a 30% reduction in stillbirth in Norway. [4]

Is baby a morning person who always wakes you with a happy hello? Is bump a night owl who always keeps you awake when you are trying to sleep at night? Is your little one a social person who always starts kicking when he hears someone he knows in the room? Or is she a shy person who always stops kicking if anyone touches your belly?

MONITOR YOUR BABY'S MOVEMENTS. ANY CHANGES YOU SHOULD IMMEDIATELY REPORT THIS TO YOUR CARE PROVIDER.

[1] Pregnancy Your Baby's Movements and What They Mean, 2012
 [2] Australian Bureau of Statistics (2012). 3303.0 - Causes of Death, Australia, 2012.
 [3] Australia & New Zealand Fact Sheet (n.d), ANZSA
 [4] My Baby's Movements Multi-Centre Trial (2014) ANZSA Research Consortium