COMMON QUESTIONS

WHAT IS NORMAL FOR BABIES MOVEMENTS?

baby's movements is the only warning sign that is noticed run out of room to move. If anything seems irregular or some prefer moving around in the early morning. [6] Get most babies are especially active in the evening, though before a baby is stillborn. without delay. In some cases, an unusual change in different, seek immediate advice from your care provider to know what's normal for your baby. Your baby will not You'll feel your baby move everyday. Research suggests

OR SWEET GET MY BABY MOVING? WILL EATING OR DRINKING SOMETHING COLD

contact your care provider immediately. No, If you are concerned about movements

HOW MANY TIMES SHOULD MY BABY MOVE A DAY?

baby and every pregnancy is different. Avoid comparing There is no set number of normal movements, every normal for you and your baby and to report any change in your pregnancy to others. It is important to know what is movements immediately.

IS AN INCREASE IN MOVEMENTS A GOOD SIGN?

baby going "crazy" this needs to be immediately checked sometimes be an important warning sign. If you feel the A rapid or sudden increase in baby's movements can your baby is getting stronger and is healthy and well. A steady increase in movements usually indicates that by your care provider. Do not wait.

BABY'S MOVEMENTS? MY PLACENTA IS AT THE FRONT, WILL I FEEL MY

regardless of where your placentalies. Get to know your your care provider. baby's individual movements and talk about them with You will be able to feel your baby's movements within you

I FEEL UNEASY ABOUT MY PREGNANCY, WHO SHOULD

concern is silly, trust your instincts and do not be afraid are a team and will work together in this pregnancy. No different to normal or if you feel uneasy in anyway. You Your care provider wants to know if anything feels to call anytime day or night.

> behaviours and change habits to save lives through: lof healthy families, education and medical safety. We challenge is a tax deductible charity with Tier 1 DGR status working in the areas preventable stillbirth through awareness and education. Still Aware In Australia, Stillbirth is the leading cause of infant death. Many of these deaths are preventable. Still Aware's mission is to end

> > YOUR

- FREE information for all, whatever your social circumstance
- Education programs for care providers and expectant families
- providing and promoting information backed by research National cross platform awareness and education initiatives
- providers and their support networks Delivering equal opportunity for babies, expectant parents, care
- Community advocacy, research and policy advice

of the Still Aware Board, and advice from the charity's own Consumer to ensure that others did not see the same fate, she began **Stil** stillbirth at the birth of her own daughter, Alfie Foord-Heath. Wanting Still Aware was founded out of adversity by Claire Foord who learnt of and Clinical Advisory Boards (all who volunteer their time) have saved her own daughter. Still Aware is guided under the direction Aware; the first not-for-profit charity dedicated to raising awareness

SA | VIC | NSW | QLD | ACT | WA Head Office: **08 8300 0980**





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In Still Aware

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activity. BMC Pregnancy and Childbirth. Available at bit.ly/sareference1 [2] Kildea S, et al. "Improving maternity services for Indigenous women in Australia: Moving from policy to practice". MED J AUST 2016. bit.ly/sareference2 [3] Australian Institute of Health and Welfare 2019. Australia's mothers and [1] Haezell, AEP, et al. "Stillbirth is associated with perceived alterations in feta lies 2017. Perinatal statistics series no. 35. cat. no. per 100

erra bit.ly/sareferences rintate and New Zealand and Centre of Research rinatal Society of Australia and New Zealand and Centre of Research lence in Stillbirth. Clinical practice guideline for the care of women with lence in Stillbirth. Clinical practice guideline for the care of women with a singleton pregnancy from 28 based fetal movements for women with a singleton pregnancy from 28 to 18 t ember 2019 bit.ly/sareference4 ember 2019 bit.ly/sareference4 Jowan, LME, et al. "Going to sleep in the supine position is a moo power for late pregnancy stillbirth." PLOS One bit.ly/sareferences5 ep in the supine position is a modifiable

This is important information, take the time to read it.

PREGNANCY



MOVEMENTS MATTER? WHY DO BABY'S



should not slow down of baby's movements should remain consistent. Baby's movements baby have developed a routine, the strength, pattern and trequency may change as your pregnancy progresses. Once a mother and anything from a kick, flutter, poke or roll. The type of movement of normal movements. A baby's movements can be described as movements that you can get to know, and there is no set number pregnancy is different. Most babies will have their own pattern of It's important to remember that every baby, every body and every

baby, visit: stillaware.org. stillbirth risk. If you want to know more about how to monitor your A change in baby's movement is the leading indicator of a potential significantly change, slow down or stop. If anything feels irregular, Many women who have a stillbirth notice their baby's movements sometimes be an important warning sign that a baby is unwell [1] is. A reduction or a sudden increase in a baby's movements can Monitor your baby's movements and get to know who your baby your care provider wants to know, you can call anytime, night or day

SLEEP MATTER? WHY DOES MY



your side for the deepest and often longest part of your sleep. onto your side again. Falling asleep on your side, means you stay on side, and either side is fine. If you wake up on your back, just roll-over about 28 weeks pregnant, you should start to go to sleep on your blood flow and oxygen to your growing baby. Research shows, from When you are pregnant sleeping on your side is thought to maximise

NOITIUTION WHAT ABOUT MY



voice to the outside world. care provider immediately, do not wait. You are your baby's link and uneasy in anyway or worried about you or your baby, contact your If something doesn't feel right, perhaps it isn't. If you feel strange or **unique.** You and your baby have a connection, trust your inner voice. Even if you have been pregnant before, remember every pregnancy is

WHY DO I NEED TO KNOW THIS?



stillbirth information is to protect you and your baby and may help prevent is defined as the death of a baby beyond 20 weeks gestation. This In Australia, 1 in every 135 pregnancies ends in stillbirth. Stillbirth

AL.

KNOW? DID YOU 6 babies are stillborn in Australia daily. [3]



- Up to 60% of stillbirths occur at term or after 28 weeks. [3]
- babies, the cause of death remains unexplained. Often there is no identifiable cause and for one third of
- Indigenous women are twice as likely to experience stillbirth
- can help prevent stillbirth. Still Aware's Daily Actions are tools backed by research which
- are at less risk of stillbirth. [4] and quickly report concerning changes to their care provider Mothers who monitor their baby's movements from 28 weeks
- reduce risk of stillbirth. [5] Going to sleep on your side in pregnancy has been shown to

CARE CULTURALLY SAFE



and midwives and continuity models of care. safe care including Aboriginal and Torres Strait Islander nurses [2]. Inclusion of choice is very important as is access to culturally health for Aboriginal and Torres Strait Islander mothers and babies Achieving culturally safe maternity services is critical to improving

our baby's placenta is forming, it is the WEEK Say no to Limit caffeine to fruit intake and talk to you , alcohol FIRST TRIMESTER wnen you can Talk 'Still it's ok to change Start thinking about your birthing options. Public, the size of Pelvic floo exercises a important provider about what to eat Healty eating is important. range of emotions during You and your baby are unique. It's normal to experience a III pregnancy provider about emotional ¥ E E Your baby is about the size of an apple You may start to feel baby "flutters". Most move bet 16 and 24 more up to 32 Your baby can hear you now. Talk, read or sing to your baby! It is recommended that all pregnant women in Australia have the influenza and whooping cough vaccines. These are free for pregnant women. You can have the influenza vaccine at any stage of pregnancy. The whooping cough vaccine is recommended between 20-32 weeks of pregnancy. Please discuss vaccination with your pregnancy care provider SECOND TRIMESTER way.' You may have an ultrasound this care provider questions to ask your See stillaware.org for You're officially 'half to check for gestational diabetes (for Australian Your baby is about the size of a mango Recommended blood sugar test (glucose tolerance test) 24-28 weeks First kick for partner to feel injection this week a negative blood type? Do you have You may 27 / 28 If you haven't already, esta--blish a daily keep yo baby sa and he preven Your si This he sleeping enviro-nment looks like Have you thought about where baby If you're birthing at trimester. At your scans you can ask more about this important fluid cushioning your baby your bags about packing hospital you might like to start thinking with what a safe Your baby will practice breathing, inhaling and exhaling amniotic fluid. The amount of fluid are your baby should remain the same in the third Your baby is about the siz

THIRD TRIMESTER You & your baby are a team. Speak openly with your care provider <u>س</u> 40₊ WEEK

e size of

Keep monitoring the strength, pattern and frequency of your baby's movement every day. Report any changes immediately and do not wait pregnancy Talk with labour and person about Your baby Your is about baby's the size of official a water- due -melon date

some women, such as South Asians, have a shorter gestation. I this your due date? Research shows What is your cultural

birth

want to suggest those planning t visit to get whooping cough and influenza vaccinations Newborns are vulnerable. You may