

WHY DO BABY'S MOVEMENTS MATTER?



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

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

WHY DOES MY SLEEP MATTER?



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

WHAT ABOUT MY INTUITION?



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



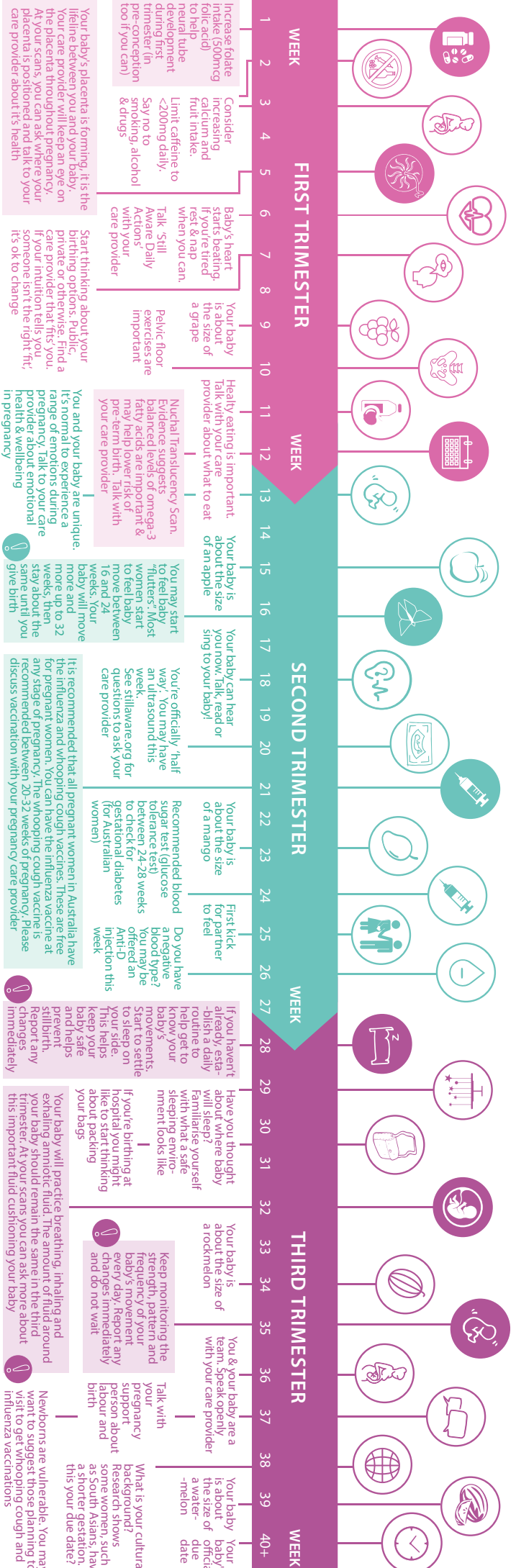
DID YOU KNOW?

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

CULTURALLY SAFE CARE



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



Any sudden onset of pain or illness or excessive symptoms needs to be reported to your care provider immediately. Do not self-diagnose. Any change in baby's strength, pattern or frequency of movements report this immediately to your care provider. **DO NOT WAIT!**