

WHEN TO GO SEE YOUR MIDWIFE OR DOCTOR.

It's important to go to all of your regular health check-ups when you are pregnant. If you feel no good, have a concern or you are worried about bubba, call or go see your midwife or doctor straight away. Don't wait for your next appointment.

These are some things that you should call or go see your midwife or doctor about:

- Any changes in bubba's movements

that worry you

- Any blood or fluid loss from down below
- Pain in your lower back that comes and goes
- A headache that doesn't get better with panadol / panamax
- Seeing spots or stars
- Any tummy pain
- Intense itching especially on your hands and feet
- Signs of infection like fever, or stinging/burning when you pass water
- If you feel something isn't right



This brochure and other resources in the WINDS project suite of resources safebubba.com.au were co-designed by Mob with Still Aware.

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AWARE**
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Mob came together to help you be aware of some ways to:

KEEP BUBBA SAFE AND STRONG!



WHAT IS STILLBIRTH?



Stillbirth is when a bubba is born sleeping. Some mobs call them star baby or gone baby.

This brochure has information that can help keep you and your bubba safe and strong.

You can go to the Still Aware Website stillaware.org for more information about stillbirth.

LEARNING BUBBA'S MOVEMENTS



It's important to remember every bubba is different.

Learn your own bubba's movements, how strongly they move, how often they move and when they usually move.

There are no set number of times a bubba will move.

Get to know your bubba's personality, if they are an early bird or a night owl, if they kick when someone touches your belly or if that's when they stay quiet.

If you feel something is not right, then get help straight away from your midwife or doctor.



GOING TO SLEEP ON YOUR SIDE



After 6 months of your pregnancy you can reduce your chances of stillbirth if you lie down to sleep on your side.

It doesn't matter which side you choose.

If you happen to wake up on your back don't worry, just turn over onto your side again.

TRUST YOUR MUM FEELINGS



Even if you have had a bubba before it's important to know that each pregnancy is special and different. You and bubba have a strong bond that lasts a lifetime.

If something feels no good, it's okay to listen to your mum feelings and see your midwife or doctor straight away. Don't wait. You know your body and your bubba best!