Learn ways to prevent stillbirth 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’s growth will be regularly measured during pregnancy to check they are growing at a healthy rate. If your baby shows signs of not growing well enough, your maternity health care professional will monitor the growth of your baby closely and discuss with you how to manage this.

#MovementsMatter
It is important to get to know the pattern of your baby’s movements. If you are concerned about your baby’s movements, particularly from 28 weeks, contact your midwife or doctor immediately. Do not wait for your next checkup.

#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
The aim is to make every pregnancy and birth as safe as possible for you and your baby. It is important to speak with your maternity healthcare professional about your individual risk of stillbirth and how this may influence the timing of birth.

Safer Baby
WORKING TOGETHER TO REDUCE STILLBIRTH

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

www.saferbaby.org.au