

## COMMON QUESTIONS

- Q** IS IT NORMAL FOR MY BABY TO SLOW DOWN BEFORE BIRTH?
- A** It is not normal for a baby to slow down. As your due date draws near, regularity of movements shouldn't change. Be conscious of your baby's movements. If anything seems irregular or different, **seek immediate advice from your care provider**, do not delay. In some cases, an unusual change in baby's movements is the only warning sign that is noticed before a baby's stillborn.
- Q** WILL EATING OR DRINKING SOMETHING COLD OR SWEET GET MY BABY MOVING?
- A** No, if you are concerned about movements **contact your care provider immediately.**
- Q** HOW MANY TIMES SHOULD MY BABY MOVE A DAY?
- A** There is no set number of normal movements, every baby and every pregnancy is different. **Avoid comparing your pregnancy to others.** It is important to know what is normal for you and your baby and to **report any change in movements immediately.**
- Q** IS AN INCREASE IN MOVEMENTS A GOOD SIGN?
- A** A steady increase in movements usually indicates that your baby is getting stronger and is healthy and well. A rapid or sudden increase in baby's movements can sometimes be an important warning sign. **If you feel the baby going "crazy" this needs to be immediately checked** by your care provider. **Do not wait.**
- Q** MY PLACENTA IS AT THE FRONT, WILL I FEEL MY BABY'S MOVEMENTS?
- A** You will be able to feel your baby's movements within you regardless of where your placenta lies. Get to know your baby's individual movements and **talk openly with your care provider.**
- Q** I FEEL UNEASY ABOUT MY PREGNANCY, WHO SHOULD I CONTACT?
- A** Your care provider wants to know if anything feels different to normal or if you feel uneasy in anyway. **You are a team and will work together in this pregnancy. No concern is silly, trust your instincts and do not be afraid to call anytime day or night.**

## STILL AWARE

[stillaware.org](http://stillaware.org)

Still Aware is the first not-for-profit charity, solely dedicated to raising awareness and ending preventable stillbirth. Stillbirth is the leading cause of infant death, with numbers more than double the national road toll.

Still Aware is a tax deductible charity with Tier 1 DGR status working in the areas of healthy families, education and medical safety. We challenge behaviours and change habits to save lives through:

- FREE information for all, whatever your social circumstance
- FREE education programs for care providers and expectant families Australia wide
- National cross platform awareness and education initiatives providing and promoting information backed by research
- Delivering equal opportunity for babies, expectant parents, care providers and their support networks
- Advising federal and local government policy makers

Still Aware was founded out of adversity by Claire Foord who learnt of stillbirth in the cruellest of ways, at the birth of her own daughter, Ailie Foord-Heath. Wanting to ensure that others did not see the same fate, she began Still Aware. Under the direction of the Still Aware Board and with advice from the charity's own Consumer and Clinical Advisory Boards (all who volunteer their time), she runs the organisation: dedicated to raising awareness of stillbirth and saving lives, through sharing information that could have saved her own daughter.

Visit [stillaware.org](http://stillaware.org) for more information, or follow us on social media.



[stillbirthaware](https://www.facebook.com/stillbirthaware)



[Still Aware](https://www.instagram.com/stillaware)

[contact@stillaware.org](mailto:contact@stillaware.org)

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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.

[1] HEZEL ET AL. BMC PREGNANCY AND CHILD BIRTH (2017) 17:369  
[2] MCCOWN, L ET AL. (2017). GOING TO SLEEP IN THE SUPINE POSITION IS A MODIFIABLE RISK FACTOR FOR LATE PRETERM BIRTH. PLOS ONE 12(12): e0187101  
[3] AUSTRALIAN INSTITUTE OF HEALTH AND WELFARE 2016. AUSTRALIA'S MOTHERS AND BABIES 2014-15 BIRTH PERINATAL STATISTICS SERIES NO. 32. CAT NO. PER. 87. CANBERRA, AIHW  
[5] AUSTRALIA & NEW ZEALAND FACT SHEET (11.D). ANZSA

## YOUR PREGNANCY

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



## WHY DO BABY'S MOVEMENTS MATTER?



It's important to remember that every baby, every body and every pregnancy is different. There is no set number of normal movements. Your baby will have their own pattern of movements that you can get to know. **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.

Is your baby a morning person or a night owl? Does your baby like to hear your voice or dance to music? Is your baby social or shy? **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]. If you want to know more about how to monitor your baby, visit stillaware.org** Around half of the women who had a stillbirth noticed their baby's movements had slowed down or stopped. If anything feels irregular, your care provider wants to know, you can call anytime, night or day.

## 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, 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.**

## WHY DO I NEED TO KNOW THIS?

In Australia than **2000 babies are stillborn every year.** Stillbirth is defined as the death of a baby beyond 20 weeks gestation. This information is to protect you and your baby and may help prevent stillbirth.

### DID YOU KNOW?

- Mothers monitoring their babies movements daily in the third trimester resulted in a 30% reduction in stillbirth in Norway. [2]
- Sleeping on your side in pregnancy has the potential to reduce late term stillbirth. [3]
- 6 babies are delivered stillborn in Australia daily [4]
- Up to 60% of stillbirths occur at term or in the third trimester. [5]
- Often there is no identifiable cause and for one third of cases, the cause of death remains unexplained.

**FIRST TRIMESTER**

**WEEK 1** Increasing your folate intake during your first trimester (in pre-conception too if you can)

**WEEK 2** Say no to smoking, alcohol and drugs

**WEEK 3** You're officially pregnant although you may not know it yet

**WEEK 4** Your baby's heart starts beating. You may be tired (so take it easy when you can)

**WEEK 5** Your baby is about the size of a grape

**WEEK 6** Pelvic floor exercises are important

**WEEK 7** Start thinking about your birthing options. Public and private or otherwise. Find a care provider that 'fits' you. If your intuition tells you that someone isn't the right fit, it's ok to change

**WEEK 8** Baby eats and drinks what you do. Healthy and balanced nutrition is important

**WEEK 9** First date scan. Now is the time to start taking omega-3 supplements

**WEEK 10** Baby eats and drinks what you do. Healthy and balanced nutrition is important

**WEEK 11** Baby's heart starts beating. You may be tired (so take it easy when you can)

**WEEK 12** First date scan. Now is the time to start taking omega-3 supplements

**SECOND TRIMESTER**

**WEEK 13** You may start to feel baby "flutters". Most women start to feel baby move between 16 and 24 weeks. Your baby will move more and more up to 32 weeks then stay about the same until you give birth

**WEEK 14** Your baby is about the size of an apple

**WEEK 15** You're officially "half way" you may have an ultrasound this week

**WEEK 16** Your baby can hear you now

**WEEK 17** Your baby is about the size of a mango

**WEEK 18** Blood sugar test for gestational diabetes might happen now

**WEEK 19** First kick for partner to feel

**WEEK 20** Do you have a negative blood type? You may be offered an Anti-D injection this week

**WEEK 21** In Australia the whooping cough vaccine is recommended before your baby is born and is free to all pregnant women, in each pregnancy. Talk to your care provider.

**WEEK 22** Establish a daily routine to help get to know your baby's movements. Start to settle to sleep on your side.

**WEEK 23** This helps keep your baby safe/prevent stillbirth

**WEEK 24** Your baby is about the size of a rockmelon

**WEEK 25** Keep monitoring the strength, pattern and frequency of your baby's movement every day

**WEEK 26** Have you finished work yet? Have you thought about the type of support you would like at your birth? Discuss this with your partner and care provider

**WEEK 27** Have you thought about preparing the nursery? If your birthing at hospital you might like to think about packing your bags

**WEEK 28** Your baby will practice breathing, inhaling and exhaling amniotic fluid. The amount of fluid around your baby scans you can ask more about this important fluid cushioning your baby

**WEEK 29** Your baby is about the size of a watermelon

**WEEK 30** What is your cultural background? Research says some women, such as South Asians, have a shorter gestation. Is this your due date?

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**WEEK 39** Your baby is about the size of a watermelon

**WEEK 40+** What is your cultural background? Research says some women, such as South Asians, have a shorter gestation. Is this your due date?

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**