

# Bubba's Growth Matters

Even though all pregnancies are different, a healthy rate of growth for bubba is important.

## Check

Throughout pregnancy your health care team will check bubba to make sure they are growing strong. If bubba is a bit slow to grow it is called Fetal Growth Restriction or FGR. If you are at a higher risk of FGR you might need to have more checks to watch bubba's growth. This gets done with an ultrasound.

## Measure

From around 24 weeks of pregnancy, make sure to go to every antenatal check-up so that bubba's growth can be measured to make sure bubba is growing well.

## Monitor

If bubba is not growing as well as they should, they may need more monitoring. If this happens, your health-care team will yarn with you.





The Stronger Bubba Born resources recommends you go to all your pregnancy care appointments to check, measure, and monitor bubba's growth and keep them safe.

If you are worried about bubba's growth your Aboriginal and/or Torres Strait Islander health practitioner, midwife or doctor can help. There is support available for you.

## Yarning about bubba's growth

### What is Fetal Growth Restriction?

Fetal Growth Restriction (FGR) is when a bubba is growing slower or smaller than expected. FGR happens more often when women smoke in pregnancy or when they have had a small bubba before.

### When and how will I be assessed?

All women should be assessed in early pregnancy. From 24 weeks, bubba's growth will be checked using a tape to measure your abdomen, then recorded on a growth chart. This way, your health care team can see how bubba is growing as the weeks go by. Sometimes women may need bubba's growth monitored by ultrasound.

### Why is bubba growing at a slower rate?

Often, slow growth can happen if there is a problem with the placenta, but there can be other reasons too. Your health care team will work to find the reason if your bubba is not growing so well.

### I look smaller than other women who are due at the same time as me. Should I be worried?

Every woman is different just like every pregnancy is different. Your health care team will be following bubba's growth at every pregnancy visit and will yarn with you about next steps if there are signs that bubba's growth has slowed.

### What can I do to check bubba's health?

It is important to come to each pregnancy visit. Feeling bubba's movements is a good sign they are healthy and growing. From 28 weeks of pregnancy, you should feel bubba moving every day. If you notice the movements have stopped or slowed down, it may be a sign bubba is unwell. Contact your health care team immediately – you are not wasting their time. **Attend all appointments to monitor your health and bubba's growth.**