

Let's Yarn Timing of Birth

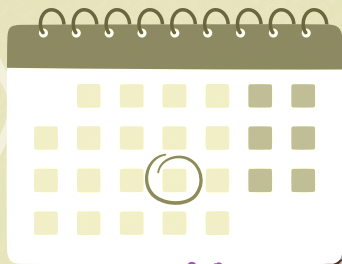
Yarning with your Aboriginal and/or Torres Strait Islander health practitioner, midwife, or doctor about the best timing for bubba's birth can help to keep bubba safe.

When will bubba be born?

Bubba's estimated date of birth (due date) is usually 40 weeks after the first day of your last period. Most women have their bubba between 37 and 42 weeks, this is called full term.

- **Before** 37 weeks is called pre term
- **From** 37–39 weeks is early term
- **From** 42 weeks on is called post term.

Giving birth close to your due date is generally best for bubba. However, for some bubbas it is safer for them to be born earlier. This is called a **planned birth**.



What is a planned birth?

A planned birth is when a woman has bubba at a specific time instead of waiting to go into labour. This is usually done by induction of labour or a caesarean section. If a planned birth is decided, your health care team will work with you to decide the best and safest time.

Every week counts

Bubba develops and gets stronger right up to 40 weeks. The last weeks of pregnancy are important for bubba to keep getting stronger. Bubbas who are born a bit early (even close to 37 weeks) have a higher chance of having trouble with learning or behavioural problems as they grow up.

WEEK
37

WEEK
38

WEEK
39

WEEK
40

WEEK
41

WEEK
42



If you and bubba are healthy and strong, there is no need for a planned birth. If something comes up for you and/or bubba and bubba does need a planned birth, you and your health care team will yarn about the best and safest timing of birth.

When might I need to think about a planned birth?

The main reason women have a planned birth is to reduce the chance of problems for them or their bubba, including Sorry Business Babies (stillbirth).

For women with a medical condition (eg. diabetes or high blood pressure), or if there are pregnancy complications (eg. worries about bubba's growth), a planned birth may be recommended. Other factors that increase a woman's risk of stillbirth are:

- Previous Sorry Business Babies (stillbirth)
- Being younger than 18 or older than 35 years old
- Being above a healthy weight
- Infection
- Having your first bubba
- Smoking during pregnancy
- Drugs and/or alcohol during pregnancy

Yarning it through and deciding what is best for you and bubba

Deciding whether you should have a planned birth or wait for bubba to be born is not always easy. It is important to know the benefits and risks of both options for you and bubba.

Your health care team will yarn with you, answer your questions and support you in reaching the best decision. This is called shared decision-making.

It is important that you share your own beliefs, cultural values, and preferences with your health care team.

