



Stronger Bubba Born



Acknowledgement

We acknowledge the Traditional lands where your bubba will be born, and the lands that you belong to. We acknowledge the Traditional Owners and pay respects to our Elders, past and present, acknowledging our continuing roles of being Caretaker and Custodian on the lands we are from.

About the artwork

Indigenous artwork for the Stillbirth CRE “Protection” was commissioned by the Stillbirth CRE as part of its Indigenous Research Program. The purpose of the piece is to help raise awareness about the importance of culturally safe and appropriate Indigenous perinatal health and bereavement support in Australia, and to promote collaboration to improve outcomes for Aboriginal and Torres Strait Islander women and families.

The artist, Leona McGrath is a Woopaburra and Kuku Yalanji woman from Queensland, now based in NSW. She is a mother, grandmother, artist and registered midwife. Leona is part of the Stillbirth CRE’s Indigenous Research Program and is a member of its Indigenous Advisory Group.

The painting represents the protection, support, and sense of community Indigenous Australian women need throughout their maternity care, including after a baby has passed away.

The hands represent a woman cradling her abdomen and the spirit of the baby who passed away. They also reflect the diverse Indigenous Advisory Group working with the Stillbirth CRE to reduce stillbirth and improve perinatal outcomes for Aboriginal and Torres Strait Islander women and families.

The colours of the Safer Baby Bundle surround the hands, representing the support of the resources helping to educate women, their families and communities.



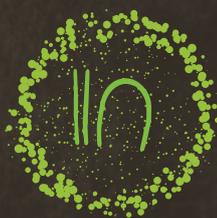
Around the hands are the various sets of footprints. These are the footprints of babies who have passed away. They remain prominent in the painting as, although no longer with us, these babies will always be with their families and communities.

The red and yellow dots surrounding the art represent fire and the sun, acting as protection for communities, including protection of health, and protection of Indigenous culture.

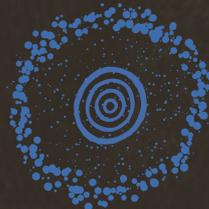
Indigenous iconography is used around the hands, which is an important part of Indigenous culture and tradition. The symbols included in “Protection” represent elements of community.



Woman and child



Man



Campfire/
gathering place



Women sitting
around a campfire

Stronger Bubba Born are five evidence-based elements that address key areas where improved practice can reduce the number of Sorry Business Babies.



Let's Yarn
Timing
of Birth

Quit
Smokes
for
Bubba

Stronger
Bubba
Born

Bubba's
Movements
Matter

Bubba's
Growth
Matters

Sleep
on Your
Side When
Bubba's
Inside

For more information visit
strongerbubbaborn.org.au



Quit Smokes for Bubba



Smoking in pregnancy is one of the main causes of Sorry Business Babies (stillbirth). Stopping smoking as soon as possible in pregnancy is best for bubba and for you.

Risks to bubba from my smoking

- Miscarriage or Sorry Business Babies (stillbirth)
- Bubba born too soon (before 37 weeks)
- Bubba born small and may have breathing problems
- Higher risk of sudden unexplained death of an infant (SUDI or cot death).

Benefits of quitting

- Bubba will be safer and healthier
- Better health for you and your family
- More money in your pocket.

Help with quitting

Your Aboriginal and/or Torres Strait Islander health practitioner, midwife or doctor can help you to quit.

They can help you to get support to:

- Deal with stress and cravings
- Access quit smoking products like gum or patches.

You can also call the Aboriginal Quitline on 13 78 48, and ask to speak with an Aboriginal person, or yarn with the Tackling Indigenous Smoking (TIS) mob in your community.



Questions about smoking in pregnancy

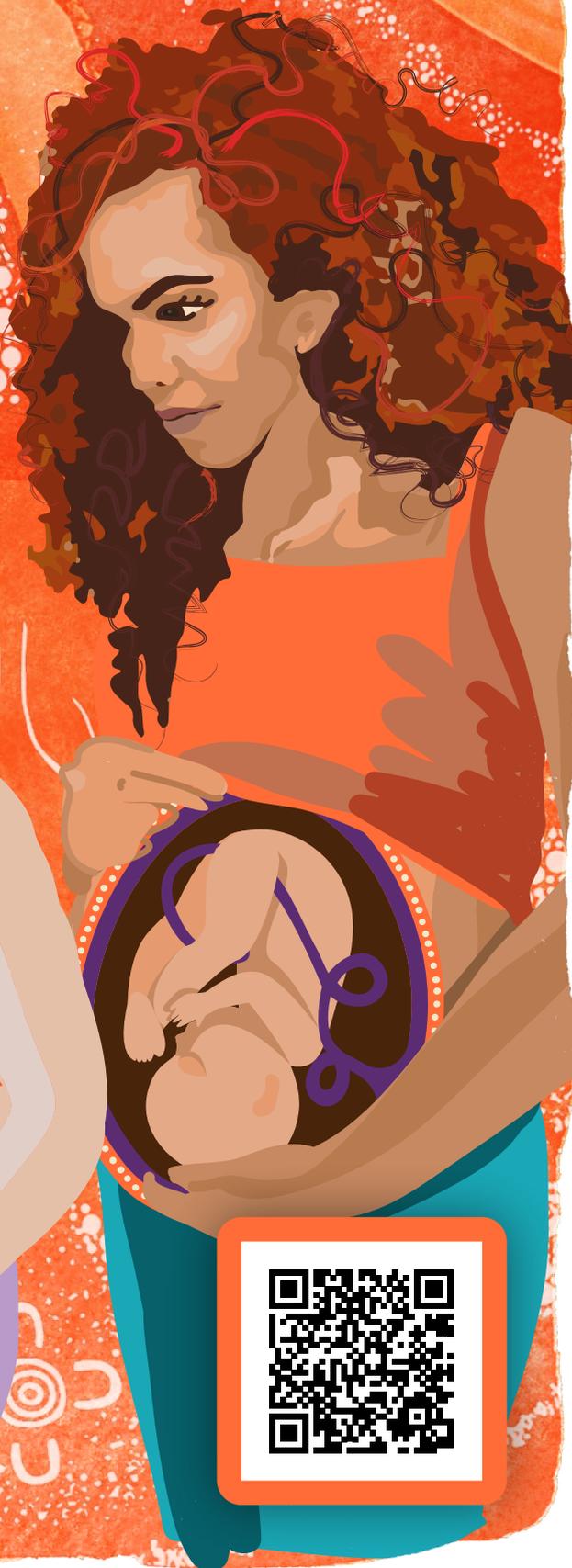
I'm already a few months pregnant, what's the point of stopping now? How about I just cut down?

Quitting is the best way to help bubba be born safe and strong. Bubba still has lots of growing to do. Quitting now will help keep bubba and you healthy.

Smoking relaxes me.

Smoking a cigarette increases your heart rate, puts your blood pressure up and reduces the amount of oxygen that goes to bubba. Finding another way to relax is safer for you both.

E-cigarettes (vaping) is not recommended in pregnancy.



Bubba's Growth Matters

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

Check

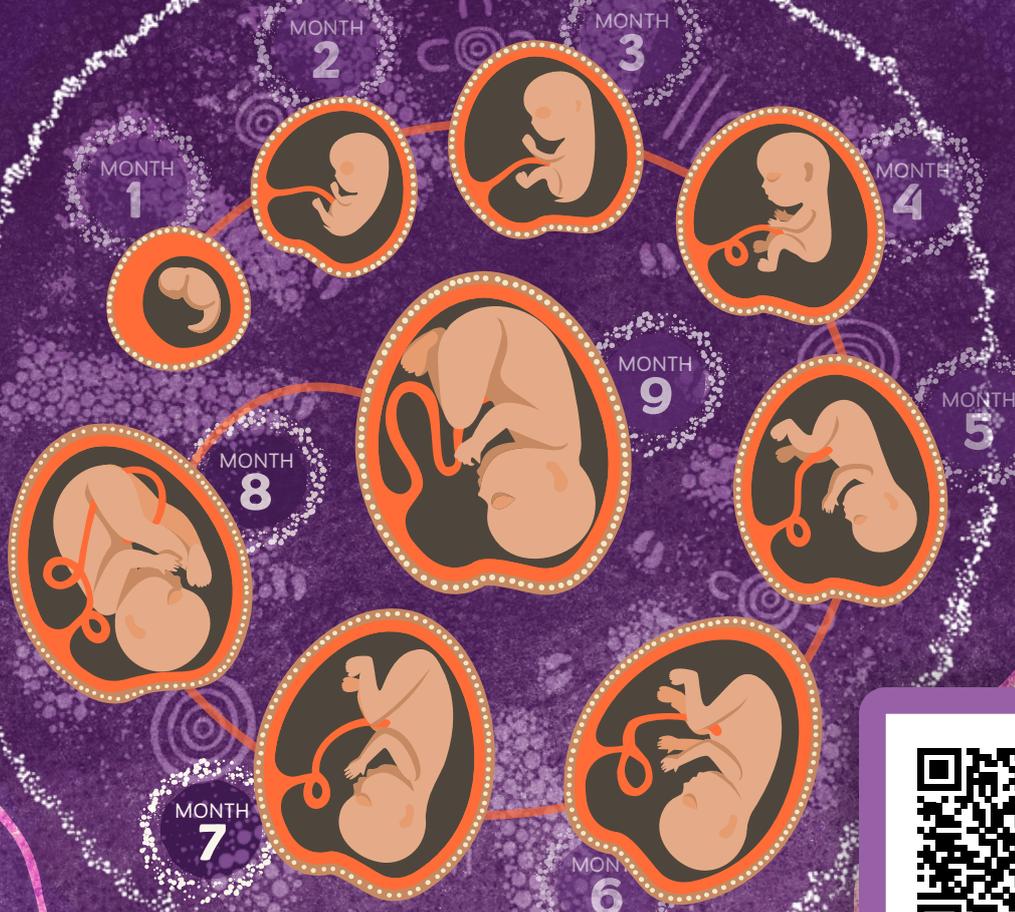
Throughout pregnancy your health care team will check bubba to make sure they are growing strong. If bubba is a bit slow to grow it is called Fetal Growth Restriction or FGR. If you are at a higher risk of FGR you might need to have more checks to watch bubba's growth. This gets done with an ultrasound.

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.**

Bubba's Movements Matter

You will start to feel bubba move between weeks 16 and 24 weeks of pregnancy.

How often should bubba move?

There is no set number or pattern of normal movements. Feeling your bubba move is a sign they are healthy. You will start to feel bubba's movements between 16 and 24 weeks, and from 28 weeks onwards you should feel bubba moving every day.

Why are bubba's movements important?

If bubba's movements stop or slow down, it may be a sign that they are unwell. Around half of all women who had a Sorry Business Baby (stillbirth) noticed bubba's movements had slowed or stopped.

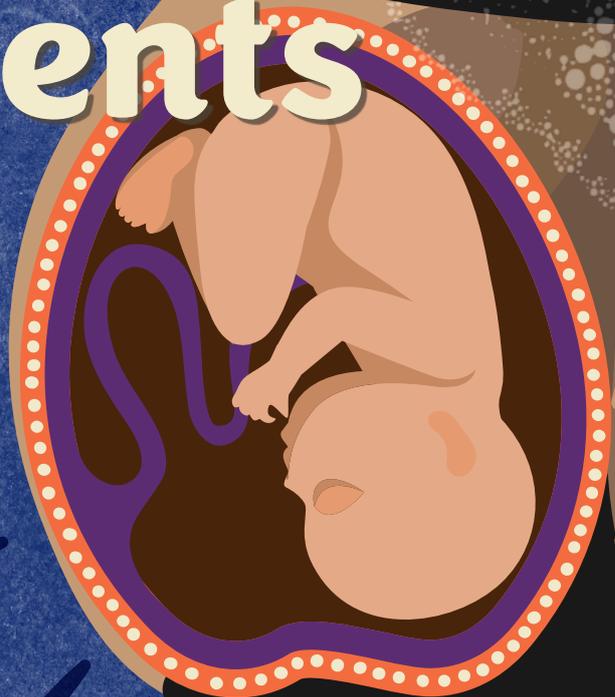
What should I do?

If you notice your bubba is moving less and less, or the movements are not as strong, contact your health care team immediately— you are not wasting their time.

What may happen next?

Your health care team should ask you to come in for a check. Investigations may include:

- Checking bubba's heartbeat
- Measuring bubba's growth
- Ultrasound and/or blood test.



About bubba's movements

It is not true that bubba moves less towards the end of pregnancy.

You should continue to feel bubba move right up to the time you go into labour and whilst you are birthing too.

Eating or drinking to try and make bubba move does not work.

If you have worries about bubba's movements, contact your health care team immediately.





Sleep on Your Side When Bubba's Inside

Going to sleep on your side from 28 weeks of pregnancy is best for bubba.

Sleeping on your side can halve your risk of having Sorry Business Babies (stillbirth) compared with sleeping on your back.

After 28 weeks of pregnancy, lying on your back presses on major blood vessels which can reduce blood flow to your uterus and the oxygen supply to your bubba.

The important thing is to start each sleep lying on your side. If you wake up on your back, don't worry, just roll onto your side.



Let's Yarn Timing of Birth

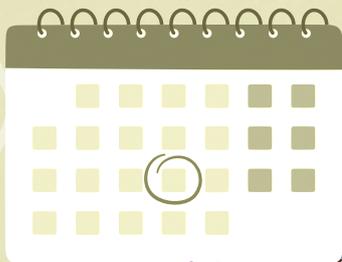
Yarning with your Aboriginal and/or Torres Strait Islander health practitioner, midwife, or doctor about the best timing for bubba's birth can help to keep bubba safe.

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.



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The chance of Sorry Business Babies is very low, but it is important to know about it and yarn with your health care team.

For more information visit
strongerbubbaborn.org.au



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