

# Growing a healthy baby

Let's work together to make your pregnancy safer



**Safer Baby**  
WORKING TOGETHER TO REDUCE STILLBIRTH

In-language information to help women and families reduce the chance of stillbirth, with the support of their healthcare team.



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|---|--|---|
|   | <b>Reducing your and your baby's exposure to smoking</b>   |   |
|  | <b>Your baby's growth</b>                                  |  |
|  | <b>Your baby's movements</b>                               |  |
|  | <b>Sleeping on your side</b>                               |  |
|  | <b>Talking about the best timing for your baby's birth</b> |  |

Culturally adapted information from the Safer Baby Bundle.



Resources to **watch, listen** and **read** are available in-language for **Arabic, Dari, Dinka** and **Karen** speaking women and their communities at [growingahealthybaby.org.au](http://growingahealthybaby.org.au)