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Sometimes we don't know the cause but we do know there are ways to **reduce your risk.**

What is stillbirth?

When a baby dies after 24 weeks of pregnancy, before or during birth, it is known as a stillbirth. Sadly, 4 babies a week are stillborn in Scotland and it's truly devastating for any family to go through.

Sometimes we don't know the cause, but we do know that there are things you can do to reduce your risk of stillbirth.



Going to sleep on your side.

From 24 weeks of pregnancy, it's safer to go to sleep on your side because when you sleep on your back, the combined weight of your baby and womb puts pressure on other organs in your body.

This pressure can affect the blood flow to your placenta which affects the flow of oxygen to the baby. However, don't worry if you wake up on your back, just go back to lying on your side.





Not smoking.

Smoking while pregnant reduces the flow of oxygen to your baby, which increases the risk of stillbirth. By not smoking, you're giving you and your baby the best start. It can be tough to stop but there is support available at **parentclub.scot**.



Monitoring your baby's movements.

If your baby's movements change, it could be their way of telling you that something is wrong. You should always follow your instincts and not wait to tell someone. You'll not be wasting anyone's time. So, if your baby's movements slow down or stop, please contact your midwife or maternity unit **straight away** using the emergency contact information given to you.



The COVID-19 vaccine is strongly recommended in pregnancy. Vaccination is the best way to protect you and your baby against the known risks of COVID-19 in pregnancy. For further information visit www.nhsinform.scot/covid19vaccinepregnancy

Find out more at
parentclub.scot

Visit our website for lots more information on stillbirth, including frequently asked questions and tips on everything from sleeping comfortably on your side, to when you'll first start feeling your baby move. You can also speak to your midwife, who will be happy to answer any questions you have. Plus, there is further information in your **Ready Steady Baby!** book.



There's support after stillbirth.

Stillbirth is one of the most devastating experiences any family can go through and there is a wide range of support groups and health professionals who are there to help. To find out more about them, visit parentclub.scot/stillbirth