

# BEREAVEMENT SUPPORT

## Stillbirth Support

<https://youtube/YJq5Y8BXWCi>

Ryan "Fitzzy" and Belinda Fitzgerald speak about daughter Cayley Jay for *Still Aware*

To birth a baby born still is a **gut wrenching devastation** that no family should ever have to endure, particularly in this day and age. The loss of a child at any age is unthinkable and is too often unspoken. Thankfully there are support organisations that can help families to live with their loss and others that are conducting crucial research into the causes of stillbirth.

At *Still Aware* we strongly believe that **awareness brings change**.

### Facts About Stillbirth

- More than **2500 babies are born still** in Australia each year
- This equates to **6 babies** delivered still in Australia **daily**...that's **one family every 4 hours**.
- **This rate has NOT reduced in 2 decades**
- Up to **60% of stillbirths occur at term**, in the third trimester
- Often there is **nothing wrong**: the deaths of over 800 babies a year (accounting for one **third of cases**) remain unexplained
- Mothers monitoring their babies' movements – counting the kicks – daily in the third trimester (28 weeks and onwards) resulted in a **30% reduction in stillbirth** in Norway

*Still Aware* seeks to raise awareness about stillbirth not to cause concern, but to **empower mothers** to connect daily with their babies, particularly in the third trimester <http://stillaware.org/>

## Remembering your baby - Birth Registry

The **Stillbirth Foundation Australia** believes in acknowledging and remembering beloved babies, and understands that they stay in our hearts always. As a still-parent, we invite you to add your baby's name to our Birth Registry, not only as a tangible way to remember your own precious baby but to help raise awareness that stillbirth still happens. We hope this special section also gives you some comfort that other parents and families all over Australia know what it means to lose a much-loved baby and understand what you have experienced.

To mark the birth of your baby, we invite you to register your baby's name and date of birth here.

<http://stillbirthfoundation.org.au/birth-registry/>

## Support in your loss, grief & bereavement

In an effort to provide you with some small measure of comfort, we wish to assure you that every thought and emotion you are feeling is entirely normal. We have collated the experiences of our Stillparents in this section of our website and share these with you. Please keep in mind though that there really is nothing normal or abnormal at this time. There is only you, your baby and your unshakeable grief.

The following resources can be found at <http://stillbirthfoundation.org.au/support/>

- [A special note to stillparents](#)
- [What about the Dads?](#)
- [At the time of birth](#)
- [How will our relationship change?](#)
- [What can be done to determine why my baby died?](#)
- [How can I help my other children cope?](#)
- [Is there a right way to grieve?](#)
- [What about future pregnancies?](#)
- [How will I be able to cope with daily life?](#)
- [Numbers to call](#)
- [Stillbirth Foundation Brochure](#)
- [In your words](#)
- [Family & friends](#)
- [Health Professionals](#)

*Life is  
changed not  
ended*



*Lauren Malcolm and Shane Baggett are husband and wife team who created Landon's Legacy after the sudden and unexpected loss of their second child Landon.*

*They are dedicated to helping to break the silence into stillbirth, pregnancy and infant loss. A legacy dedicated to raising awareness and funds for the Stillbirth Foundation Australia to be used for much needed research into stillbirth.*

*Face Book [landonmaxx](#)  
Twitter [landonslegacy1](#)*

*Every life no matter  
how brief, forever  
changes the world*

*Death does not  
end our  
story...  
Death does not  
end our  
relationships*