



Let's Talk Timing of Birth.



Most women go into labour on their own between 37 and 42 weeks. Having your baby as close to your due date as possible is generally best for your baby's development.

In some pregnancies, planned (early) birth might be considered to reduce the risk of stillbirth and/or for your own health.

Talk with your maternity healthcare professional about having a safe and healthy pregnancy, and **decide together the right timing of birth for you and your baby.**



FIND OUT MORE: saferbaby.org.au or speak to your healthcare professional.