



Noseletter

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You helped match 75 waiting families to their counsellor!

By
Keren Ludski, Red Nose co-CEO

Every day grieving parents tell us how it takes every scrap of courage to ask for help after the devastating loss of their baby or child.

But over the last twelve months we've seen a huge 55% increase in demand for grief support and for the first time in our history, we had to introduce a wait list for grief counselling.

When I wrote to you in May there were 75 heartbroken families waiting to be matched with a counsellor to help guide them through their overwhelming grief.



This month, your amazing generosity has helped fund a brand NEW counsellor position, and we have been able to match all 75 families with a counsellor!

My own Red Nose counsellor was such a vital part of my healing journey when my son Ben died.

I remember how it felt to be understood and supported... to know that I didn't have to walk this endless dark path alone.

Counselling is a vital part of many families' grief journey and thanks to you, none of those 75 families have to wait any longer for a caring hand to guide them out of the darkness.

As both CEO and a bereaved mother, I thank you from the bottom of my heart.

I can never repay the support I was given, but from the bottom of my heart I want you to know that my Red Nose counsellor saved me.

Melissa, mother to Pat, Joe, Lexie and Lorelei

rednose.org.au

Honouring babies lives

By
Cindy Furby, Treasured Babies Coordinator



When a baby dies there is often little warning, leaving parents in shock and unable to organise clothing and funeral items – all while trying to say such a heartbreaking and unexpected goodbye.

It is even harder for parents who experience a miscarriage, premature birth or stillbirth where clothing needs to be so much smaller than any store sells, or specially designed for fragile babies.

Because of your generosity, grieving families are gifted special miniature clothing and angel boxes, so they can focus on cherishing the last moments with their baby.

Thanks to your generous support and a dedicated team of volunteers who sew,

knit and make angel boxes, hundreds of families are lovingly gifted special Treasured Babies packs each year.

Giving newly bereaved parents the opportunity to choose their baby's burial outfit can be empowering at a time when they have very little control over their situation.

It means parents can have some special time dressing, nursing and holding baby, and having photos taken, creating special memories that will be kept in their hearts forever.

Gifting these handmade items full of love can help parents find the space to grieve and say goodbye to their treasured little one.

Thank you for helping ensure heartbroken parents have access to free and specialised burial items so they can instead put their energy and focus into creating a lifetime of memories and saying goodbye to their precious baby.



“When your baby dies there is very little you can do as a parent. The only decision you get to make is what your child wears. Choosing the clothes and dressing baby gives silent permission to be a mum and dad.”

For information on volunteering with the Treasured Babies program visit rednose.org.au/treasured-babies

Keeping babies safe

By
Jane Wiggill, Red Nose Chief Midwife

Having a new baby is a wonderful but often overwhelming time, and SIDS is still every parent's greatest fear.

With new research emerging all the time and a lot of misinformation online, it can be truly hard for a parent to know who to trust when reading information about how to keep their baby safe.

Thanks to your support, our Safe Sleep Advice Line is there to help educate and reassure parents on how to best keep their precious new baby safe.

Experienced mum Tea*, didn't think she'd have concerns about her new baby's sleep, but when her second-born met a new milestone she wasn't sure what to do.

"I called the Safe Sleep Advice Line and they reassured me that tummy sleeping is a risk for very young babies, but because my son was six-months-old and able to roll onto his side and back again, it was OK to let him find his own sleeping position after I'd put him down."

"The Red Nose Nurse also gave me really helpful advice on how to ensure his cot was safe from hazards, so I just made sure the cot was clear and he was wearing a safe sleep suit."

"I still put him to sleep on his back, but I don't panic if he moves himself now."

Visit the Safe Sleep Advice Hub at rednose.org.au/safesleep

*Caller's name changed to protect her privacy



Every day your support helps parents keep their new baby safe.

"I'm a second-time-mum, but I still have questions and things I'm unsure about, so for peace of mind I think it's always worth checking, no matter how experienced you are!"

Thank you for helping to save little lives every day by giving every parent access to free Safe Sleep advice to keep their precious baby safe.



Help stop *little* lives being cut short once and for all

In Australia, nine babies and young children still die suddenly and unexpectedly every day. That's more than 3,000 babies and young children each year, little lives stolen by stillbirth, SIDS and other fatal accidents.




This has to stop.

So while incredible gains have been made to reduce sudden infant death since our *Back to Sleep* campaign first started in 1989, there is still more work to do.

Your support today will help ensure every new parent knows how to keep their baby safe from the tragedy of stillbirth, SIDS and other sudden deaths.

For as little as \$30, you can help us reach **Target ZERO**.

Your \$30 helps save little lives by funding:

-  Safe sleeping resources for parents, carers and health professionals
-  Our Safe Sleep Advice Line helping new parents keep their baby safe every day
-  Our Online Advice Hub, used by over 50,000 anxious parents each month



“The Red Nose Nurse provided so much reassurance on how to keep my baby safe. She was a godsend.”

Jessica, first time mum

Yes, I will help stop little lives being cut short

- ☐ **\$30** can fund **ONE** lifesaving Safe Sleep Advice call
- ☐ **\$60** can fund **TWO** lifesaving Safe Sleep Advice calls
- ☐ **\$90** can fund **THREE** lifesaving Safe Sleep Advice calls
- ☐ I'd like to give \$ to help save as many little lives as possible

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Donate online at: **rednose.org.au/donate**

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