



Noseletter

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Remembering Angel

By
Paula Morris Bueno,
mother to Angel
and Eduardo

I recently shared with you the devastation Ederson and I felt after our beautiful Angel was born still at just 25 weeks.

Today I want to thank you for helping remember Angel, and supporting research that will one day prevent the heartbreak of stillbirth.

After a healthy start to my pregnancy, I had never imagined my baby dying.

It was absolutely life-shattering when the nurse said she couldn't find my little girl's heartbeat.

We did all the post-mortem tests you can imagine, only to be told that it was 'just one of those things'.

It is my greatest wish that one day research will have answers for heartbroken families like mine, and even be able to prevent stillbirth before it happens.

Before we lost Angel, I had no idea stillbirth was so common – but six babies are born still every day in Australia.

That's six families every day experiencing the same heartache as me, and left with no answers as to why.

But thanks to you, the new Research Accelerator Fund will speed up the research desperately needed to help prevent families like mine from experiencing the pain of losing a baby to stillbirth or SIDS.

From the bottom of my heart, thank you.

Thanks to you, our panel of experts are now assessing new research proposals – stay tuned!



To support the Research Accelerator Fund visit
redno.se/taxappeal

Finding *hope* after loss

By
Fiona Stark,
Bereavement
Counsellor

After the heartbreaking loss of a pregnancy, many parents struggle with how to grieve. This can be especially true for those who experience an early loss or Termination for Medical Reasons.

Considered the Unspoken Losses, experiences such as miscarriage, molar and ectopic pregnancies are often shrouded in a unique taboo.

Thanks to your support, our latest Ways to Be Ok Forum focused on supporting parents who suffered Unspoken Losses.

The silence and lack of understanding in our community can make these types of losses particularly hard to share, making it difficult for grieving parents to seek support when they need it most.

Our recent online Ways to Be Ok Forum created a safe space for families to discuss their grief and learn new strategies to help their healing journey.

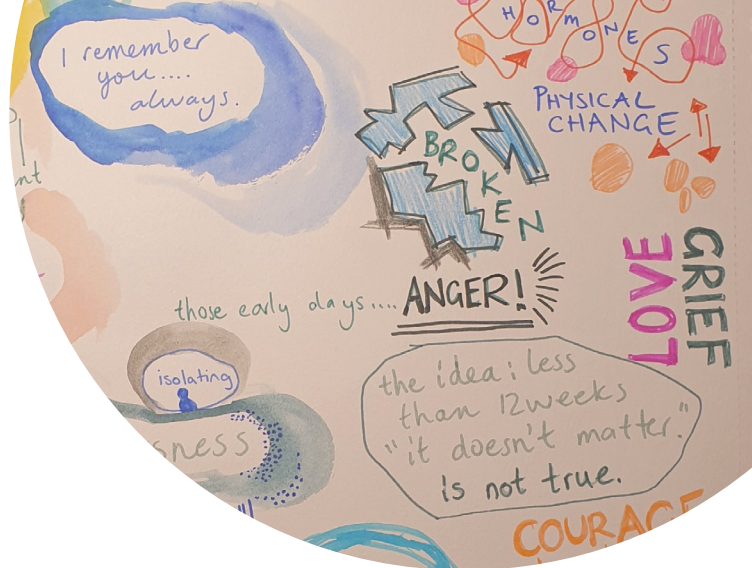
Reflecting on their own pregnancy losses, our brave panel of mothers helped normalise and validate the grief of an Unspoken Loss and gave hope to recently bereaved parents.

There is an incredible void after the loss of a pregnancy or baby, and support groups like this one are often the perfect antidote to the isolation.

Every month we witness the healing power of hearing 'me too' or 'I felt the same'. Our groups create a safe space to grieve and ensure that the existence of a beloved pregnancy or baby never goes unspoken.

Your generosity helps ensure no parent has to walk the lonely path of grief alone. Through our forums, online resources, counselling and peer support, every parent has the tools they need to heal after the heartbreaking loss of their baby.

A big part of healing is having our grief and love witnessed – validation that our baby's life mattered.



Find grief and loss support at
rednosegriefandloss.org.au

Artwork courtesy of Sally Le Guen.

Your support keeps thousands of babies *safe*

By
Margaret Polacska,
Director of Education

Having a new baby is a wonderful but often overwhelming time, and SIDS and SUDI are still many parents' 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, Safe Sleep Week helped educate and reassure thousands of new parents and carers.

Safe Sleep Week is a national awareness campaign ensuring that every person who looks after a baby knows the Safe Sleep steps that reduce the risk of SIDS, SUDI and sleeping accidents.



Throughout the week, our special social media campaign highlighted each of the Safe Sleep Recommendations and how they help keep babies safe.

Thousands of parents and health professionals also registered for our online education forums that created a safe space to learn and ask advice.

We covered vital topics like: setting up a safe nursery, baby products to avoid, safe settling techniques, co-sleeping and navigating different cultural customs around sleep.

During Safe Sleep Week over 153,000 parents, carers and health professionals across Australia accessed vital information to keep babies safe – all possible because of your generosity!

“I was so worried when he was born, but now I know what to do and I feel so much better. I’m so glad I checked with Red Nose first.”



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

Grieving families need your support *today*

Every day in Australia, nine families are devastated by the death of their baby or child – little lives stolen by stillbirth, SIDS and other fatal accidents.

But with your support, heartbroken parents have vital support when they need it most, for as long as they need it.

Your generosity funds a network of vital support services including professional counselling, peer support and our 24/7 Support Line – all giving back hope and healing for grieving families.

Your \$30 helps grieving families heal by funding:

- One-one-one professional counselling sessions for heartbroken families
- Ongoing support groups and activities to help reduce the isolation of grief
- Our 24/7 Support Line, ensuring that support is always available
- Special community memorial events to remember and honour little ones



“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

Yes, I will support grieving families today

- ☐ **\$30** can help reduce the isolation of grief by funding ongoing support groups and activities
- ☐ **\$60** can help fund our 24/7 Support Line, providing a lifeline for a grieving parent in crisis
- ☐ **\$120** can help fund a professional counselling session for a heartbroken family
- ☐ I'd like to give \$ to support as many grieving families as possible

Donate online at:
rednose.org.au/donate

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