



Noseletter

March 2021 | Issue 10

Thank you for remembering Jamie

By
Maggie Nasr, bereaved mum of Jamie



Last year I shared my story of losing Jamie during the COVID-19 lockdowns. Today I want to say a **very warm thank you** for remembering Jamie with me, and for supporting vital work helping to prevent stillbirth.

Before losing Jamie, I knew very little about stillbirth and I didn't think I knew anyone who'd experienced it.

But over 2,000 babies are born still every year in Australia. That's six babies every day.

Since my experience, a lot of people close to me, even family members, have opened up and shared that they have also experienced stillbirths.

I was shocked at how common it is. I never would have known had I not gone through it myself, as so many people don't feel comfortable speaking about it openly.

And that's why I'm proud to be sharing the Still Six Lives campaign in Jamie's memory today.

Reducing the stigma will help ensure that every parent is aware of vital information on how to reduce their own stillbirth risk.

Going into labour whilst realising my son wouldn't survive is a feeling I will never forget. It was terrifying and traumatic.

Sharing my story with you last year, and again today, has been a difficult but healing experience. I hope that the more we talk about stillbirth and the risks together, the more little lives we can save.

Thanks to your unwavering generosity, Red Nose has the resources to help push this message across Australia. Together we can equip families with the knowledge needed for a safer pregnancy, and ultimately reduce preventable stillbirth by 20 per cent over three years.

To view the campaign,
visit [preventstillbirth.org.au](https://www.preventstillbirth.org.au)

[rednose.org.au](https://www.rednose.org.au)

Supporting more grieving families than ever before

By
Rachel Fcinus, Head Counsellor

Thanks to you, our network of Grief and Loss Support has expanded to ensure that every family suffering the painful loss of a child can access the support services they need, when they need it most.

After merging with Sands last December, we've been diligently combining the services we can offer, ready to support more families in 2021 than ever before.

Because of you, bereaved parents will now find it much easier to access free and individualised support – all in one place.

Our Peer Support Team has grown by over 120 volunteers – highly trained parents who have lived the same heartbreak of losing a baby or child, who dedicate their time to supporting other families, both on our 24/7 Support Line and in-person.

With this increase in people-power, we have been also able to expand bereavement support across both Facebook Groups and in-person events, so that every grieving parent has access to a community of support, whenever they need it.

Our new Community Engagement Team has also been busy planning a fresh calendar of support groups and events for families to come together to cry, laugh and remember, while also ensuring that the voices of our community inform and influence decision-making across our organization.

Last year's new Ways to Be Ok Forums will also continue in 2021, providing online and interactive support for families across important topics such as preparing for the holidays and how to grieve as a couple.

Thanks to your unwavering support, our vital services have continued throughout the global pandemic, and we've been able to expand our network of support so that no family needs to walk the lonely path of grief alone.



Because of you, more grieving families than ever before have the support they need.

For more information about our Network, visit rednose.org.au

Saving little lives one click at a time

By
Jessica Sjhage, Safe Sleep Educator

Every month our online Safe Sleep Advice Hub has over 50,000 visits from families seeking information to help keep their baby safe. Receiving almost no government funding, this life-saving educational resource is only available because of your ongoing generosity.

As a Safe Sleep Educator, I know how important it is that we keep educating new parents, healthcare professionals and childcare workers in Safe Sleeping that we know can help reduce the risk of sudden infant death.

A large part of my role at Red Nose is travelling to baby and pregnancy expos, child care centers and foster care agencies to teach parents and carers the important steps they can take to make sure babies are kept safe while sleeping.

But Australia is a big country and especially with the travel restrictions over the last year, many parents and carers can't travel to classes or expos – so it's vital that all of our life-saving information is available online, whenever someone needs it.

**Thanks to you,
life-saving Safe Sleep
advice is available
24/7 for every
parent and carer.**



Because of you, the Safe Sleep Advice Hub is available 24/7 so that every parent and carer has the tools they need to keep their babies safe – no matter where they live or what time of day.

Before I became a Red Nose Safe Sleep Educator, I was a stay-at-home mum to three beautiful girls, 14 year old twins and a 12 year old.

When I had my twins nearly 15 years ago, I was never told some of the basic safety things we know now. I made so many mistakes.

I know how daunting parenthood is, so I am passionate about ensuring parents and carers have the information they need to keep their precious baby safe.

Thank you so much for helping ensure that our life-saving Safe Sleep advice is available 24/7 to every parent and carer who relies on us to help keep their precious baby safe. Your ongoing support is truly helping to save little lives, every single day.

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

Saying Zak's name

By
Tara Watson, bereaved mum of Zak

For me and my husband Shane, finding out I was pregnant with our first child together was a moment of pure bliss.

At our 20 week scan, we heard a strong, beautiful heartbeat and found out we were having a boy.

But the next day a phone call changed our lives. Something was wrong – could we come in urgently to see the doctor?

The results of a further MRI scan left us devastated – our baby's brain hadn't formed properly. Shane and I made the heart-wrenching decision to give birth to our baby, knowing he had no chance of survival.

Less than a week later, baby Zak was born at 22 weeks and 3 days. Zak was perfect, but he never took a breath and never opened his eyes.

We cherish our baby boy. On every birthday card, Christmas card, and at Father's Day and Mother's Day, Zak's name is always included. Our family do the same. It is beautiful to read a card that has his name on it and know that when they were writing it he was in their memories.

Being able to say Zak's name acknowledges the important place he holds in our hearts. That's why we are so pleased to be involved in Say Their Name Day, and we know that countless other bereaved families will feel the same way too.



For the diary

15-21 March

Safe Sleep Week

25 March

Say Their Name Day

2 May

Bereaved Mother's Day

9 May

Mother's Day

13 August

Red Nose Day

29 August

Bereaved Father's Day

5 September

Father's Day

15 October

Pregnancy and Infant Loss
Remembrance Day

Thank you

Grief & Loss Support Line

1300 308 307 (available 24/7)
rednosegriefandloss.org.au

**Safe Sleeping &
Safer Pregnancy Advice Line**

1300 998 698 (business hours)
education@rednose.org.au

Make a donation

1300 998 698 (business hours)
rednose.org.au/donate

Say Their Name Day on 25 March is a new campaign from Red Nose, where we will come together to say the names of the treasured little lives we've loved and lost – to honour their memories and support families.

To learn more about the campaign,
visit saytheirname.org.au