



Noseletter

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A holiday call for help

By
Mathishka Anenden,
Peer Support Volunteer

On the Support Line over the holidays, a very hesitant voice told me that she'd only called to appease her worried husband.

I invited her to share her story and something about her baby, whatever made her comfortable.

She left out a huge sigh and after a long moment of silence, I heard sobs.

I told her that this moment was all hers and that I was here, just sitting with her. Through the heart wrenching tears she said,

“Thank you, I just needed someone to understand.”

Because of you, no call for help goes unanswered.



So we hung on in sobbing silence, two strangers connected through our experiences.

She shared that at 24 weeks everything had been going well, until the cramping started on Christmas Day.

What followed was a nightmare of multiple hospitals, pandemic restrictions and a difficult birth that left her in seizures. While their tiny daughter passed away in her husband's arms.

Towards the end of the call she expressed how grateful she was that this service was available – how she now felt less alone.

Calling the 24/7 Support Line and speaking to someone who understood, gave her the space to feel the depth of her loss, without having to gloss over details or provide someone else comfort.

I will always remember this call. And although I shed tears as I wrote this, I am so grateful to be part of the Peer Support team and to be there for other families fresh in their grief.

Our Peer Support team and the 24/7 Support Line is only possible because of you. From the bottom of my heart, thank you for helping ensure that no call for help goes unanswered.

Help ensure that grieving parents have vital support by donating at rednose.org.au/donate

Supporting autopsy research



By
Michelle Birch,
Autopsy Project Lead

In Australia there are over 5,800 perinatal deaths a year (conception to 12 months old), and the reasons behind these deaths remains largely unknown.

In order to reduce these deaths, we need to better understand more about why they happened – and to do that we need to increase autopsy and investigation rates.

Last year, your support helped fund a vital survey helping us understand why bereaved parents did or didn't grant permission to autopsy their precious baby.

The decision to autopsy can be incredibly emotional and difficult for any parent, and often requires more than a single conversation.

I couldn't imagine her being mishandled. I wanted her carried and treated like she was a living girl.

In Australia today less than half of all perinatal deaths are autopsied.

This research also showed how important the role of health care workers is in supporting parents to choose to autopsy.

"They came down from the morgue and they talked us through the whole process. He picked up our baby and carried her with such care that we knew it would be ok."

Using the vital insights you helped uncover, we are now working on several Government funded projects to increase autopsy rates across the country.

Working with bereaved parents we are developing new resources to help explain and encourage autopsy.

And with the input of health professionals we will create specialised training to help them better support parents deciding whether to autopsy.

Thank you for helping support parents through their heartbreak and for helping increase autopsy rates to uncover the reasons why babies die – so that one day we can prevent it.



Your support is helping find the reasons why babies die.

Help fund vital research and family support
by donating at **rednose.org.au/donate**

Thank you for keeping Madi safe

By
Melanie Rankin,
mother to baby Madison

As first-time parents, Chad and I found ourselves in a world of the unknown when Madi was born.

We were advised by the hospital to be cautious of where we source our advice from, as there's a lot of conflicting information out there these days.

And new research now suggests different and safer ways to look after baby than what was taught thirty years ago.

Thankfully, Red Nose's expert advice is evidence-based and backed by the latest research.

I find the online Advice Hub easy to understand, with digestible pieces of relevant information to navigate through.

And whenever I feel overwhelmed or unsure about my specific situation, I reach out by email to Red Nose directly.

Red Nose are so lovely in their responses! I always get the sense that they genuinely care and they take the time to answer all my questions thoroughly.

They never make me feel silly or judged for asking questions - it's a safe space to learn.

Your support helps parents like Melanie and Chad keep their baby safe.

Speaking with Red Nose helps me feel confident that I've understood the advice that will help keep Madi safe.

There have even been occasions where I've shared Red Nose's advice with my Mother's Group when they've had similar questions.

Being a new parent is hard work! But it's important to be kind to yourself and not be afraid to ask for advice – especially from expert sources like Red Nose.

Thank you so much for supporting Red Nose, and helping provide valuable advice to help keep babies like my Madi safe.



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

Support *lifesaving* education to save little lives

For the first time in decades, there has been an increase in the number of SIDS deaths and other fatal sleeping accidents.

Over the last two years, ongoing pandemic lockdowns and restrictions have changed the way parents can access Safe Sleep information and support networks.

And there has never been more misinformation online.

We need your help today to fund more Safe Sleep education services and help spread awareness of our lifesaving advice.

“Red Nose helped me understand Safe Sleep practices – ‘pretty’ isn’t the goal – having a safe environment and healthy baby is!”

Tea, first time mum

For as little as \$30, you can save little lives today

Your \$30 helps keep babies safe by funding:

- Safe Sleep brochures for new mums in hospital so they have the advice needed to keep baby safe at home
- Our Safe Sleep Advice Line and Online Hub, used by over 50,000 anxious parents each month
- Media campaigns and Online Forums to combat misinformation in the community



Yes, I will help save little lives today.

- ☐ \$30 can help fund Safe Sleep brochures for new mums in hospital
- ☐ \$45 can help fund the Safe Sleep Advice Line for one hour
- ☐ \$85 can help fund an online Q&A session with a Red Nose midwife
- ☐ I'd like to give \$ to help save as many little lives as possible

Donate online at:
rednose.org.au/donate

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