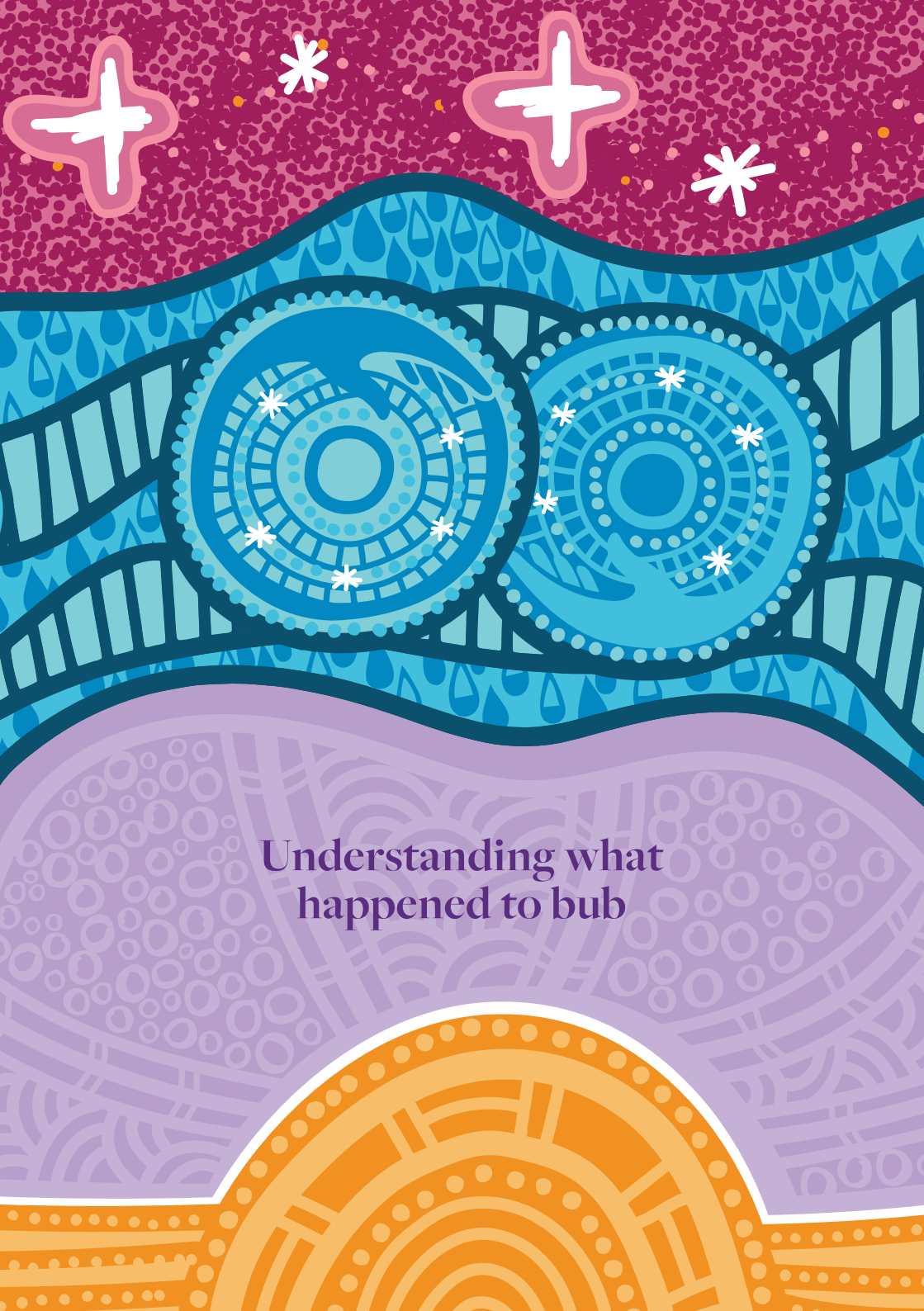
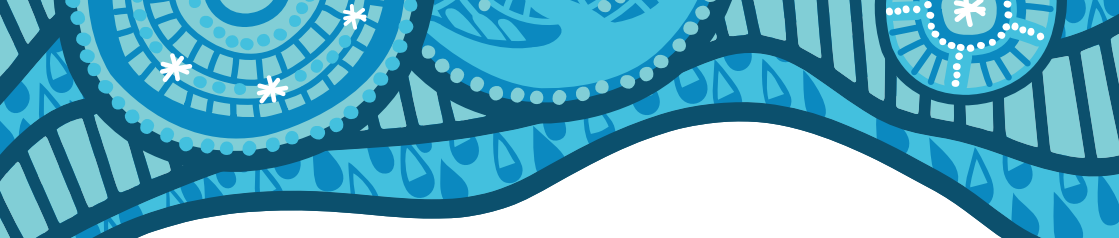




Understanding what
happened to bub



***Holding this brochure
probably means you've
lost your beautiful bub.
We're so sorry.***

Your journey with bub matters in this hard time. You will be cared for safely, with kindness and respect.

It might be hard to think straight or remember details right now. That's normal, grief does that. There might be lots of healthcare staff coming in, yarning with you. When you're in Sorry Business, making decisions can be real hard, especially when it's to do with bub.

You may have been asked to think about investigations to understand why bub was stillborn, including autopsy. That can sound scary if you don't know what this means or have never heard of this before. You might have questions or worries about this – most families do. This is one of the hardest decisions for families when they've lost bub.

Not every bub when passed away needs to be looked at in the same way. It will depend on different circumstances. Your healthcare team will give you information. Once you had time to think and talk it over, you decide what's best. Keep yarning with your healthcare team, they will look after you.

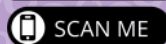
***"It was hard making decisions.
My Aboriginal Health Worker made
sure we were looked after in hospital.
She reminded us to take our time,
which helped us make decisions we
actually wanted."***

Your culture and ways of knowing, being and doing is important and valued in this journey. Don't be afraid to speak up. There's no shame job in saying what you need for yourself and bub. You will be supported.

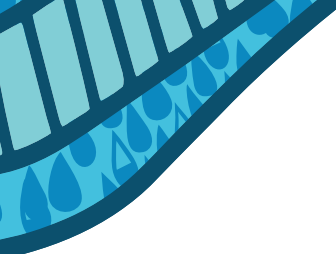
You might think about:

- Who needs to be in the room to help make decisions. Mum, Dad, Aunt?
- Would you like to talk with an Elder, family member or someone in community?
- Anything during Sorry Business that needs to be considered?
- Are there special items you want to stay with bub, like gum leaves or feathers from Country?

Having all the information makes you stronger to make best decisions for bub.



**You can find more
information here about
autopsy and other
investigation options.**



“I’m a proud Wergaia mother and it was important for me to return bub to Country, whole and perfect, just as she was.”

Losing bub is a hard time.
No need to bottle up emotions.
Care for yourself, have a yarn,
sharing thoughts and worries
with your healthcare team, family,
other supports including cultural
and Elders.

Take a look at the QR code (a link you can scan with your phone that will take you to a website) at the back of this brochure for more information. There is:

- A video from a perinatal pathologist. She yarns about different types of autopsy and investigations and how bub is treated.
**Video may be distressing for some, no need to watch if it's too much.*
- A video with comments from other parents on choices they made.
- A copy of Guiding Conversations.

Know that you are not alone.
You are supported in your
decision making.

“Hospital staff were talking about investigations and tests for bub. I couldn’t make decisions alone. My partner, Mum and Aunt needed to be with me to decide.”

Some questions you might have when considering investigations or autopsy:

- Will I definitely find answers?
- How long do I have to make decisions?
- What is an autopsy?
- What is a babygram?
- Where will bub be taken?
- How long will they be gone and who will take care of bub?
- What happens during an autopsy or other investigations (eg MRI)?
- Can I see bub afterwards and what will they look like?
- When can I expect the results?

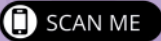
Families often have many questions after losing bub. Some families want to look into why this might have happened. If you do, your healthcare team can support you.

If you do choose an autopsy, a perinatal pathologist (a trained medical professional) will do this. They take the best care of your bub. For more information, click on the QR code.

Many families who lost their bub had similar questions you have. They have shared their thoughts in this brochure and in the video.



Scan this QR code for information from parents and professionals. It might support your journey.



If you need further information or want to speak to someone else, you can ring the Red Nose 24/7 Bereavement Support Line on: 1300 308 307.

Illustration elements designed by Cairns based Indigenous design and digital agency ingeous studios.

Creative Director and founder of ingeous studios, Leigh Harris is a proud Kangoulou and Gungarri man who is also proud of Italian and Welsh heritage, draws upon his Aboriginal cultural heritage and knowledge to influence his design works.

Leigh’s work has been a process of many years as an industry specialist and is strongly influenced by his heritage. His inspiration to his design work is drawn from traditional and contemporary styles, while remaining stylised and modern without singular representation of traditional style.

What information and support do you need when thinking about possible investigations for bub? What questions do you have?

Any cultural considerations you want your healthcare team to know? Your culture, decisions and family matter.
