



**A hidden
journey in
need of
greater
support.
Turn to us.**



**Every year in Australia
48,000 babies** are born
requiring specialised
neonatal care.

**Babies can
spend weeks or
months in
specialised care.**

When a baby is born too early or critically ill, life changes.

Babies born premature are at increased risk of disabilities, developmental delays and other lifelong medical challenges.

**Up to 1 in 3 parents of babies needing neonatal care at birth
experience a diagnosable mental disorder during the first year**
Hyman et al 2013 Journal of Perinatology (2013) 33, 748–753



Our purpose

to 'improve, support and enhance all lives impacted by a premature or sick birth'

Our vision

A 'happy and thriving future for all families'



***“Clinically I understood,
but I never expected the
emotional journey of
having a baby born
premature”***

Meet Morgan.

Morgan is a GP and mum to Chloe and Isla, both born premature.

“My oldest daughter, Chloe, was born 14 weeks early. She spent 10 weeks in the neonatal unit.

Three years later, I went into labour at 27 weeks with Isla. I knew I was going to have to do this all over again – and I didn’t want to do it.

Walking out of the hospital both times without my baby was the hardest thing I ever had to do.

After we were home, Isla ended up back in hospital multiple times and needed a lot of support to get her ready for school. When I tried going to a mainstream mother’s group, both times I came home crying.

What I loved about Miracle Babies was that they were happy to talk about the tough stuff. It was just nice having a relatively normal conversation with people who really understood what we were going through. Speaking to someone who understands, helps you cope by making it normal.”

- Dr Morgan Anslow, mum to Chloe and Isla



“The long-term impacts can often be unknown and each baby will have a unique journey. Awareness of the full impact of prematurity and sickness at birth is still very low. Caring for a vulnerable child is very different”

Today, more than 20,000 already vulnerable families each year face it alone.





**Vulnerable
parents and
children at
risk.**

**Financial
stress**

Isolation

PTSD

**Re-hospitalisation
and ongoing medical
appointments**

**Relationship
breakdown**

**Failure
to thrive**

Our work is grounded in 4 key pillars, built on lived experience



Peer support & education

Lifetime emotional support and the tools and information needed to be the best possible advocates for themselves and their child, well beyond the hospital. Our services cover Australia, with face-to-face support, 24/7 access and parent/family information when and where they need it most.



Research & consumer involvement

Using our voices and lived experience for better outcomes. Parents and adults born premature or sick themselves on research, hospital boards and committees.



Community awareness

Sharing the hidden trauma faced and the solutions that are paving the way. Within the neonatal field and within the community, we raise awareness and build greater family-focused support.



Advocacy

We advocate for positive change in policy, for family integrated care and changes within the health system, increase awareness of long-term challenges and empower parents within the education system. We aim to ensure no child is left behind.

Those who have been there can light the way



“I tried to join a mainstream mother’s group and came home crying every time. This group made a huge difference for our family. Mum, Morgan



As a foundation built on lived experience, we understand the lifelong journey having a baby born premature or critically ill can bring. Our support team are all parents themselves who have experienced the birth of a baby born requiring specialised, neonatal care.

Through empathy and experience, we provide the kind of support needed to guide and empower families throughout their entire journey.

***“A call to Miracle Babies
literally saved my life”***

Mum, Lila

The likelihood of these vulnerable children thriving can lie in the mental health, wellbeing and knowledge of their parents.



“There is now a growing body of evidence of the benefits that peer support provides to parents of NICU infants and special needs children. Parents who receive peer support have been found to have increased confidence and well-being, problem-solving capacity and adaptive coping... further, parents feel more empowered and interact with, nurture and care for their infants to a greater degree.

Every parent of every baby admitted to a Special Care Nursery or NICU should be offered peer support from a ‘veteran’ NICU parent mentor.”

- J Perinatol. 2015 Nov 24;35 (Suppl 1):S9–S13. doi: 10.1038/jp.2015.143



because we know this journey needs more than medical care, it needs a **community.**

"We look after unwell and premature babies medically and physically, and the care we can give in Australia is world class. Unless we look after the emotional health of the families we send babies home to, we are only doing half of the task." – Dr Robert Guaran, Neonatologist

The peer-to-peer support provided by Miracle Babies Foundation is an essential component that supports families' emotional health." – Dr Robert Guaran, Neonatologist

We're here for the full journey

Because it doesn't end when baby goes home.



National 24hr family support line.



100+ hours weekly in face-to-face peer support – in-hospital (cotside) and after discharge via specialised support and play groups.



60+ hospital partnerships - providing education resources for families and championing Family Integrated Care in the neonatal unit.



Around **17,000 unique visitors monthly** to our comprehensive parent and child information hub for **all life stages (pregnancy to adult years)**, developed in partnership with health professionals, the hub educates parents to help navigate and advocate well beyond the hospital. Translation to 140+ languages.



PREGNANCY

During a High-Risk Pregnancy & unexpected admission (antenatal)

IN-HOSPITAL

During the hospital journey with a baby in neonatal care

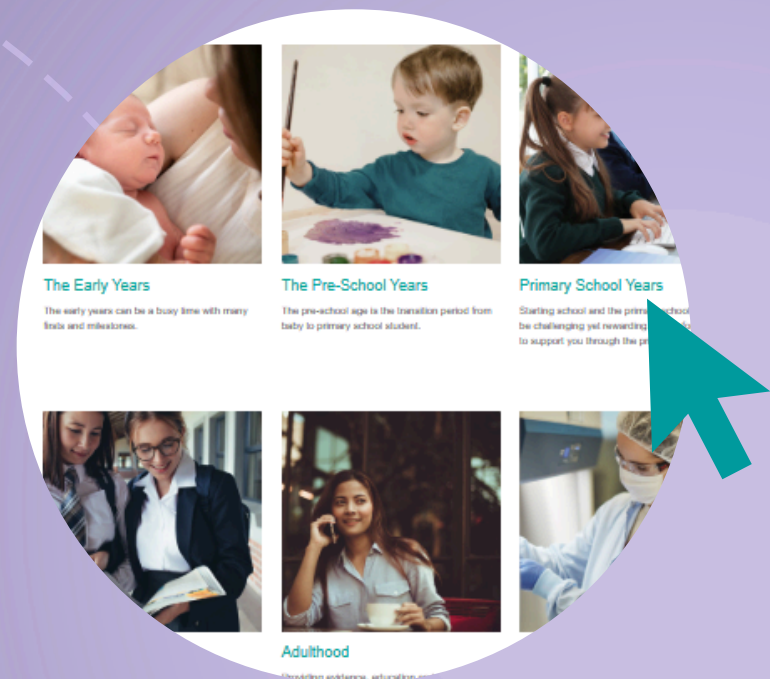


AFTER DISCHARGE

Support for the transition from hospital to home

GROWTH & DEVELOPMENT UNTIL ADULTHOOD

Early Years to starting school and beyond





well beyond the hospital, for a lifetime.

“Miracle babies have been incredible on so many levels. They have been there emotionally supporting our family, we have made lifelong friends through NurtureGroup once we were home and my son is able to interact with other children who have had a hard start to life as he has. I will never be able to thank them enough for the support over the last two years.”

Mum, Katherine

“I wouldn’t be here 7 years on if it wasn’t for the support I received from Miracle Babies, they gave me the strength and courage I needed to be a great mum to my 3 surviving children.”

Mum, Lila

20 years of life-changing work

“The regular and consistent interaction with families and staff has allowed a tailored scaffold system to meet the specific needs of each individual family, thereby improving outcomes for both parents and their babies...

Miracle Babies acts as an added layer of support for the healthcare team by aligning their efforts with our care plans to ensure a holistic support system in place.”

Elayne, Neonatal Nurse, WA

“Miracle Babies became my lifeline during our stay at 3 different hospitals”
Mum, Amanda

 **miracle babies**
FOUND
www.miraclebabies.org.au
1300 MBABIES (1300 622 243)



**Your support
will make an
immediate
impact**



\$20,000 funds one *NurtureGroup* (after discharge support and play group) for one year

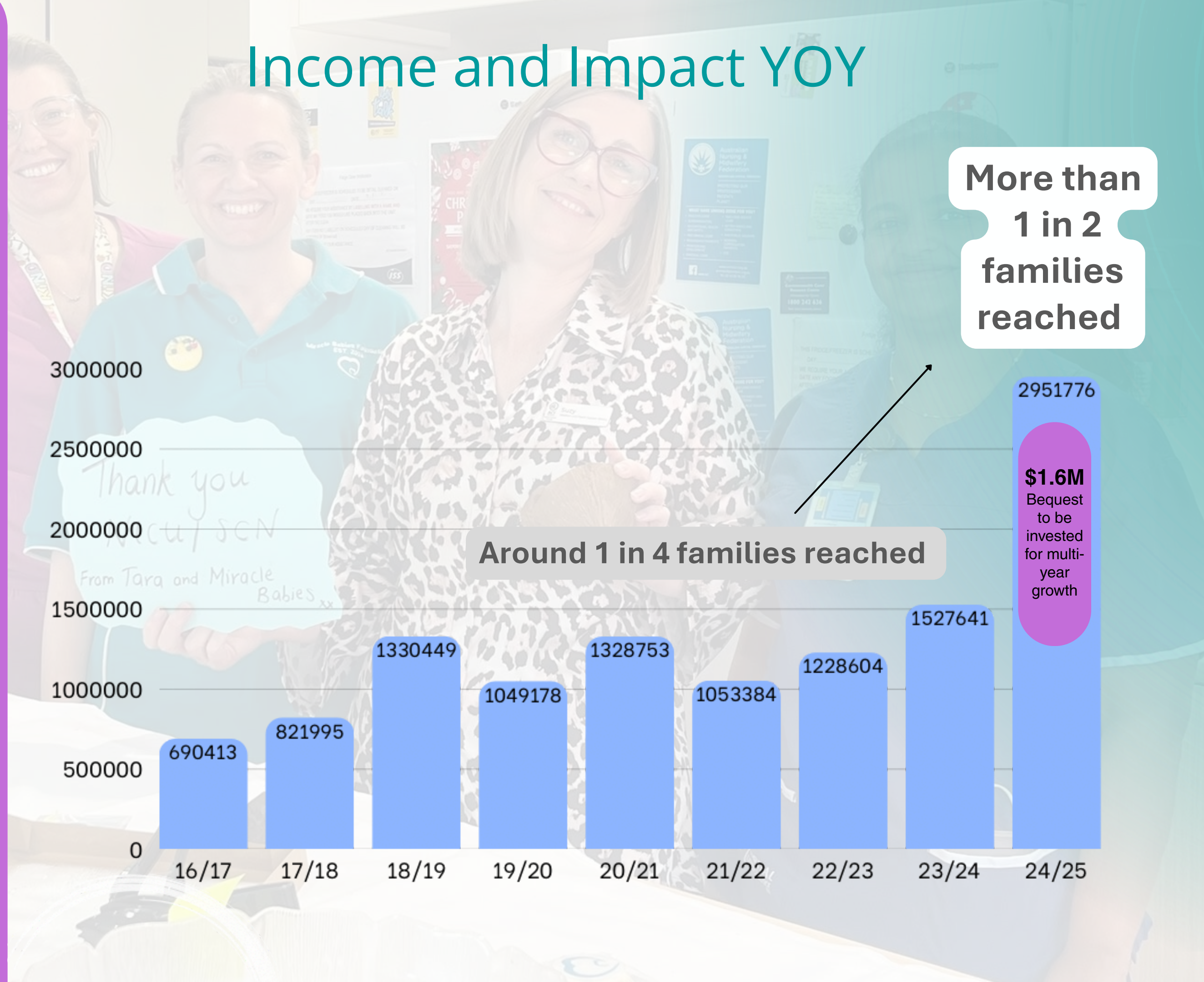
\$30,000 funds 1,000 education resources for families in hospital

**\$55,000 supports
15 hours/week of face-to-face peer support
in a NICU for one year**

Together
we're
creating a
brighter
future for
Australia's
smallest and
sickest
newborns

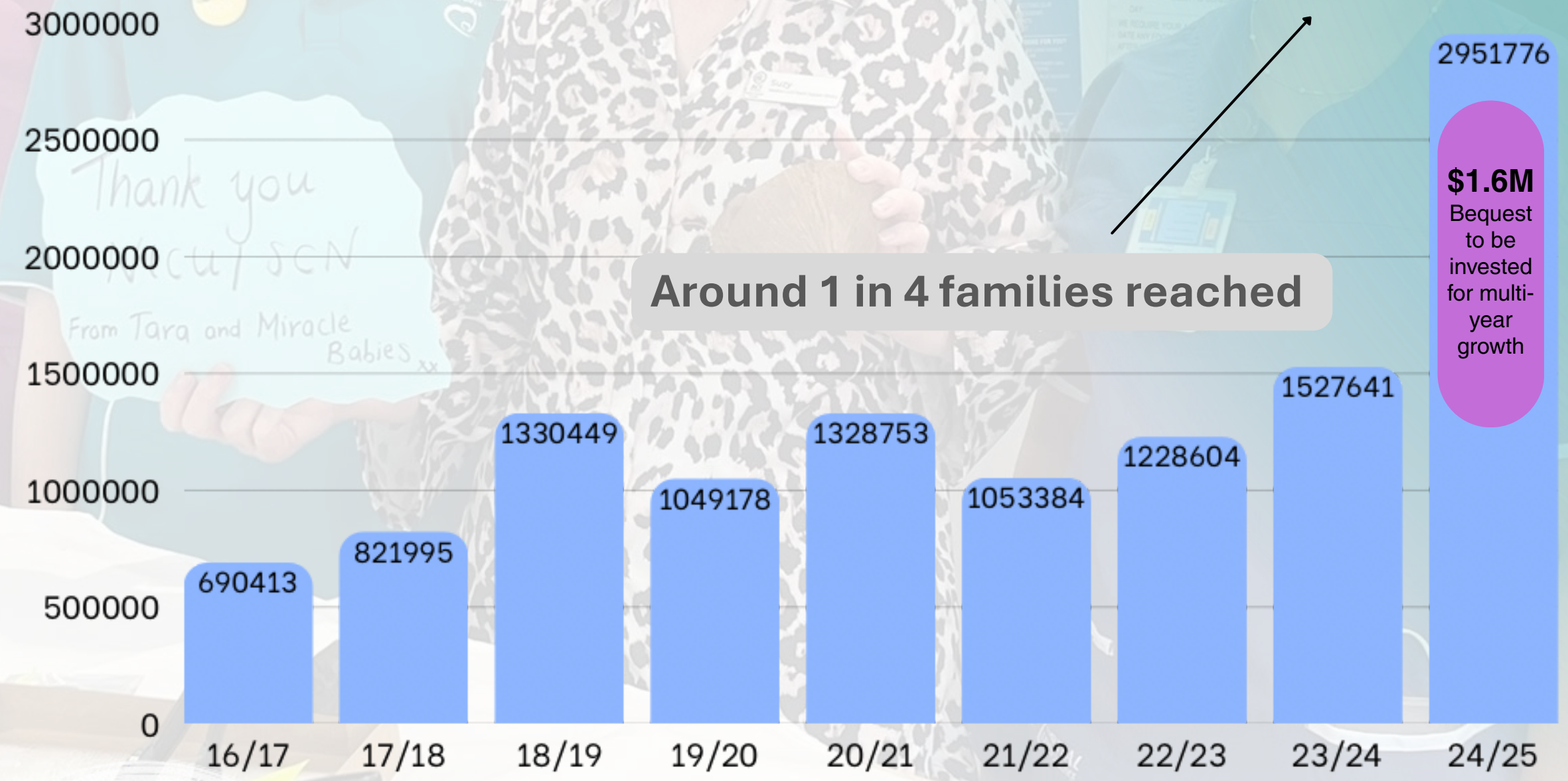
*Miracle Babies Foundation does not
receive Regular Government funding and
relies on community support*

Income and Impact YOY



**More than
1 in 2
families
reached**

Around 1 in 4 families reached

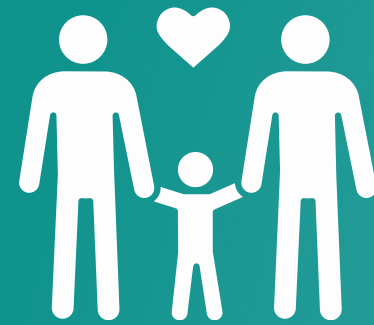


Our work continues to change lives

Independently proven to;



Improve parental mental health and confidence



Improve overall family wellbeing



Lead to better health choices. Thriving children



Improve bonding

(helping to prevent the onset of severe mental illness)

The Impact Institute, 2021



“Their support is priceless”

MIRACLE BABIES FOUNDATION

Want to help?

**Get in touch with the team:
info@miraclebabies.org.au**

1300 622 243

Because this journey needs more than medical care, it needs a **community.**

Elle and Nathan, parents to Harry, born at 25 weeks, more than 100 days in hospital