

GET TO KNOW YOUR BABY'S NORMAL PATTERN OF MOVEMENTS

There is no set number of normal movements get to know your normal. Most women usually begin to feel baby move from 16 to 24 weeks. By 28 weeks you and your baby are a team and you can get to know your baby's normal movement pattern.

WHY ARE MY BABY'S MOVEMENTS IMPORTANT?

A reduction or a sudden increase in baby's movements can sometimes be an important warning sign that a baby is unwell. Around half of women who had a stillbirth noticed that baby's movements had slowed down or stopped.

CALL NOW!

If your baby's movements have changed in a way that concerns you, trust your instincts and call your maternity care provider without delay. Do not wait!

**STILL
AWARE**
stillaware.org

For more information see your
SAFE PREGNANCY brochure

