

Feeling your baby move is a sign that they are well.

Most women usually begin to feel their baby move between 16 and 24 weeks of pregnancy. A baby's movements can be described as anything from a kick, flutter, swish or roll. The type of movement may change as your pregnancy progresses.



How often should my baby move?

There is no set number of normal movements.

Your baby will have their own pattern of movements that you should get to know.

From 16-24 weeks on you should feel the baby move more and more up until 32 weeks then stay roughly the same until you give birth.



It is **NOT TRUE** that babies move less towards the end of pregnancy.



You should **CONTINUE** to feel your baby move right up to the moment you go into labour and whilst you are in labour too.

Get to know your baby's normal pattern of movements.

You must **NOT WAIT** until the next day to seek medical advice if you are worried about your baby's movements. Trust your instincts.



If you think your baby's movements have slowed down or stopped, contact your midwife or maternity unit immediately

(it is staffed 24 hrs, 7 days a week).

- **DO NOT put off calling until the next day** to see what happens.
- **Do not worry about phoning, it is important** for your doctors and midwives to know if your baby's movements have slowed down or stopped.



Why are my baby's movements important?

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



Do not use any hand-held monitors, Dopplers or phone apps to check your baby's heartbeat. Even if you detect a heartbeat, this does not mean your baby is well.

What if my baby's movements are reduced again?

If, after your check up, you are still not happy with your baby's movement, you must contact either your midwife or maternity unit straight away, even if everything was normal last time.

NEVER HESITATE to contact your midwife or the maternity unit for advice, no matter how many times this happens.

