

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



MOVEMENT

Most women usually begin to feel their baby move between 18 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. If by 24 weeks you have never felt your baby move, you should contact your midwife, who will check your baby's heartbeat and, if needed, arrange an ultrasound scan.

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. The pattern may be different at different stages, especially towards the end of pregnancy.

It is *not true* that babies move less towards the end of pregnancy.

Why are my baby's movements important?

A reduction 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 their baby's movement 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 detected a heartbeat, this does not mean your baby is well.

Do not wait until the next day to seek advice if you are worried about your baby's movements.

What if my baby's movements are reduced again?

If, after your check up, you are still not happy with your baby's movements, you must contact either your midwife or maternity unit straight away, even if everything was normal last time. If you think your baby's movements have slowed down or stopped, contact your midwife or maternity unit immediately (it is staffed 24hrs, 7 days a week). Do not worry about phoning, no matter how many times this happens.

NEVER

HESITATE

TO CONTACT