



Taking Note of Your Baby's Movements and What They Mean to You

Signs of a healthy baby

Often you will first start to feel your baby move around 16 – 22 weeks pregnant. At the start these movements may feel like little flutters or butterflies. As your baby grows, this movement will become more obvious, for example kicking, rolling and even hiccups can be felt. An active baby is usually a sign of a healthy baby.

All of these movements should be felt each day, until you go into labour. There is NO reason to think that your baby should move less in the last few weeks before the birth.

- We know that your baby's movements are a good sign of how they are growing.
- All healthy babies will have sleep/awake cycles, similar to those of a newborn baby.
- At approximately 28 weeks gestation/ or the 3rd trimester, it is important for you to spend time each day being aware of your baby's movement .
- You will feel your baby's movement best when you are sitting or lying down.

If your baby is moving less during a period of time, this maybe a cause for concern.

What to do if you are worried about your baby's movements...

If you feel your baby is moving less, it is best to lie on your left side, in a quiet place and pay attention to your baby for up to two hours. If you do not feel 10 movements by this time, or are still worried, contact the maternity ward immediately.

If you are worried about a decrease in your baby's movements DO NOT WAIT

Call the Midwifery Unit on 56230751 for help

Reference: - Australian and New Zealand Stillbirth Alliance :“Pregnancy- your baby's movements ad what they mean”

- RCOG green top guideline 57: Reduced Fetal Movements