English

NHS

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.

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 or in labour.

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

Get to know your baby's movements.

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

If you think your baby's movements have slowed down or stopped, speak to your midwife or maternity unit **immediately** (midwives are available 24 hours a day 7 days a week). There is always a midwife available, even at night.

- **Do not** put off getting in touch with a midwife or your maternity unit.
- **Do not worry about phoning,** it is important you talk to a midwife or your maternity unit for advice even if you are uncertain. It is very likely that they will want to see you straight away.

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.

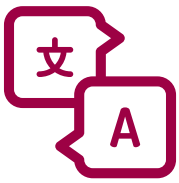
For more information on baby movements talk to your midwife

Contact details:

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. There are midwives on duty in the maternity unit 24 hours a day.



This leaflet is available in other languages.

Please visit

tommys.org/pregnancyresources

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Sources and acknowledgements

The information in this leaflet is based on RCOG Green–top Guideline No. 57 *Reduced Fetal Movements* (2011) and RCOG Patient Information Leaflet *Your baby's movements in pregnancy: information for you* (2012).

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MAMA Academy positive about pregnancy

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