

Your Baby's Movements Matter



Why are my baby's movements important?

Noting your baby's movements everyday can help us check in to see how the baby is feeling.

If your baby's movement pattern changes, it may be a sign that they are unwell.

Approximately half of all women who had a stillbirth noticed their baby's movements had slowed down or stopped.



What should I do if the movements change?

Anytime you are concerned about a change in the pattern of your baby's movements, contact your doctor or midwife immediately.

Call the RCH Maternity Unit if unable to reach your provider at 604-520-4586.



How often should my baby move?

There is no set number of normal movements.

Each baby has a **unique pattern** of movement that you will get to know.

Baby movements can be described as anything from a kick or a flutter, to a swish or a roll.

Most women will feel their babies move by **16 to 24 weeks**, regardless of where your placenta lies.

What may happen next?



Your doctor or midwife should ask you to come into your maternity unit (staff are available 24 hours, 7 days a week).

Investigations may include:

- Checking your baby's heartbeat
- Measuring your baby's growth
- Ultrasound scan
- Blood test



Common Myths

It is not true that babies move less towards the end of pregnancy. You should feel your **baby move** right up to the time you go into labour and while you are labouring,

Having something to **eat or drink** to stimulate your baby movements **does not work** to increase baby movement.

Where do I learn more?

movementsmatter.org.au



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