

What should you do if you are concerned about your baby's movements?

MOVEMENTS MATTER: CALL YOUR MIDWIFE

If you think your baby's movements have reduced or stopped, you must contact your maternity care provider first (your midwife, GP or delivery suite if your maternity carer is the hospital) as they may be able to reassure you by phone. They may ask you some important questions about your day and the patterns of your baby's movements. They may then arrange for you to be assessed at the hospital if you are still concerned after talking with them.

- Movements matter – if you are worried about your baby's movements, **DON'T WAIT** until the next day to contact your maternity care provider, even if it is the weekend or after hours. Always make contact on the very first day, **don't wait until tomorrow.**
- **PHONE, DON'T TEXT.**

Remember... Movements Matter

There is no set amount of movements you should feel as every woman and baby is different. But if you are worried about your baby's movements or feel that your baby is moving less than usual, **DO NOT wait until the next day even if it is night time or the weekend – contact your maternity care provider.**

To watch a video raising awareness of fetal movements go to YouTube and search "Movements Matter" or go to the link <http://bit.ly/2otLiXI>



MONITORING YOUR BABY'S MOVEMENTS

**He kupu awhina
Women's Health Unit**

Normal baby movements

You will start to feel some movements anywhere between 16 and 24 weeks. Those who have been pregnant before may feel these movements a little earlier.

In the beginning, it is normal not to feel movements too often and they may feel like tummy rumblings or flutters. But as baby grows, movements will become more obvious and you will start to feel them more regularly. In the last trimester, you will feel rolling and kicking movements and may even feel baby hiccup!

NORMAL BABY MOVEMENTS ARE A SIGN THAT YOUR BABY IS WELL.



How much should your baby move?

GET TO KNOW YOUR BABY'S MOVEMENTS.

There is no exact number of normal baby movements.

Some women will feel their baby move all the time, while others have to take some time out to focus on the movements. You will get to know your baby's pattern of movements.

It is easier to feel movements when you are lying or sitting down relaxing. You will feel less baby movements when you are walking, standing or busy doing other things.

NORMAL MOVEMENTS ARE YOUR PERCEPTION OF WHAT IS NORMAL FOR YOUR BABY.

Does your baby move less in late pregnancy?

NO!

Your baby will remain active during your last trimester. In very late pregnancy your baby will be bigger and their movements may change, but there will still be plenty of movements right up until the time labour starts.

Why is it important for you to monitor your baby's movements?

Normal baby movements are a sign that your baby is well. If your baby's movements become reduced, it can sometimes be a sign that your baby is not well.

From about 26 weeks of pregnancy, talk to your midwife at every antenatal appointment about your baby's movements. Your midwife can give advice on how best to tune into your baby's movements.