

# Your Babies Movements Matter



## Why are my baby's movements important?



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

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

## How often should your baby move?

There is no set number of normal movements.



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

Your partner will start to feel your baby move between **weeks 16 and 24 of pregnancy**.

You might feel the movements if you place your hands on your partners' belly

## Common myths

It is not true that babies move less towards the end of pregnancy. Your partner should continue to feel your baby move right up to the time she goes into labour and whilst she is in labour too.

If your partner is concerned about your baby's movements, **having something to eat or drink to stimulate your baby DOES NOT WORK**

## What can I do?

- **Encourage her** to know the pattern of movements
- See if you can feel baby moving
- Be ready to **listen** if she is concerned
- If she is noticing a change in movements be **positive about calling** the midwife or doctor
- Be ready to take her to the maternity unit
- Tell her that she will **not be wasting anyone's time**



## What may happen next?

Her midwife or doctor should ask her to come into the 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

IF YOU HAVE QUESTIONS ASK YOUR MIDWIFE OR DOCTOR ABOUT THESE INVESTIGATIONS

