



## *Your important health information*

# Your Baby's Movements in Pregnancy

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## Key Messages:

- ❖ An active baby in pregnancy is a healthy baby
- ❖ It's important to know babies should move regularly right up until you go into labour
- ❖ Contact us **ON THE DAY** that you are worried about your baby's movements.
- ❖ Mercy Hospital for Women Emergency Department: 8458 4000
- ❖ Werribee Mercy Hospital Maternity Services: 8754 3400

## When should you feel your baby move and what does it feel like?

You should expect to first feel your baby move from 16 – 22 weeks into your pregnancy. Mothers often describe their baby's movement as a flutter, swish, kick or roll. At first your baby will not move very often, however as your pregnancy continues the movements become stronger and are more regular. **It is important to know that babies should move regularly right up until you go into labour.**

## What do movements say about your baby's health?

An active baby is a healthy baby. A healthy baby will usually move at least 10 times in two hours when it's awake. Some babies may move more than this. Babies also have sleep periods where they can sleep around 40 minutes at a time. It's important to remember that babies do not move all the time. Being aware of your baby's movements is both enjoyable and tells us that your baby is healthy. We suggest that you take note of your baby's pattern of movement regularly after 28 weeks into your pregnancy.

## How often and when should you check that your baby is moving?

When your baby is awake you can practise feeling for movements. It is often difficult to notice your baby's movements when you are standing, walking or if you are busy. It is easiest to feel your baby's movements when you are relaxed and are lying or sitting down. Most babies move around more in the morning and in the evening.

**If your baby remains quiet you should do the following:**

- ***Find a quiet place to lay or sit down and focus on your baby's movements***
- ***You should feel at least 10 movements within 2 hours***

**You should contact the hospital directly if the following occurs:**

- If you are worried that baby has been very quiet and you do not feel any movement at all after 40 minutes despite sitting or lying down quietly focusing on your baby's movements
- If the movements are less than 10 in 2 hours after sitting down quietly and focusing on your baby's movements
- If your baby moves less and less in the course of one day and you feel worried that your baby is too quiet.

**What we will do if you are concerned that your baby's movements are reduced**

- We will ask you to come in so we can monitor your baby's heart rate.
- We may also do an ultrasound scan to see if you have enough fluid around your baby and if your baby is moving.
- We will discuss a plan of what to do the next time you think your baby is quieter than normal.

We want you to talk to your midwife or doctor at your antenatal visit about your baby's movements and ask any questions you have about the health of your baby.

**ALWAYS call ON THE DAY that you are worried about your baby's movements and do not wait until the next day.**

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**Werribee Mercy Hospital Maternity Services: 8754 3400**

#### **Further Information**

If you have any questions regarding this information, please contact:

#### **Mercy Hospital for Women**

Outpatients Department 8458 4215 or  
Fetal Monitoring Unit 8458 4267

**Werribee Mercy Hospital** Maternity Services  
8754 3400

#### **Acknowledgements**

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