

Feeling your baby move is a sign that they are well

Most women and birthing people usually begin to feel their baby move between 16 and 24 weeks of pregnancy.



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.



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.

Get to know your baby's movements



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 while you are in labour too.

Why are my baby's movements important?

A reduction in a baby's movements can 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.

What if my baby's movements become reduced again?

If, after your check up, you are still not happy with your baby's movements, 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.

DO NOT WAIT until the next day to get advice if you are worried about your baby's movements



- **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 not sure. It is very likely that they will want to see you straight away.

DO NOT USE HOME DOPPLERS



Do not use hand-held monitors, Dopplers or phone apps to check your baby's health.

Even if you hear a heartbeat, this does not mean your baby is well.



Contact details:

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, updated 2019).

Thank you to the following organisations for supporting the development of this leaflet:



Tommy's