

Feeling Your Baby Move Is A Sign Of Its Well Being



fernandez

Built for Birthing

Feeling your baby move is a sign of its well being

Most women usually begin to feel their baby move between 16 and 24 weeks of pregnancy. A baby's movements can be described as anything from a kick, flutter, swish or roll. The type of movement may change as your pregnancy progresses.

How often should my baby move?

There is no set number of normal movements. From 16–24 weeks onwards, you should feel the baby move more, and more up until 32 weeks, then stay roughly the same until you give birth.



It is NOT True that babies move less towards the end of pregnancy or in labour.



You should CONTINUE to feel your baby more right up to the time you go into labour, and whilst you are in labour too.

YOU MUST NOT WAIT until the next day to seek advice if you are worried about your baby's movements

If you think your baby's movements have slowed down or stopped, visit the hospital **immediately!**

Why are my baby's movements important?

Less movements can sometimes 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.



Do not use any hand-held monitors, Dopplers or phone apps to check your baby's heartbeat. Even if you detect a heartbeat, this does not mean your baby is well.



What if my baby's movements are reduced again?

If, after your check up, you are still not happy with your baby's movement, **you must** contact the hospital immediately, even if everything was normal last time.

Fernandez Hospital
Bogulkunta

040 - 4022 22442

Fernandez Hospital
Hyderguda

040 - 4063 2444

Fernandez Hospital
Stork Home

040 - 4780 7442



For more information on baby movements,
talk to your Midwife!

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