



Baby Movements

Information about normal baby movements

Baby movements (flutters, wriggles or kicks) are a sign your baby is healthy. You will start to feel some movements when you are between 16 and 22 weeks pregnant. At first you may not feel baby movements very often. The movements will become more frequent and stronger as your baby grows.

Babies do not move all the time. They have active times and sleep times. Every baby has their own movement pattern. Some babies are more active in the day, some are more active in the evening or at night. Regular movements continue throughout pregnancy and during labour.

Sometimes the only sign your baby may be unwell or at risk of stillbirth is a change in the movement pattern; with weaker, fewer or no movements. It is **not** normal for a baby's movements to reduce before birth.

Get to know your baby's movements

Spend time getting to know how and when your baby moves. You may not notice movements as much when you are busy with other things.

From 28 weeks, you should make time through the day to reassure yourself that you have felt your baby moving as usual.

If you are concerned

If you have any concerns about a decrease in movements, sit quietly and focus carefully on your baby. **If you are still concerned, phone your Lead Maternity Carer (LMC) straight away.**

Never leave it until tomorrow.

Your LMC will talk to you about the next steps. You may need to go to the hospital to check your baby's heartbeat. These checks are usually normal and you can go home again reassured.

Never hesitate to phone your LMC again if your baby's movements slow down or stop again. No one will mind.

If your LMC or their back-up is not available, contact:

North Shore Hospital	09-486 8900
Waitakere Hospital	09-839 0000
Helensville Birthing Centre	09-420 8747
Warkworth Birth Centre	09-425 8201
Wellsford Birthing Unit	09-423 7682 daytime only

References

Your baby's movements in pregnancy. (2012). Royal College of Obstetrician and Gynaecologists.

www.rcog.org.uk/womens-health/clinical-guidance/your-babys-movements-pregnancy

Pregnancy – your baby's movements and what they mean. (2010). Australian and New Zealand Stillbirth Alliance.

www.stillbirthalliance.org.au/parent4.htm