



# Your guide to baby's movement

## When will I feel movements?

- You may not feel movement until 18-22 weeks. By 24 weeks, most pregnant people will feel their baby's movements in a predictable way.
- There is no set number of normal movements. Every baby is different, and you are encouraged to "get to know" your baby's patterns of movement.



## Is it ok if I DON'T feel movement?

- Similar to a newborn, your baby will have periods of sleep when they are not active (usually 20-40 minutes, rarely over 2 hours).
- When baby is sleeping, you may feel little or no movement.
- During baby's awake periods, you should feel regular movement.
- You may notice baby's movement most in the morning and evenings when you are less busy or distracted with daily activity.



## What is fetal movement?

- Fetal movement is your baby's activity and motion inside your uterus.
- You can feel movement as the baby pushes against the wall of your uterus.
- It may start as a little flutter, but as your baby grows, movements may be felt as kicks, jabs, rolls and stretches.
- The type of movement may change as your pregnancy progresses.

## Feeling your baby move is a sign they are well.

- Normal baby movement **in the 3rd trimester** (28 weeks) is one of the strongest indicators of their wellbeing.
- Take time **once a day, every day to pause and do a daily check-in with your baby**. It helps to do the daily check-in when you know your baby is most active.
- Follow the next step if you have concerns about about decreased baby movement:

## Concerned about your baby's movement?



If you have concerns your baby may have decreased movement, take time to quietly lay down and pay attention to their activity. Place your hands on your abdomen and count their movements.

If you are not feeling **at least 6** movements in a 2-hour period **once per day**, please seek immediate help from your OB care provider, or the birthing hospital nearest you.

Staff are available 24 hours a day for pregnant patients over 20 weeks' gestation.



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

## Trust your instincts!

While feeling less movement does not always mean something is wrong, it is **ALWAYS** a good idea to get things checked out. *It is never a waste of time!*

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## \* Myth \*

**Baby's movements slow down toward the end of pregnancy.**

**NO!**

You should **CONTINUE** to feel your baby move right up to the time you go into labour and while you are in labour too!