



Your guide to baby's movement

When will I feel movements?

- You may not feel movement until 18-22 weeks. By 26 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.



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.



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.



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 decreased baby movement:

⚠️ Concerned about your baby's movement? ⚠️

If you know your baby has decreased movement:

Seek immediate help from your OB care provider or go to a birthing hospital nearest you without delay.

If you're not sure if baby has decreased movement:

Take time to quietly lay down away from distractions. Place your hands on your abdomen and take note of their movements for up to two hours. In most cases, a baby will complete one sleep cycle and should then return to normal wake activity during this time. If after 2 hours of observation, you are still concerned about baby's movement go to a birthing hospital nearest you without delay.

If you are a midwifery client, please contact the midwife on call



* THE BOTTOM LINE... Trust your instincts!

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