



Your baby's movements matter.

You will start to feel some baby movements between 16 and 24 weeks of pregnancy, regardless of where your placenta lies. From 28 weeks onwards you should feel regular baby movements every day.

Every baby is different. They have rest times and active times, just like newborns. It is easier to feel your baby's movements when sitting quietly or laying on your side, especially in the evening.

Babies continue to move every day, right up until their birth.

Feeling regular baby movements is a sign that your baby is well.

If your baby's movements stop or slow down, contact your maternity healthcare professional without delay. DO NOT WAIT until your next appointment, or the next day.

FIND OUT MORE: saferbaby.org.au or speak to your healthcare professional.

We thank Tommy's UK for allowing us to adapt their campaign for our purpose. Contact us at stillbirthcre@mater.uq.edu.au

