### #MovementsMatter

# Your baby's movements matter.

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.



### How often should my baby move?

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.

At the end of pregnancy, healthy babies begin to have longer rests between their active times. However, babies continue to move every day right up until their birth.

### What should I do if my baby's movement's change?

If your baby's movements stop or slow down, contact you maternity healthcare professional without delay. **You are not wasting their time.** 

Do not wait until the next day or your next appointment. It is important for your maternity healthcare professional to know if you are concerned about your baby's movements.



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### What happens when I contact my maternity healthcare professional about my baby's movements?

Your maternity healthcare professional should ask you to come in for a check-up (staff are available 24 hours, 7 days a week).

Investigations may include:

- Checking your baby's heartbeat
- Measuring your baby's growth
- Ultrasound scan
- Blood test

#### **Common myths about baby movements**



#### Can I make my baby move?

No, having something to eat or drink to stimulate your baby DOES NOT WORK.



### Can I use a home doppler to check on baby's heartbeat?

No, do not use home dopplers or phone apps to listen to your baby's heartbeat. These are not reliable and can give you false reassurance. Special training is needed to listen to a baby's heartbeat and check if they are well. If you are concerned that your baby's movements have stopped or slowed down, contact your maternity healthcare professional without delay.



**Do babies move less towards the end of pregnancy?** No, healthy babies continue to move every day right up until their birth.



If you have questions about your baby's movements, you should discuss this with your maternity healthcare professional without delay.



















Endorsed by: Royal Australian and New Zealand College of Obstetrics and Gynaecology (RANZCOG), Bears of Hope and Sands and organisations below. We thank Tommy's UK for allowing us to adapt their campaign for our purpose. **Contact us at stillbirthcre@mater.uq.edu.au** 

Version 2.0 December 2022

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