

Your baby's movements matter.



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 stillbirthcare@mater.uq.edu.au**