

**#MovementsMatter**

**From 28 weeks onwards, you should feel regular baby movements every day, regardless of where your placenta lies.**

**It is easier to feel your baby's movements when sitting quietly or laying on your side, especially in the evening.**

**FIND OUT MORE**  
**[saferbaby.org.au](http://saferbaby.org.au)**



#MovementsMatter

# Your baby's movements matter.



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**#MovementsMatter**

# Your baby's movements matter.



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**#MovementsMatter**

**If you have questions about your baby's movements, you should discuss this with your maternity healthcare professional.**



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**#MovementsMatter**



**If you notice your baby is moving less and less, or the movements are not as strong, contact your maternity healthcare professional without delay.**

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**#MovementsMatter**

**If your baby's  
movements stop  
or slow down,  
it may be a sign  
that they are  
unwell...**

**Call your maternity  
healthcare professional  
STRAIGHT AWAY!**

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**#MovementsMatter**

# Can I make my baby move?



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**SWIPE FOR ANSWER**



#MovementsMatter

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



**If your baby's movements  
stop or slow down, it may be  
a sign they are unwell... call  
your maternity healthcare  
professional straight away.**

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**#MovementsMatter**

# Do babies move less towards the end of pregnancy?

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[saferbaby.org.au](https://saferbaby.org.au)

**SWIPE FOR ANSWER**





**#MovementsMatter**

**No, healthy babies  
continue to move  
every day right up  
until their birth.**



**If your baby's movements  
stop or slow down, it may be  
a sign they are unwell... call  
your maternity healthcare  
professional straight away.**

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**#MovementsMatter**

# How many kicks is normal?



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**SWIPE FOR ANSWER**





**#MovementsMatter**

# Feeling the baby move regularly is a sign they are well.



If you notice your baby is moving less and less, or the movements are not as strong, contact your maternity healthcare professional straight away.

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## #MovementsMatter

**From 28 weeks onwards, you should feel regular baby movements every day. This is a sign your baby is well.**

**Which emoji best describes your baby's movements?**



**KICK**



**FLUTTER**



**SWISH**



**ROLL**



#MovementsMatter

# أهمية حركة جنينك

إذا تغير نمط حركة طفلك  
فقد يكون ذلك علامة على  
أنه ليس على ما يرام.



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#MovementsMatter

# आपके शिशु की हलचल महत्व रखती है

यदि आपके शिशु की हलचल के पैटर्न बदलते हैं, तो शायद यह संकेत हो सकता है कि वह अस्वस्थ है। मृत बच्चे को जन्म देने वाली लगभग आधी औरतों ने ध्यान दिया था कि उनके शिशु की हलचल धीमी हो गई थी या रूक गई थी।

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**#MovementsMatter**

# **I movimenti del tuo bambino sono importanti.**

**Se i movimenti abituali  
del tuo bambino  
cambiano, potrebbe  
essere segno di  
malessere.**

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**[saferbaby.org.au](https://saferbaby.org.au)**



#MovementsMatter

# 태동이 중요합니다.

태동의 패턴 변화  
는 태아의 건강이  
좋지 않다는 신호  
일 수도 있습니다.

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**#MovementsMatter**

# He Mea Nui Ngā Nekehanga a Tō Pēpi.

**Ki te rerekē ngā ritenga  
nekehanga a tō pēpi, he  
tohu pea kei te māuiui ia.**

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**#MovementsMatter**

# E Tāua Feminoia'iga a Lau Pepe.

Afai e suia le auala e  
masani ona minoinoi ai lau  
pepe, atonu o se faailoilo  
lena e lē o malosi o ia.

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**#MovementsMatter**

# 'Oku mahu'inga 'a e ngaue ho'o pēpē.

**Kapau 'oku liliu 'a e  
sipinga ngaue ho'o pēpē,  
mahalo ko e faka'ilonga  
ia 'oku nau puke.**

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**[saferbaby.org.au](http://saferbaby.org.au)**



**#MovementsMatter**

# Cử Động Của Bé Mang Ý Nghĩa Quan Trọng.

Nếu chuyển động của bé ở trong bụng quý vị thay đổi, đây có thể là dấu hiệu cho thấy bé đang không khỏe.

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#MovementsMatter

# 胎动很 重要

如果胎动规律发生  
变更，这可能表明  
他们身体不适。

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#MovementsMatter

# 胎動很重要

若胎動規律發生變更，這可能表明他們身體不適。

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[saferbaby.org.au](http://saferbaby.org.au)



**#MovementsMatter**

# Los movimientos de su bebé son importantes.

Si el patrón de movimientos  
de su bebé cambia, puede  
ser una señal de que el  
bebé no está bien.

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