

# Bubba's Movements Matter

You will start to feel bubba move between weeks 16 and 24 weeks of pregnancy.

## How often should bubba move?

There is no set number or pattern of normal movements. Feeling your bubba move is a sign they are healthy. You will start to feel bubba's movements between 16 and 24 weeks, and from 28 weeks onwards you should feel bubba moving every day.

## Why are bubba's movements important?

If bubba's movements stop or slow down, it may be a sign that they are unwell. Around half of all women who had a Sorry Business Baby (stillbirth) noticed bubba's movements had slowed or stopped.

## What should I do?

If you notice your bubba is moving less and less, or the movements are not as strong, contact your health care team immediately— you are not wasting their time.

## What may happen next?

Your health care team should ask you to come in for a check. Investigations may include:

- Checking bubba's heartbeat
- Measuring bubba's growth
- Ultrasound and/or blood test.



## About bubba's movements

It is not true that bubba moves less towards the end of pregnancy.

You should continue to feel bubba move right up to the time you go into labour and whilst you are birthing too.

Eating or drinking to try and make bubba move does not work.

**If you have worries about bubba's movements, contact your health care team immediately.**

