

What if your baby movements are reduced again?

Never hesitate to contact your midwife or local maternity unit for advice, no matter how many times this happens, even if everything was normal last time.

What to expect when you contact your midwife or maternity unit?

You will be asked about your baby's movements and have a full antenatal check-up, including checking your baby's heartbeat. Depending on the findings, ultrasound scans may be requested.

These checks usually provide reassurance that all is well. Most women who experience one episode of reduction in their baby's movements have a straightforward pregnancy and give birth to a healthy baby.



BABY MOVEMENTS MATTER



It is NOT TRUE that babies move less towards the end of pregnancy.



You should CONTINUE to feel your baby move right up to the time you give birth.



NEVER HESITATE to contact your midwife or maternity unit for advice. No matter how many times this happens.



Whipps Cross maternity unit 020 8539 5522 ext 6769 or ext 5055



All information in this leaflet is available in other languages by visiting www.walthamforestccg.nhs.uk/babymovementsmatter and clicking 'Select Language'.

Why do baby* movements matter?



During pregnancy, feeling your baby move reassures you that they are well. In some cases, a baby may move less because they are unwell. Around half of women who had a stillbirth felt that their baby's movements had slowed down or stopped.

What are normal movements for your baby?

((24))

Most women begin to feel their baby move between 16 and 24 weeks of pregnancy. Baby movements can be felt as a kick, flutter, swish or roll.

The **number** of baby movements tends to increase until 32 weeks of pregnancy and then stay about the same, although the **type** of movements may change as you get nearer to your due date.

There is no set number of normal movements. Some babies move more and some less. **Get to know your baby's normal pattern of movements.**

*The word "baby" throughout this leaflet refers to your unborn baby during pregnancy, also called fetus.

What to do if you are unsure about your baby's movements?



Often, if you are busy, you may not notice all of your baby's movements.

After 24 weeks of pregnancy, if you are unsure whether your baby's movements are reduced, you should lie down on your left side and focus on your baby's movements for two hours. If you do not feel 10 or more separate movements during these two hours, you should take action and contact your midwife or local maternity unit (it is staffed 24 hrs, 7 days a week).

What to do if you are concerned about your baby's movements?

After 24 weeks of pregnancy, if your baby is moving less than usual or there is a change in the pattern of movements, seek professional help immediately:



CALL

your midwife or local maternity unit immediately
(it is staffed 24 hrs, 7 days a week)

**Whipps Cross
maternity unit**

020 8539 5522
ext 6769 or ext 5055



NEVER

rely on home kits or apps to check your baby's wellbeing



NEVER

go to sleep ignoring reduced baby movement