

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 go into labour & whilst you are in labour too.

Get to know your baby's normal pattern of movements

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KICKSCOUNT



This leaflet has been produced by
KICKS COUNT[™]
empowering mums-to-be with knowledge & confidence



www.kickscount.org.uk

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Disclaimer

Kicks Count encourages anyone with any concerns or questions regarding their pregnancy to contact their healthcare provider being their Community Midwife, GP, Hospital Maternity Ward or Consultant Obstetrician. All information stated in this leaflet has been written as a guide only

My Kicks Count!
Listen to me & my Mummy

 **KICKS COUNT**[™]
empowering mums-to-be with knowledge & confidence

Feeling your baby move is a sign that they are well.

We want mums-to-be to have knowledge & confidence throughout pregnancy. Ensuring pregnant women know the importance of monitoring their baby's movements & encouraging them to work with their healthcare providers to promote a healthy outcome. Empowering mums-to-be with confidence to follow her instinct & seek advice if she is ever worried.

For more information visit:
www.kickscount.org.uk

Your 24 hour Maternity Unit's number is:



When should I start to feel movement?

Most women usually begin to feel their baby move between 16 & 24 weeks of pregnancy. A baby's movements can be described as anything from a kick, flutter, swish or roll. The type of movement may change as your pregnancy progresses.

How often should my baby move?

There is no set number of normal movements. Your baby will have their own pattern of movements that you should get to know. From 16 - 24 weeks on you should feel the baby move more and more up until 32 weeks then stay roughly the same until you give birth.



What shall I do if I notice reduced movement?

If you think your baby's movements have slowed down or stopped, contact your midwife or maternity unit immediately (it is staffed 24 hours, 7 days a week). **Do not** put off calling until the next day to see what happens.

Do not worry about phoning, it is important for your doctors and midwives to know if your baby's movements have slowed down or stopped.

Do not use any hand-held monitors, dopplers, or phone apps to check your baby's heartbeat. Even if you detect a heartbeat, this does not mean your baby is well.



What if my baby's movements are reduced again?

If, after your check up, you are still not happy with your baby's movements, you must contact either your midwife or maternity unit straight away, even if everything was normal last time.

Never hesitate to contact your midwife or the maternity unit for advice, no matter how many times this happens.

Why are my baby's movements important?

A reduction in a baby's movements can sometimes be an important warning sign that a baby is unwell. Two out of three women who had a stillbirth noticed their baby's movements had slowed down or stopped.