



Your baby's movements matter.



Feeling regular baby movements is a sign that your baby is well. If your baby's movements stop or slow down, contact your maternity healthcare professional without delay.



How often should my baby move?

You will start to feel baby movements between 16 and 24 weeks of pregnancy. The movements are small at first but you will feel them more and more as baby grows. **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.

At the end of pregnancy, healthy babies begin to have longer rests between their active times. However, babies continue to move every day right up until their birth.



What should I do if my baby's movements stop or slow down?

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

It is important for your maternity healthcare professional to know if you are concerned about your baby's movements. **You are not wasting their time. Do not wait until the next day or your next appointment.**





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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 questions 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.