



**Waitematā**  
District Health Board

Best Care for Everyone



# Baby movements

## Information about normal baby movements

Baby movements (flutters, wriggles or kicks) are a sign your baby is healthy. You will start to feel some movements when you are between 16 and 22 weeks pregnant. At first you may not feel baby movements very often. The movements will become more frequent and stronger as your baby grows. You may also feel hiccups.

Babies do not move all the time, they have active times and sleep times. Every baby has their own movement pattern; some babies are more active in the daytime, some are more active in the evening or at night. Regular movement patterns continue throughout pregnancy and during labour.

A change in the movement pattern with weaker or fewer movements or no movements at all can sometimes be the only sign your baby is unwell and at risk of stillbirth.





## Get to know your baby's movements

From 28 weeks spend time getting to know how and when your baby moves. Your baby will move more when you are relaxed. You may not notice movements as much when you are busy with other things. Make time to think back over the day and reassure yourself that you have felt your baby moving as usual. From 28 weeks it is important to lie on your side when you sleep to prevent the growing uterus pressing on the large vein behind the uterus which takes blood back to your heart.

Please talk to your Lead Maternity Carer (LMC) about your usual baby movement pattern at each check-up.

## If you are concerned

If your baby does not seem to have moved as much as usual, sit down quietly with your feet up for an hour and see if that encourages baby to move now that you are relaxing.

**If after an hour you have not felt many movements or are still worried contact your LMC Midwife or Doctor straight away. Never wait until the morning.**

Your LMC will advise you of the next steps. You may need to go to the hospital to check your baby's heartbeat. These checks are usually normal and you can go home again reassured.

Never hesitate to call your LMC again if baby's movements slow down or stop again. No one will mind.

**If your LMC or their back-up is not available, contact:**

North Shore Hospital	09-486 8920 ext. 42898
Waitākere	09-837 6605
Helensville	09-420 8747
Warkworth	09-425 8201
Wellsford	09-423 7682

## References

*Your baby's movements in pregnancy (2019)*. Royal College of Obstetrician and Gynaecologists.

*Pregnancy – your baby's movements and what they mean (2016)*. Australian and New Zealand Stillbirth Alliance.

Classification number: 010-02-01-033 (Review date: July 2024)

