

Maternity information factsheet

Your baby's movements

We have written this factsheet to give you more information about your baby's movements during pregnancy. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please speak to your midwife or obstetrician (doctor who specialises in the care of pregnant women).

When you'll feel your baby move

You will usually start to feel your baby move between 16 and 24 weeks of pregnancy.

What your baby's movements will feel like

As your pregnancy progresses, your baby will develop their own pattern of movements. Their movements may range from kicks and jerks to rolls and ripples. Your baby may also hiccup.

It is important that you take time to:

- connect with your baby
- talk to your baby
- notice and respond to your baby's movements

You will very quickly get to know your baby's usual daily pattern of movements.

At each antenatal appointment, your midwife will talk to you about your baby's usual daily pattern of movements.

Why your baby's movements are important

It is important that you become familiar with your baby's usual daily pattern of movements.

If your baby is not well, they may not be as active as usual. A change or a reduction in your baby's movements after 24 weeks of pregnancy can be a warning sign that your baby needs to be checked by your midwife.

Contact us

Call the maternity triage line **immediately** using the details below if you feel that your baby's movements have changed at all. Do not wait until the next day.

Maternity triage line

Telephone: **0300 123 9001**

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Useful links

www.what0-18.nhs.uk/pregnant-women/concerns-during-pregnancy/over-20-weeks/reduced-baby-movements-after-24th-week-pregnancy

www.kickscount.org.uk

www.nhs.uk/pregnancy/keeping-well/your-babys-movements

www.rcog.org.uk/globalassets/documents/patients/patient-information-leaflets/pregnancy/pi-your-babys-movements-in-pregnancy.pdf

www.tommys.org/pregnancy-information/pregnancy-symptom-checker/baby-fetal-movements

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**