



# BABY MOVEMENT DURING PREGNANCY

What you need to know to  
keep your baby safe



## When should I start to feel movement?

You should start to feel your baby move between 16 to 24 weeks of pregnancy. A baby's movements can be described as anything from a kick, flutter, or swish to a roll.

## How often should my baby move?

There's no set number of movements you should feel each day – every baby is different. It's important to get to know what's normal for *your baby*. Your baby's normal will become clear from 24-28 weeks. Your baby should not slow down.

## What should I do if I notice a change in movements?

### → Go to the hospital immediately

They are available 24/7 for you and your baby to get checked. If you feel concerned, don't put off getting checked until the next day or wait until your next scheduled appointment.

You can call your provider to let them know you are coming. However, you do not need their permission to go in or to get checked. Decreased movements cannot be checked from home - you need to go to hospital *immediately*.

### → Act swiftly & trust your instincts

A change in movements can be an early sign and sometimes the **ONLY** warning sign that your baby *needs help*. If reported promptly, there is a window of opportunity in which the baby's life may be saved. Some examples of a change include less movement, weaker movements, or an unusual rapid increase in movement.<sup>2</sup> Trust your gut instincts.



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Consensus Statement from  
Leading US + UK Stillbirth  
Prevention Organizations

## (Continued from front) What should I do if I notice a change in movements?

### → Don't go home until you feel better

You should not be discharged until you are happy with your baby's movements. Do not go home if you are not feeling reassured.

### → Don't trust an at-home monitor

Do not use handheld 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.

### → Don't waste time - just go in

Do not drink cold water or eat something sugary to get your baby moving or start a new kick count, even if directed by a healthcare professional. Get checked out *immediately*.

## What if I notice a change in my baby's movements again?

You should get your baby checked immediately every time it happens. Even if everything was fine last time, your baby needs to be checked again. You are always *doing the right thing* by getting your baby checked.

Free apps, information & resources to get to know your baby's movements:



[countthekicks.org](http://countthekicks.org)

KICKS COUNT™



[kickscount.org.uk](http://kickscount.org.uk)



[pushpregnancy.org/movement](http://pushpregnancy.org/movement)

## Why are my baby's movements important?

Most women who had a stillbirth noticed their baby's movements had changed.<sup>1</sup> A change in movement can also be a warning sign of other problems. The sooner you seek care, the sooner you and your baby can be checked and given the right care.<sup>2</sup> This could save you or your baby's life.<sup>3</sup>

- It is NOT true that babies move less towards the end of pregnancy
- Babies do not "run out of room"
- You should continue to feel your baby move right up to the time you go into labor and during labor too

## STOP THE SPREAD OF MYTHS

Don't believe the many common myths about baby movement, even if shared by a trusted loved one or medical professional:

- It is NOT true that babies move less towards the end of pregnancy.
- Babies do NOT "run out of room."
- Babies do NOT slow down in labor. You should continue to feel your baby move right up to the time you go into labor & during labor too.
- It is NOT true that a certain amount of kicks is fine. ("I should aim to count 10 kicks in two hours, right?")
- It is NOT true that it is good when a baby has unusual rapid movements.
- It is NOT true that only those experiencing a high-risk pregnancy should pay attention to their baby's movements.
- It is NOT true that you can use a Doppler device or other at-home monitor to reliably check your baby's well-being.
- You should NOT drink cold water or eat something sugary to get your baby moving - it's best to immediately get checked out.