

Fetal Movement Facts

When should I start to feel my baby move?

Most women will be aware of baby's movements between 16 and 24 weeks. Baby's movements can be described as anything from a kick or a flutter to a swish or a roll.

How often should my baby move?

After 24 weeks it is normal to feel regular daily movements. Each baby has their individual pattern of movement, there is no set number of normal movements and it is important for you to get to know your baby's own unique pattern.

Towards the end of pregnancy you should continue to feel your baby move, right up to the time you go into labour and whilst you are in labour too.

Why are baby's movements important?

A reduction, change in pattern or sudden increase in a baby's movements can sometimes be an important warning that a baby is unwell.

What should you do if you think your baby is not moving as much as normal?

If you become aware that you have not felt your baby moving or the pattern of your baby's movements has changed or the frequency of movements are reduced, contact the Birth Suite immediately on 8837 9187. This is service available 24 hours, 7 days a week. You are not wasting their time. Do not wait!

What will happen next?

You will be asked to come in to the Birth Suite. When you come to hospital, the midwife will ask you some questions and listen to your baby's heartbeat and perform a CTG monitoring. This will take 30-45 minutes. Your obstetrician will be notified that you have come to the hospital for assessment and the results of the CTG monitoring. If required, investigations or follow up appointments will be discussed with you.

What do I do if I came in for an assessment and I continue to have concerns about my baby's movements?

Exactly the same - call the birth suite. We would always rather that you call and discuss your concerns and come in for assessment than worry at home.

References

<https://www.cec.health.nsw.gov.au/keep-patients-safe/maternity-and-neonatal-safety-program/Safer-Baby-Bundle/decreased-fetal-movement>



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