



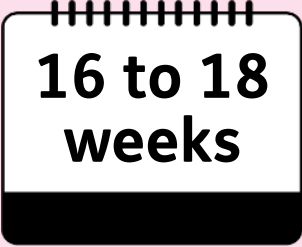
Feeling your baby move is a sign that they are well

You should feel your baby move before you are 24 weeks pregnant

If you think your baby is moving less, or has stopped moving, you should speak to your maternity unit straight away.



How often should my baby move?



16 to 18 weeks

Some people feel their baby move when they are around 16 to 18 weeks pregnant.



This is not the same for everyone. Everyone is different.



24 weeks

But you should feel your baby move before you are 24 weeks pregnant.



Feeling your baby move may feel like butterflies in your tummy at first.

As your baby gets bigger, the movements will feel stronger, more like a kick.



If you have not felt your baby move by the time you are 24 weeks pregnant, then you should call your **maternity unit**.

Your **maternity unit** is the part of your hospital that will look after you while you are pregnant and help you give birth to your baby.



After you feel your baby move for the first time, you should feel your baby move more and more.



After you are 32 weeks pregnant, your baby should move about the same amount each day until you give birth.

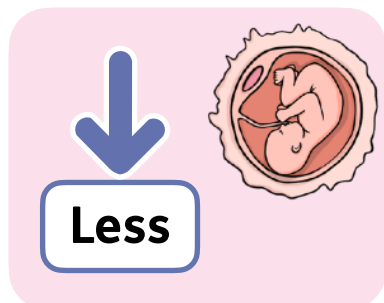


It is not true that babies move less as you get ready to give birth.



You should keep feeling your baby move right up until you give birth.

Why is it important that my baby moves?



If your baby moves less than usual, it could mean that your baby is not well.



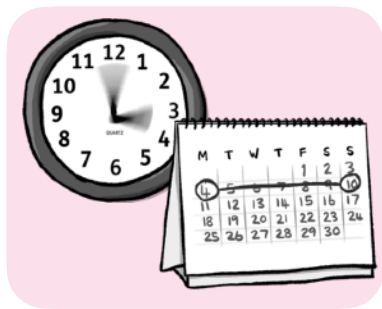
If you think your baby is moving less than usual, or has stopped moving, you should speak to your maternity unit.



You can find your maternity unit's phone number on your pregnancy notes or the hospital website.



If you cannot find the phone number, ask someone to help you.



You can speak to your maternity unit at any time of day or night, 7 days a week.



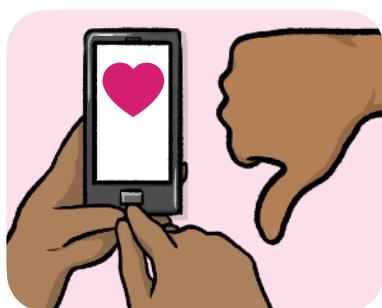
If you are worried that your baby is moving less or has stopped moving, **do not wait** to get help and advice.



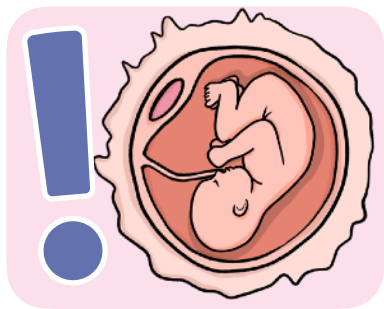
Do not put off talking to your maternity unit. You should talk to them even if it is at night.



Do not worry about phoning. They will want to see you straight away.



Do not use **home dopplers** – these are machines or phone apps to check your baby's heartbeat.



Even if you can hear your baby's heart with a home doppler, that does not mean that your baby is well.



If you are worried that your baby is moving less or has stopped moving, **do not wait** to call your maternity unit.



If you are away from home, you can contact any nearby maternity unit for help.

You should not wait until you get back

After a check-up



After seeing your maternity unit, if you still do not think your baby is moving as much as normal, call your maternity unit again.



You should call your maternity unit every time you think your baby is moving less, even if everything was normal last time.



Never wait to contact your maternity unit.

It does not matter how many times this happens.

Find out more



You can learn more by scanning this QR code with your phone camera.



Or you can go to our website:

[tommys.org/pregnancy-information/
pregnancy-symptom-checker/baby-fetal-
movements](https://tommys.org/pregnancy-information/pregnancy-symptom-checker/baby-fetal-movements)