



## Community Midwifery Program

# Understanding Your Baby's Movements and Kicks

If you are a first time mum you will start to feel your baby move around 18 – 20 weeks. If this is your second or subsequent baby you may feel movements a little earlier- sometimes as early as 16 weeks. This is because you will be more aware of what the feeling is like as you would have experienced it before.

Your baby's movements are one of the most important signs that your baby is healthy and growing appropriately. Your baby can move between 4-100 times in an hour; however you will not be aware of every movement. As your baby grows there will be less room in your uterus and the movements will change.

Every baby is different and you may find that your baby is more active in the morning than at night or vice versa. All babies have sleep cycles throughout the day and night, and it is usual for there to be no movement when the baby is asleep. These sleep cycles are usually 20-40 minutes long and they rarely exceed 90 minutes. It is important to get to know your baby and their usual movement patterns. Your baby should continue to move right up to the birth.

If you are concerned about your baby not moving as much as usual, ensure you are hydrated and have eaten recently. You can then reassure yourself by lying down comfortably on your side for 1 hour during a period that the baby is usually active. You should feel movements in this 1 hour period. If you are still concerned contact your midwife for further advice. He/she will either advise you to visit your supporting hospital for an obstetric review or will attend you at home for a further assessment.

**PLEASE NEVER LEAVE THIS TO  
"THE NEXT DAY" BECAUSE YOU  
ARE WORRIED ABOUT DISTURBING  
SOMEONE. CALL AND GET ADVICE!**

