

# Feeling your baby move is a sign that they are well

Most women and birthing people usually begin to feel their baby move between 16 and 24 weeks of pregnancy.



## How often should my baby move?

There is no set number of normal movements.

From 16-24 weeks on you should feel the baby move more and more up until 32 weeks then stay roughly the same until you give birth.



If you think your baby's movements have slowed down, stopped or changed call your maternity unit or midwife immediately

The maternity unit is open 24 hours a day 7 days a week. Even at night.  
Don't wait.

## Why are my baby's movements important?

A reduction or change in a baby's movements can be an important warning sign that a baby is unwell.

Around half of women who had a stillbirth noticed their baby's movements had slowed down or stopped.

## What if my baby's movements reduce again after check up?

If, after your check up, you are still not happy with your baby's movements, you must contact either your maternity unit or midwife straight away, even if everything was normal last time.

NEVER HESITATE to contact your maternity unit or midwife for advice, no matter how many times this happens.



## Get to know your baby's movements



It is NOT TRUE that babies move less towards the end of pregnancy or in labour.



You should CONTINUE to feel your baby move right up to the time you go into labour and while you are in labour too.



DO NOT WAIT until the next day to get advice if you are worried about your baby's movements

- Do not put off getting in touch with a midwife or your maternity unit.
- Do not worry about phoning. It is important you talk to your maternity unit or midwife for advice even if you are not sure. It is very likely that they will want to see you straight away.



## DO NOT USE HOME DOPPLERS

Do not use hand-held monitors, Dopplers or phone apps to check your baby's health.

Even if you hear a heartbeat, this does not mean your baby is well.



This leaflet is available in other languages:  
[tommys.org/pregnancyresources](http://tommys.org/pregnancyresources)

Contact details:

Please contact the Maternity Assessment Centre immediately with any concerns about Reduced Fetal Movements:

**Single Point of Contact: 01423 557531 (Option 1 ⇒ Option 1)**

**DO NOT WAIT IF YOU ARE CONCERNED**

**Use your phone camera to scan this QR code to read more about your baby's movements in pregnancy:**



**[www.tommys.org/pregnancy-information](http://www.tommys.org/pregnancy-information)**

#### **Sources and acknowledgements**

The information in this leaflet is based on RCOG Green-top Guideline No. 57 *Reduced Fetal Movements* (2011) and RCOG Patient Information Leaflet *Your baby's movements in pregnancy: information for you* (2012, updated 2019).

Thank you to the following organisations for supporting the development of this leaflet:



# Tommy's

The pregnancy and baby charity

Reviewed: Oct 2024 | Next review Sept 2026

**[tommys.org](http://tommys.org)**

Tommy's is registered charity no 1060508 and SC039280