

Watch this video about why baby's movements matter; go to:
<https://www.youtube.com/watch?v=YQUHSXvGQ30>



Or use the QR scanner on your smart phone to scan this QR code & it will play the video for you.

One more tip:

Go to sleep on your side when baby's inside.

Why should I go to sleep on my side?

Lying on your back in the last three months of pregnancy presses on major blood vessels which can reduce blood flow to your womb and oxygen supply to your baby.

But I feel more comfortable sleeping on my back.

Going to sleep on your back is not the best for baby after 28 weeks of pregnancy. Most women find side sleeping is more comfortable in pregnancy, especially in the last three months.

What if I wake up on my back?

It's normal to change positions during sleep and many pregnant women wake up on their back. The important thing is to start every sleep lying on your side and settle back to sleep on your side if you wake up.

For further information and video please visit
<https://www.sleeponside.org.nz/>



Your Midwife's Number:

Don't hesitate to call. **Do not text.**

**Contact numbers for advice
24 hours/7 days**

Middlemore Hospital 09 276 0262

Botany Birthing Unit 09 259 5032

Papakura Birthing Unit 09 299 9102

Pukekohe Birthing Unit 09 237 0640

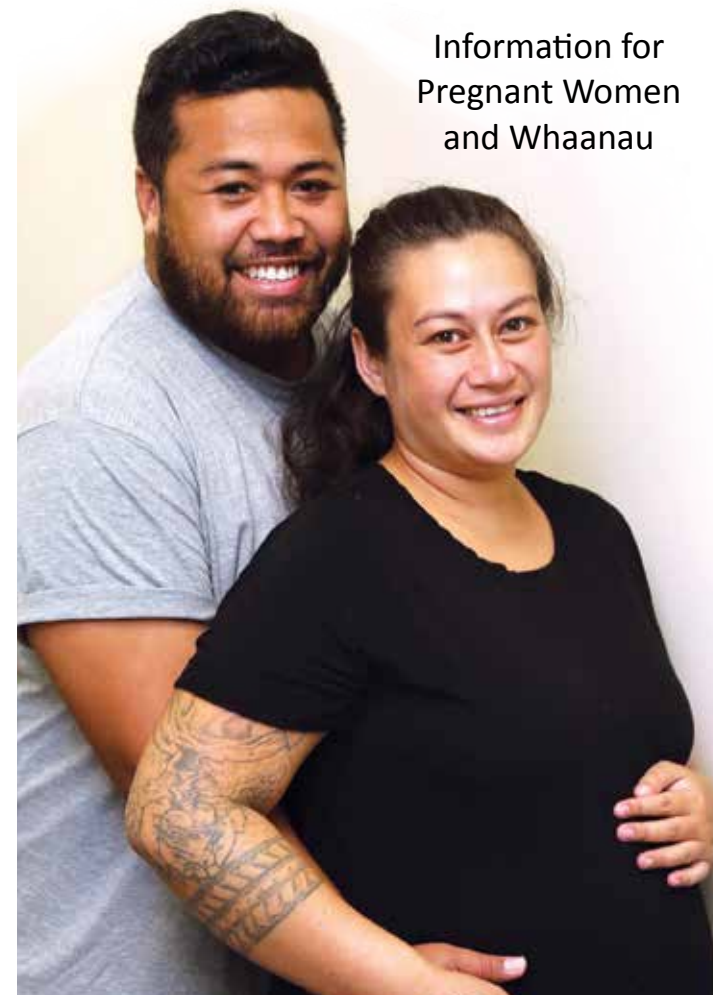


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Baby's Movements Matter

Information for
Pregnant Women
and Whaanau



Women's Health Division



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

Babies start moving early in pregnancy, but at first you will not feel them.

Slowly you will start to feel little flutters, between 16 - 22 weeks, and these will build up to being strong movements as baby grows in size and strength.

How much should my baby move?

There is no set number of normal movements. Your baby will have their own pattern of movements that you should get to know.

It is important to get familiar with the normal pattern for *your baby*.

It is NOT true that babies move less towards the end of pregnancy. Babies do not stop moving because they are due—they keep moving until they are born.

Why are my baby's movements important?

A reduction in a baby's movement can sometimes be an important warning sign that your baby is unwell.

Signs your baby might be unwell are:

- fewer movements (reduced)
- no movements (absent)
- or a change in your baby's normal movements.

Baby's movements matter!

Do NOT WAIT until the next day to seek advice if you are worried about baby's movement.

Call your midwife or nearest maternity unit or hospital right away!

Call, do not text!

We are staffed 24 hours, 7 days a week. It is important for your midwife or doctor to know that baby's movements have slowed down or stopped.

Reporting reduced baby movements. What should I expect?

- We will check your baby's heartbeat using a CTG (cardiotocograph), usually for 20 minutes
- You will have an antenatal check-up
- You may also have an ultrasound scan

What should I do if I find my baby's movements are reduced again?

When you go home you will be advised to be aware of your baby's movements.

If your baby has another episode of reduced movements, you must contact your midwife or hospital straight away.

Your baby's movements matter!