

A midwife or your LMC will take recordings of baby’s heartbeat on a monitor which usually lasts about 20-30 minutes. We will also check your blood pressure and the growth of your baby.

At the hospital a doctor may perform a brief ultrasound scan to check the amount of fluid surrounding your baby.

The midwife may recommend that you have an ultrasound scan soon, possibly within the next 24 hours, as this looks at how big baby is and can also see how much water (liquor) is around the baby. This is another thing that is important.

Reference

¹ Tommy’s “Movements matter—please share”. Filmed [Oct 2016]. YouTube video, 01:24. Posted [Oct 2016]. www.youtube.com/watch?v=0BTHB-DVi8M

PSANZ. Your Baby’s Movements And What They Mean. Accessed Nov. 2016 <https://sanda.psanz.com.au/resources/pregnancy/>

ANZSA. Clinical Practice Guidelines— Management of women who report decreased fetal movements. Accessed Nov. 2016 <https://sanda.psanz.com.au/assets/Uploads/FINAL-DFM-guideline-Ed1V1-1-16Sept2010.pdf>



My baby’s movements

Information for Pregnant Women and Whanau

 COUNTIES MANUKAU HEALTH	Department: Women’s Health	Updated: Sept. 2016
	Approved by: Director of Midwifery	Review: Sept. 2019
	Owner: H.Day, RMO	



Baby movements are a very important way of knowing that your baby is 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

Each baby's movements feel different to any other baby.

Usually, an active baby is a healthy baby.

- Fewer movements (reduced)
- no movements (absent) or
- a change in your baby's normal movements might mean that your baby is unwell.

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

Because movements help you and us to know more about how well baby is, it is important that you;

- Think about how often your baby moves
- Think about whether your baby has a pattern or routine of moving
- Think about the type of movements you feel from your baby

'Movements matter' ¹

Video

<http://bit.ly/2dOlihg>



Is it true that babies move less before labour?

Babies do not stop moving just because they are due – they keep moving until they are born.

It is important to remember that your baby should remain active during your entire pregnancy.

What do you do if you are not sure about your baby's movements?

When did they change or stop?

Remember that normal movements are a sign of a healthy baby.

It is hard to know how many times a baby should move as they are all so different. Experts have found that babies will normally move 10 times or more in every 2 hours.

If your baby's movements remain reduced, absent or still feel different to normal;

- Call your lead maternity carer (LMC) or your nearest maternity unit/hospital right away

We will take your worries seriously.

Tell us all about what is happening – sometimes this feels embarrassing but they could be important details.

What will happen?

You will be asked if you have any problems with your health and whether this is the first episode of reduced fetal movements

You will be asked to come to the maternity unit or hospital.