

My baby's movements

Ko e Ngaungaue 'eku pēpē

Reference/Ngaahi Fakamatala

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>

Information for Pregnant Women and Whanau

Fakamatala ma'ae ngaahi fā'e feitama' mo e fāmili'

Tongan

 <p>COUNTIES MANUKAU HEALTH</p>	<p>Department: Women's Health</p>	<p>Updated: Sept. 2016</p>
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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>



pe ko e fuofua taimi ‘eni ke holo ai e ngaungaue ‘a e pēpē.

‘E fiema’u ke ke lava mai ki he fale fā‘ele’ pē ko e falemahaki’.

Ko e mā‘uli pe ko ho’o LMC te ne lekooti e tā e mafu ho’o pēpē ‘i ha monitoa ‘oku fa’a tolonga pe he miniti e 20-30’. Te mau toe sivi foki mo e pamu e toto’ pehē ki he tutupu ho’o pēpē.

‘I he falemahaki’ ‘e fai ‘e he toketā ha ki’i faka’ata ngāue’aki e ultrasound ke sivi e lahi e vai ‘oku ne ‘ātaki e pēpē.

‘E fakahā atu ‘e he mā‘ulí’ pe ‘oku fiema’u ke fai hao faka’ata ultrasound tomu’a’, ‘i he lolotonga ‘o e houa ‘e 24 ka hoko’, koe’uhi’ ke vakai ki he lahi ho’o pēpē pea ke toe vakai’i foki ‘a e lahi e vai ‘oku ne kofu e pēpē. Ko e taha foki ‘eni e me’a ‘oku mahu’inga’.

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

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.

Ko e ngaungaue 'a e pēpee' ko e founa mahu'inga 'aupito ia' ke 'ilo'i 'oku mo'ui lelei ho'o pēpē.

'Oku kamata vave pe 'a e ngaungaue 'a e pēpē he taimi feitama', ka ko e fuofua taimi' 'oku 'ikai te ke ongo'i ia 'e koe'.

Māmālie pe 'a e kamata ke ke ongo'i hangē 'oku 'aka'aka si'isi'i pe', he vaha'a 'o e uike 16 – 22, pea fakautuutu ai pe ke mālohi 'ene ngaungaue' he tutupu 'a e sino' mo e malohi 'a e pēpē,

Ko e ngaungaue 'a e pēpē taki taha' 'oku ongo kehe pe ia' ki ha pēpē kehe'.

'Oku fa'a pehee', ko e pēpē longomo'ui' ko e pēpē mo'ui lelei ia'.

- Ngaungaue si'isi'i (holoki)
- 'Ikai ngaungaue (hala 'ata) pe
- Ko ha liliu he founa anga maheni e ngaungaue ho'o pēpē 'oku 'uhinga ia 'oku puke ho'o pēpē.

'Oku mahu'inga ke ke alāanga mo e ngaahi tō'onga anga maheni ho'o pēpē.

Koe'uhi ko e ngaungaue 'oku tokoni kiate koe' pea mo kimautolu' kemau 'ilo lahi ange ki he mo'ui lelei e pēpē, 'oku mahu'inga ke ke;

- Fakakaukau ki he lahi e toutou ngaungaue ho'o pēpē
- Fakakaukau ange' pe 'oku 'i ai ha fa'ahinga 'alunga' pe founa tu'uma'u 'a e anga 'ene ngaue'
- Fakakaukau ki he fa'ahinga ngaungaue' 'oku ke ongo'i mei ho'o pēpē.

“Mahu'inga e Ngaungaue”¹

Vitiō

<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

Ko e mo'oni 'oku ngaue si'isi'i e pēpē kimu'a he langā?

'Oku 'ikai tuku e ngaungaue 'a e pēpē koe'uhi' 'oku mei fā'ele'i mai – 'oku nau ngaungaue pe 'o a'u ki hono fā'ele'i'.

'Oku mahu'inga ke ke manatu'i ko ho'o pēpē 'oku totonu ke ngaungaue pe he taimi kakato 'a hono faitama'i'.

Ko e hā ho'o me'a 'e fai' kapau 'oku 'ikai ke ke fakapapau'i 'a e ngaungaue ho'o pēpē?

Ko e fē taimi na'e liliu ai' pe tuku ai'?

Manatu'i ko e ngaungaue anga māheni' ko e faka'ilonga ia 'o e pēpē mo'ui lelei'.

'Oku faingata'a ke 'ilo'i' pe 'oku tu'o fiha e taimi 'oku totonu ke ngaue ai e pēpee' he 'oku nau kehekehe kotoa pē. 'Oku pehē 'e he kau mataotao' ko e pēpē 'oku mei anga maheni 'aki 'enau ngaue tu'o 10' pē lahi hake he houa 'e 2 kotoa pē.

Kapau ko e ngaungaue ho'o pēpē 'oku kei holo pe', hala' pē kei ongo'i kehe mei he anga maheni';

- Telefoni he vave taha' ki he taki ho'o mā'uli tauhi' (LMC) pē ko e fale fā'ele/ falemahaki 'ofi taha'

Te mau tokanga lelei ki ho'o tāla'a'

Fakamatala mai kiate kimautilu' 'a e me'a 'oku hoko' – ko e taimi 'e ni'ihii' 'oku te ongo'i mā', ka 'oku hoko pe ko e ngaahi fakamatala mahu'inga.

Ko e hā e me'a 'e hoko?

'E 'eke atu pe 'oku ai ha ngaahi palopalema fekau'aki mo ho'o mo'ui',