

# My baby's movements

## 'O gāoioiga a la'u pepe

### Reference/Alagā'oa

<sup>1</sup> Tommy's "Movements matter—please share". Filmed [Oct 2016]. YouTube video, 01:24. Posted [Oct 2016]. [www.youtube.com/watch?v=0BTHB-DVi8M](http://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/>

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Information for Pregnant Women and Whanau

Fa'amatalaga mo Tinā Ma'itaga ma le 'Āiga

Samoan

 <p>COUNTIES MANUKAU HEALTH</p>	<p><b>Department:</b> Women's Health</p> <p><b>Approved by:</b> Director of Midwifery</p> <p><b>Owner:</b> H.Day, RMO</p>	<p><b>Updated:</b> Sept. 2016</p> <p><b>Review:</b> Sept. 2019</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’<sup>1</sup>  
Video

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



o gāoioiga a pepe.

‘Ole’ā vala’au atu ‘oe ‘e te susū mai ‘i le falema’i o tinā ma’itō po’o le falema’i fo’i.

‘Ole’ā fuaina ma tusi i lalo e se fa’atōsaga po’o lau Tausi Tinā Ma’itō le tātā o le fatu o pepe i luga o se masini e tusa ma le 20-30 minute le ‘umi. ‘Ole’ā mātou su’esu’eina fo’i le maua luga o lou toto fa’apea ma le tuputupu a’e o lau pepe.

E ono pu’e fo’i e se fōma’i se fā’ata e fa’aaogā ai le leo lē lagonaina (ultrasound scan) e su’esu’e ai le telē o le sua/vai ‘olo’o si’omia ai pepe.

E ono fautuaina fo’i e le fa’atōsaga le faia o sou fā’ata e pu’e i se leo lē lagonaina i se taimi lata ane, manatu o le isi 24 itūlā e soso’o ai, ‘ona ‘o lona aogā lea e iloa ai le lāpo’a o pepe ma e iloa ai fo’i le tele o le suāvai ‘olo’o si’omia ai le pepe. ‘O se mea aogā tele fo’i le iloa o lenei mea.

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.

### **'O gāoioiga a pepe 'o se vāega tāua e iloa ai 'olo'ola mālōlōina lau pepe.**

E 'āmata ona gāoioi pepe i le 'āmataga o le ma'itō, 'ae e tau lē lagonaina. 'Ae fa'asolosolo lava ona 'e lagonaina, i le va o le 16 – 22 vaiaso, ma 'ole'ā fa'asolosolo lava ina mālolosi gāoioiga 'a'o tuputupu a'e pepe i lona lāpo'a ma lona mālosi.

'O gāoioiga a se pepe, e 'ese mai gāoioiga a isi pepe. 'O le pepe e gāoioi so'o, 'o se pepe e ola mālōlōina.

- Tau leai ni gāoioiga (fa'aitiitia)
- Leai ni gāoioiga (leai se mea) po'o
- 'o se suiga i gāoioiga māsani e ono masalomia ai 'ua lē 'o mālosi lau pepe.

### **E tāua lou iloa lelei o gāoioiga māsani o lau pepe.**

Talu ai le tāua o gāoioiga a pepe e fesoasoani ai 'iā te 'oe ma i mātou e iloa lona malosi, 'o le mea lea e tatau ai ona 'e;

- Māfafau lelei i taimi 'uma e gāoioi ai pepe
- Māfafau pe iai ni aga fai so'o i ana gāoioiga
- Māfafau i itū'āiga gāoioiga 'e te lagonaina mai lau pepe

“E Tāua Gāoioiga”

Ata Viteo

<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

### **E moni le tala e fa'apea e itiiti gāoioiga a tamaiti pepe 'ae le'i o'o i le taimi o le fa'atigā?**

E lē taofia le gāoioi o tamaiti pepe tusa lava pe'ā lalata i le taimi e fānau ai – e gāoioi lava se'ia o'o i le taimi e fānau ai.

E tāua lou manatua pea e tatau ona 'o le tumau o le gāoioi o pepe i le taimi 'ātoa 'a'o 'e ma'itō.

### **'O le ā lau mea e fai pe'āfai 'e te lē 'o mautinoa gāoioiga a lau pepe?**

#### **'O anafea na sui ai pe lē toe lagonaina ai fo'i?**

'Ia manatua, 'o gāoioiga māsani 'o fa'ailo nā o se pepe 'olo'ola mālōlōina.

E faigatā ona 'iloa pe fa'afia ona gāoioi pepe 'auā e 'ese'ese 'uma lava pepe. 'Ua maua i sa'ili'iliga a le 'auatamamai e fa'apea e māsani lava ona gāoioi fa'asefulu pe sili atu fo'i pepe i le ta'i 2 itūlā.

#### **'Āfai e fa'asolosolo pea le fa'aititia o gāoioiga, pe 'ua leai fo'i pe lagona le 'ese mai i le mea e māsani ai;**

- Vala'au lau Tausi Tinā Ma'itō po'o le falema'i o tinā ma'itō o latalata ane i se taimi vave lava

'Ole'ā mātou talia aloa'ia ou popolega.

Ta'u mai le mea 'olo'ola tupu – 'o nisi taimi, e tau oso ai le matamuli 'ae e tāua nisi o nei fa'amatalaga au'ili'ili.

#### **'O le ā le mea e tupu?**

'Ole'ā fesili atu pe 'o iai ni fa'alētonu 'o 'e lagonaina i lou soifua mālōlōina ma pē o le taimi muamua fo'i lea 'ua lagonaina ai le fa'aititia