

Baby Movements

Information about normal baby movements

Baby movements (flutters, wriggles or kicks) are a sign your baby is healthy. You will start to feel some movements between 16 and 22 weeks. At first you may not feel baby movements often. The movements become more frequent and stronger as your baby grows. You may also feel baby hiccups.

Babies do not move all the time

Babies have active times and sleep times. Some babies are more active in the day, some are more active in the evening. Regular movement patterns continue throughout your pregnancy and during labour. Talk to your midwife or doctor about your baby's movement pattern at your regular checkups. A change in your baby's movement pattern with weaker or fewer movements or no movements can sometimes be the only sign your baby is unwell and at risk of stillbirth.



Get to know your baby's movement patterns

From 28 weeks spend time getting to know how and when your baby moves. Your baby will move more when you are relaxed. You may not notice movements when you are busy. Every day think back and reassure yourself that you have felt your baby moving as usual. From 28 weeks it is important that you sleep on your side to ensure that baby is getting a good supply of oxygen, lying on your back can cause dizziness.

If you are concerned

After 28 weeks if your baby has weaker or fewer movements or no movements, **contact your LMC Midwife or Doctor straight away. Do not leave it to the next day or your next appointment.**

Your LMC will discuss what to do next. You may need to go to the hospital to check your baby's heartbeat. These checks are usually normal and you can go home reassured.

Even if you have been to hospital before to check your baby, if their movements slow or stop call your doctor or midwife again, no one will mind.

If your LMC or their back-up is not available, contact:

North Shore Hospital	09-486 8920 ext. 42898
Waitākere Hospital	09-837 6605
Helensville	09-420 8747
Warkworth	09-425 8201
Wellsford	09-423 7682

Classification number: 010-02-01-033 (Review date: July 2026)