

How often should my baby move?

There is no set number of what is normal. Each baby has a pattern of moving that is unique. You will get to know that pattern.

Baby movements can be anything from a kick or a flutter to a swish or a roll.

You usually will start feeling your baby move when you are between 16 to 24 weeks pregnant.

If you visit the Maternity Unit more than once because you're feeling less movement from your baby, your maternity team may talk to you about doing extra tests to learn more about your baby's health.

Once you start feeling movement, you should feel your baby move regularly until they are born.

Eating or drinking does not make babies move more.

Babies do not move less towards the end of the pregnancy.

Movements Matter video

Myths and facts about baby movement during pregnancy (English only).



Flutter Care

A way to track your baby's movements. Includes resources for each stage of pregnancy.



What should I do if the movements change?

Go directly to the Maternity Unit:

- If your baby moves less or not at all
- Any time you are concerned about your baby's movements

Come in **every time** you feel your baby's movements have changed - even if this is not your first time. You are not wasting the nurses' time.

- Do not wait until your next appointment, or the next day.
- Do not rely on home listening devices.

What are they going to do for me at the hospital?

They will:

- Check your baby's heartbeat pattern
- Measure your belly to assess your baby's growth
- Notify your doctor or midwife of your visit

They might:

- Do an ultrasound scan of your baby
- Take a blood sample from you

This information does not replace the advice given to you by your healthcare provider.

This document has been adapted with permission from Fraser Health.

Baby's Movements

Your intuition matters!



Why are my baby's movements important?

When you notice your baby's movements every day, it can help you learn what is normal for your baby.

If your baby starts moving less often (or stops moving) it could be a sign that something has changed with their health.

How do I count my baby's movements?

Your intuition matters! Your sense of how your baby is moving is the best way to spot any changes.

Babies usually move in “episodes”. For example, a roll followed by a kick. When your baby moves 2 or more times with less than 30 seconds between moves, this is one (1) movement episode.

There is no one correct way to count. Here are some suggest ways:

1. Lie down, either on your side or get into a semi-sitting position and quietly focus on your baby.
2. Place one hand on your abdomen (belly). This helps you to feel your baby's movements.
3. Note the time you start counting.
4. Count movement episodes.
5. Stop counting once you have felt 6 movement episodes or at the end of 2 hours, whichever comes first.

Go directly to the Maternity Unit right away in either of these situations:

- You feel less than 6 movement episodes in 2 hours.

OR

- You feel your baby is moving less than what is normal for them.

Date				
After 2 hours, my baby's movements feel:	☐ Normal ☐ Less than normal ☐ More than normal	☐ Normal ☐ Less than normal ☐ More than normal	☐ Normal ☐ Less than normal ☐ More than normal	☐ Normal ☐ Less than normal ☐ More than normal
Start time				
Stop time				
Number of movement episodes				

Date				
After 2 hours, my baby's movements feel:	☐ Normal ☐ Less than normal ☐ More than normal	☐ Normal ☐ Less than normal ☐ More than normal	☐ Normal ☐ Less than normal ☐ More than normal	☐ Normal ☐ Less than normal ☐ More than normal
Start time				
Stop time				
Number of movement episodes				

Date				
After 2 hours, my baby's movements feel:	☐ Normal ☐ Less than normal ☐ More than normal	☐ Normal ☐ Less than normal ☐ More than normal	☐ Normal ☐ Less than normal ☐ More than normal	☐ Normal ☐ Less than normal ☐ More than normal
Start time				
Stop time				
Number of movement episodes				