

## Feeling baby movements

In this leaflet you will find information about what the movements of your baby mean. There are also a number of tips about how you can check yourself whether the baby is making enough movements.

### **What do the baby movements say about the baby's condition?**

The baby receives all nutrients via the placenta. As long as this supply is good, the baby will move well. If the placenta is not working properly, the baby must save energy and will therefore start to move less.

### **When will you start feeling the baby move?**

Feeling baby movements starts around the second part of the pregnancy. Women who have had babies before will feel their baby sooner than women who have their first pregnancy. From week 27 it is important that you feel your baby move every day.

### **Variation in the movements**

Feeling baby movements may vary a lot. One baby is much more active than the other. You will feel less movement if you are busy yourself. For a large part of the day the baby sleeps and you will not feel any movements. The periods of sleep become longer as the pregnancy progresses. At the end of the pregnancy the baby will have less room to move and for this reason you will feel less movement in the final weeks of your pregnancy.

It is important to take any major changes in the movements seriously, in particular if the baby is moving a lot less than you are used to.

### **How often should I feel my baby move?**

- At least 10 times spread out during the day, when you are doing your daily activities.
- At least 10 times within 2 hours, when you are resting and focused on the baby's movements.

Please note: several movements at the same time count as one baby movement. The baby's hiccups do not count as movements.

### **When should you contact the person treating you, the midwife or gynaecologist?**

- If you have any concerns or doubts about the number of baby movements.
- If the baby suddenly moves a lot less than you are used to.
- If you have not felt your baby move at all for 2 hours while you were resting and focusing on the movements.

Please contact the Obstetrics Department on telephone number 020 - 755 6648. If you get no reply, phone the general number of the Amstelland Hospital, telephone number 020 - 755 7000.

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**Notes on this leaflet**

If any information in this leaflet is unclear or incomplete, please notify us. You can share your remarks with us via [voorlichting@zha.nl](mailto:voorlichting@zha.nl).