

Maternity

Movements Matter: Your baby's movements in pregnancy



Fetal Well Being Unit: 02476 967427

Open Monday to Friday: 7:30am - 8:00pm, Saturday and Sunday: 9am - 5pm

Labour Ward Triage: 02476 967333 - Open 24 hours

What are normal movements?

Most women start to feel their baby move between 18 to 20 weeks of pregnancy. Some women may feel movements later than this. Baby movements can feel like a kick, flutter, swish, or roll. These movements may feel different as your baby grows.

How often should my baby move?

There is no set number of movements that is normal. Each baby has their own movement pattern. You will start to notice what is normal for your baby. Babies have sleep times when they do not move. These usually do not last longer than 90 minutes. Movements often increase until 32 weeks of pregnancy and then stay about the same. You should keep feeling your baby move right up until you go into labour, and during labour too.

Why are my baby's movements important?

Feeling your baby move helps reassure you that they are well. If your baby moves less than usual, or their movement pattern changes, this can sometimes be a warning sign that baby is unwell. Changes in baby's movement can be linked with stillbirth. This can happen in any pregnancy, but most women who notice a change in their baby's movements go on to have a healthy baby. This leaflet is here to help you know what to do if you are concerned about your baby's movements.



What should I do if I am worried?

If you are **less than 26 weeks pregnant**, contact your community midwife at your GP surgery. They will try to see you as soon as possible.

If you cannot reach your midwife, call the community midwives office.

Community offices are open Monday to Friday, 8am to 4pm:

- **Coventry:** 02476 967424
- **Rugby:** 01788 663184

If it is out of hours, call the Labour Ward Triage on 02476 967333.

If you are more than 26 weeks pregnant, contact the Fetal Well Being Unit on 02476 967427 or Labour Ward Triage on 02476 967333. They will arrange to see you as soon as possible.

What will happen when I am seen?

The care you are given will depend on your stage of pregnancy.

If you are less than 26 weeks pregnant, the midwife will listen to your baby's heartbeat and do a full antenatal check-up. If there are any concerns, you might be asked to go to hospital the same day for more checks.

If you are more than 26 weeks pregnant, the Fetal Well Being Unit or Labour Ward Triage will listen to your baby's heartbeat and do a full antenatal check-up. They will use a machine to monitor your baby's heartbeat. This can last up to an hour and shows how well your baby is doing. Many babies start to move normally after this, and you can usually go home. Sometimes, you may need to see a doctor or have an ultrasound scan.

What if my baby's movements reduce again?

If you are still worried after you go home, contact Fetal Well Being Unit or Labour Ward Triage straight away. This is important even if everything was normal when you were seen. Do not worry about calling more than once. You should always ask for advice if you are concerned.

Do not wait until the next day to get help if you are worried about your baby's movements.

In England, 1 in every 200 babies are stillborn.

Your baby's movements are an important way of knowing they are well.

Patient Information

The Trust has access to interpreting and translation services. If you need this Information in another language or format, please contact 02476967213 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

www.uhcw.nhs.uk/feedback



Document History	
Department:	Maternity
Contact:	02476967213
Updated:	February 2026
Review:	February 2029
Version:	3
Reference:	HIC/LFT/2361/19