

my body

## baby's movements

### When should I feel my baby move?

**Most pregnant people start to feel their babies move between 16 and 22 weeks, but it might be later than that.** Many people describe it as a fluttering sensation, but every pregnancy is a little different.

Around 28 weeks, your baby will have developed a predictable pattern of movements. Get to know your baby's routine. When your baby moves like they normally do, everything is probably fine.



### Feeling fewer movements than usual?

You know your baby best. It's possible your baby changed positions, is sleeping, or is just having a quieter day. **But if you're feeling fewer or different movements from your baby, you should not ignore it.** This is where fetal movement counting can be helpful. If you are at least 28 weeks pregnant and are not feeling any movements when your baby is normally active, or are noticing less movement than usual, check in with your baby by trying the process to the right.

#### How to do baby movement counting

- Have a snack and cold beverage to wake your baby up.
- Set a timer for an hour. Lie or sit down and concentrate.
- Over the course of the hour, count how many times you feel your baby move.
- If you don't feel your baby move at least five times in an hour, call your midwife.

Source: <http://www.midwiferygroup.ca/downloads/third/Fetal%20Movement%20Counting.pdf>