



Information folder

Recognizing movements

Get to know your baby

Recognizing your child's movements is a good habit. We recommend you to pay attention to your baby's movements every day. You can start this between being pregnant for 26 to 28 weeks. In this folder you will find information about what the movements of your baby mean and a few tips to check the well-being of your baby. Some mothers will feel less movement than others. The reason for this might be that the placenta is located at the front of the uterus. Furthermore it might be that the mother has a higher BMI.

What does the baby do

Your baby is active throughout your whole pregnancy. Your baby will make vigorous and less vigorous movements. It's also possible to feel small rhythmic movements such as hiccups. You can feel most of the movements during the third trimester of your pregnancy. There can be big differences in how often, when and how hard the baby moves. Every baby has its own pattern.

Learn to recognize movements

The best way to recognize the movements is to lie down or sit back relaxed with your hands on your belly. This makes it possible to fully concentrate yourself on the movements that you feel. It's best for this to take the baby's most active period of the day. Most mothers will quickly recognize the movements and realize that the baby is moving normally.

What do the movements of your baby say about his well-being?

Your baby gets everything it needs through the placenta. As long as your placenta is functioning properly, the baby will move well. This is a sign that everything is fine. With a reduced placental function, the energy of your baby decreases and therefore the baby will move less. It's important that you notice this. In the womb, the baby often sleeps and during this sleep it will hardly move. The period of sleep increases as the pregnancy progresses, but rarely will it be longer than one hour at a time.

How much should your baby move? What do you need to do when the number of movements decreases?

If you have consciously felt the movements for 2 weeks (between the 26th and 28th week of your pregnancy), you will have noticed that it varies a bit from day to day. The most important thing to notice is if there's a marked and permanent reduction in your baby's normal movement pattern. As the pregnancy progresses, the space in which the baby moves becomes smaller. The baby can move less vigorously, but should not move less often. If you think this is the case, we ask you to report this immediately to your midwife.

In any case, get in touch with the midwife:

- If the baby has not moved for four hours or not commented on your touches. If this happens, **NEVER** wait until the next day
- If the baby is moving less during the day and you feel too little activity.