

DOES BABY MOVE?

INFORMATION FOR PREGNANT WOMEN

It is reassuring and very important to feel your baby's movements every day. However, your baby can have rest periods. Without worrying too much, here are some helpful tips concerning foetal movement. You can start to count fetal movement between 26 to 32 weeks.

SHOULD MY BABY BE MOVING EVERY DAY?

Your baby should move multiple times daily. You might even notice a pattern or favorite times of the day. However, your baby should never spend more than an hour without moving. This being said, it is normal for you not to be aware of this at all times.

Thankfully, your baby will have regular rest periods, ranging from 20 to 40 minutes, but never more than 90 minutes.

IF YOU ARE UNDER THE IMPRESSION THAT YOUR BABY IS NOT MOVING ENOUGH, FOLLOW THESE THREE SIMPLE STEPS:

- A. Place yourself in a comfortable position, semi-lying, and place your hands on both sides of your abdomen. Think of staying hydrated and, if needed, having a light snack.
- B. You should count **6 foetal movement in 2 hours or less.** Sometimes, it will only have been a few minutes (20 minutes) and your baby has already moved enough.
- C. If your baby still has not moved, or has moved less than six times in two hours, **DO NOT HESITATE** to come to the obstetrics department or the GARE clinic (high risk pregnancy clinic), both on the 3rd floor of the Gatineau Hospital.

Trust your judgement, and stay calm. Most of the time, the babies are doing fine. On arrival, the staff will assess your baby's heart rate and look for foetal movement indication using electronic foetal monitoring. If everything is normal, you will be able to go home.

IS THE STRENGTH OF THE FOETAL MOVEMENTS IMPORTANT?

The force with which the baby moves and kicks is not important, as long as you are sure that it is regular. Some babies will be more active and vigorous while others might be gentler.

CAN THE BABY STOP MOVING TOWARDS THE END OF THE PREGNANCY?

No, quite the contrary. Your baby should be moving right up until the very end of your pregnancy. Even if there is a little less space as your baby gains weight and becomes more engaged in the pelvis, movements should still be present, though they might feel different to you.

IF YOU HAVE ANY QUESTION, DON'T HESITATE TO CONTACT US

High risk pregnancy clinic (GARE) :

819-966-6207

(Monday to Friday 8:30 to 16:00)

Obstetric departement :

819-966-6395

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(At all time)