

## IS BABY MOVING?

### INFORMATION FOR PREGNANT WOMEN

It is reassuring and very important to notice your baby's movements on a daily basis. However, it is important to note that your baby also has periods of rest and sleep. Perception of fetal movements may begin between 16 to 20 weeks, although the timing may vary from person to person.

Movement perception represents only a portion of actual fetal movements because pregnant women feel only 40% of fetal movements at term. Several elements can influence the perception of fetal movements: gestational age, placental location, baby's position, multifetal pregnancy and amniotic fluid volume.

There is no ideal duration of fetal movements or set duration for movement counts. **If you have a perception of reduced fetal movements, do not hesitate to consult.**

Here are some useful tips for all pregnancies from the 26<sup>th</sup> WEEK and onwards.

### DOES THE BABY NEED TO MOVE EVERY DAY?

All babies will be more or less active during different periods. It is wise to pay close attention to any changes in your baby's usual activity level, especially during the third trimester.

Try to be attentive to baby's behaviour and their usual activity periods. Your baby should move several times a day, at its own pace and preferred moments. However, there should never be an hour without movement. But, rest assured, it is normal not to pay attention all of the time.

### IF YOU FEEL LIKE THE MOVEMENTS HAVE DECREASED, DO THE FOLLOWING:

- Stop your activities, sit comfortably in a semi-recumbent position and place your hands on each side of your abdomen. If necessary, hydrate and have a snack.
- If you think your baby is moving less than usual, follow your intuition and contact the obstetrics department for further evaluation.

**In the majority of cases, the babies are fine.** Upon arrival, we will begin an assessment with a recording of your baby's heart rhythm. If all goes well, you will be able to return home.

## **DOES THE STRENGTH OF MOVEMENTS MATTER?**

Not really, but as long as you are sure that your baby is moving regularly. Some babies are more active and vigorous, while others make gentler movements.

## **CAN THE BABY STOP MOVING AT THE END OF THE PREGNANCY?**

No. Your baby should move until the end of the pregnancy. Obviously, the baby will gain weight and may start to engage in the pelvis. Their space will be more restricted and the sensation of movements may change, but this does not prevent them from moving regularly.

**Clinique G.A.R.E. (High risk pregnancy clinic): 819-966-6207**  
(Monday to Friday from 8:30am to 3:30pm)

**Birth unit:** 819-966-6395  
(24 hours a day, 7 days a week)