

#movementsmatter



Your baby's movements matter.

You will start to feel your baby move between **weeks 16 and 20** of your pregnancy. Most babies **settle into a pattern by 24 weeks**.

There is **no set number of normal movements**. It's important to get to know your baby's own pattern of movements.

Babies do not move less towards the end of pregnancy.

If your baby's movement pattern changes, it may be a sign that they are unwell.

If your baby's movement pattern slows, CONTACT YOUR MIDWIFE OR DOCTOR IMMEDIATELY. DO NOT put off calling until the next day.

FIND OUT MORE: movementsmatter.org.au or speak to your health professional.

We thank Tommy's UK for allowing us to adapt their campaign for our purpose. Contact us at stillbirthcre@mater.uq.edu.au

