

## Your Baby's Movements

### First Movements

Feeling your baby move for the first time is a wonderful and magical experience. Women start feeling faint movements anywhere between 15 and 20 weeks of pregnancy. These movements have been reported to feel like butterfly flutters, bubbles, gas or tumbling motions. This can be a very exciting time for a mother as feeling your baby move can help you to feel more connected to and your baby.

### Expectations of Baby's Movements

Starting at 28 weeks of pregnancy, your baby should move regularly throughout the day. This is not to say that your baby will move all the time. Babies sleep for up to 80 minutes at a time and therefore there may be times when you do not feel your baby move as much. However, you should feel your baby moving throughout the day, and you may begin to notice a pattern. If you are concerned that your baby is not moving at all, or is moving less frequently than you've noticed before, take some quiet time to count movements.

### Movement Counting

A well baby in pregnancy will have at least 6 different movements in a 2-hour time period. If you are concerned about your baby's movements, find a quiet place where you can sit down, focus, and count your baby's movements. Have a cold glass of water or juice and snack first to see if this helps your baby to wake up. Put your hands on your stomach. Each kick, shove or shift is considered one movement. Once you count 6 movements you can stop counting and be reassured that your baby is well. If you get to 2 hours and have not felt 6 movements, page your midwife right away, any time of day.

### What happens if I do not feel six movements in two hours?

If you have not felt **6 movements in 2 hours**, or have not felt any movements, page your midwife. She will see you in person to do a Non-Stress Test (NST) either at the hospital or in the clinic.