

Fetal Movements are Important

- Feeling your baby move in a regular pattern is a sign that they are well.
- A change in baby's movements might be a warning sign that they are unwell.
- There is no set number of normal movements your baby should have. Each baby is unique. The best way to recognize your baby's movements is to "get to know" your baby.
- **MYTH:** Babies movements decrease close to term.
- **FACT:** Babies continue to move until your delivery. These movements may feel different as the baby grows larger.

Fetal Sleep

Babies can sleep for up to 40 minute periods in pregnancy.



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Go to your closest Birthing Unit or Healthcare Facility **IMMEDIATELY** if you think your baby's movements have slowed or stopped. Do not hesitate.

Trust your intuition.



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Consider using this [fetal movement form \(SHA 0641\)](#) to help monitor your baby's movements.



<https://www.saskhealthauthority.ca/system/files/2025-10/SHA-0641-Fetal-Movement-Counting.pdf>



[saskhealthauthority.ca](https://www.saskhealthauthority.ca)

Healthy People, Healthy Saskatchewan

Fetal Movements

Information and Instructions



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Fetal Movements

You might start to feel your baby move around 16 to 20 weeks of pregnancy. Some people feel movements sooner. By 26 weeks, most people will notice baby's movements in a regular pattern and is a sign that they are doing well. These movements are called fetal movements.



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Fetal Movements can be:

- fluttering
- kicks
- rolling
- twisting

Instructions

- Pay attention to your baby's movements every day once you are 26 weeks pregnant. It helps to do this when your baby is most active. You might notice the baby move more when you are less busy during the day.
- **Do not** use hand held monitors, Doppler's or phone apps to check your baby's health.
- **Do not** wait until the next day if you are worried about your baby's movements.



Pay attention to fetal movements every day by 26 weeks

What to do if you are unsure about your Baby's Movements:

- Go to the bathroom
- Sit or lie down in a comfortable position
- Put your hands on your belly to help feel movement
- Sit quietly and focus on your baby

When should I get help?

Go to your closest Birthing Unit or Healthcare Facility **IMMEDIATELY** if you think your baby's movements have slowed or stopped. Do not hesitate. Trust your intuition.

When you arrive at the Birthing Unit or Healthcare Facility?

Bring your health card and prenatal records with you. The staff check your baby's heartrate using a monitor to do a Nonstress Test and /or an ultrasound. If the facility is not able to do this, arrangements are made for you to go to the closest site that is able to perform these tests.

Healthline 811

24 hour professional health advise and information. **Dial 811 from any phone.**

