

If you still have any worries, ring or visit your midwife or doctor straight away. Don't wait till the next day.

Most of the time, your midwife or doctor will check baby's heartbeat and bub's tests will be normal. But sometimes, in a very small number of women, not feeling bubba move may be a sign that bub is unwell and needs to be checked.

You should yarn with your midwife or doctor at the hospital if:

- Bubba doesn't move at all one day. If this happens, ring or visit the clinic or hospital **that day or night**. Don't wait until the next day.
- Bubba kicks less and less over one day, or
- You feel bubba is not moving enough.

Who to Call: _____

Their number is: _____

We hope this has helped you get to know what bubba's movements mean.

You can find out more at:

www.stillbirthalliance.org.au/guideline4.htm

Acknowledgments

This brochure was originally compiled in 2010 by health researchers from the Australia and New Zealand Stillbirth Alliance (ANZSA) in consultation with ANZSA member organisations and the Queensland Centre for Mothers and Babies.

It has since been adapted by researchers at the Mater Research Institute, The School of Population Health - The University of Queensland and The Institute for Urban Indigenous Health, in consultation with an Indigenous Reference Group for Stillbirth Prevention in Brisbane, Australia.

Artwork on this brochure was created by midwife and new mother Tara Denaro. Tara is a Muninjahli woman whose family is from Beaudesert. The border artwork represents 'A mothers journey'. The artwork within the brochure acknowledges grandmothers, and the role they play as 'midwives' cradling the next generation. 'Our mothers, Aunties and grandmothers teach us how to birth and care for our children.'

ANZSA now functions as part of the Perinatal Society of Australia and New Zealand (PSANZ), as the PSANZ Stillbirth and Neonatal Death Alliance.

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Pregnancy

Bubba's Movements And What They Mean



Pregnancy—bubba’s movements and what they mean

This brochure tells you about bubba’s movements and helps you understand their special ‘language’. It also gives some tips on bubba’s health and how to check on their movements.

What’s bubba doing in there?

Bubba will move around a lot in your belly. You will first feel bub move when you are between 16-22 weeks (4-5 months). The first movements may only feel like a little flutter or having wind.

At the start you won’t feel baby move very much. As bubba grows, you will start to feel movements more and more.

You won’t feel little movements like:

- Thumb-sucking
- Stretching fingers or toes

You will feel bigger movements like:

- Kicking
- Rolling
- Hiccups.



What do movements have to do with bubba’s health?

An active bubba is a healthy one. Some women may not feel bubba move as much as others, even if bub is doing well.

How much should bubba move?

Being aware of bubba’s movements every day is a good habit to have in pregnancy.

From 28 weeks (7 months) spend some time every day checking on bubba’s movements.

You’ll feel baby move less when you:

- Stand
- Walk around, or
- Are busy doing other things.

You’ll feel baby move more when you:

- Relax
- Sit down, or
- Lay down.

Will bubba move less before labour?

Bubba will move throughout your pregnancy and keep moving up to birth.

Will bubba move all the time if they’re healthy?

Bub will not move all the time, even when they are healthy. Bubba will be quiet or asleep at short times during the day. Before birth, bubba will wake and sleep like a newborn. If bub is not moving at a time when they are usually moving, it may be good to check on bubba’s movements.

How to check bubba’s movements.

When a healthy bub is awake they will move about 10 times in two hours.

If bub moves less than this, check their movements by:

- Sitting in a quiet place, and
- Focusing on feeling bubba move.

