



# Your baby's movements matter.

You will start to feel baby movements between 16 and 24 weeks of pregnancy. The movements are small at first but you will feel them more and more as baby grows. **From 28 weeks onwards, you should feel regular baby movements every day, regardless of where your placenta lies.**

It is easier to feel your baby's movements when sitting quietly or laying on your side, especially in the evening.

**Babies continue to move every day, right up until their birth.**

**Feeling regular baby movements is a sign that your baby is well.**



**If your baby's movements stop or slow down, contact your maternity healthcare professional without delay. DO NOT WAIT until your next appointment, or the next day.**

**FIND OUT MORE: [saferbaby.org.au](https://saferbaby.org.au) or speak to your healthcare professional.**

We thank Tommy's UK for allowing us to adapt their campaign for our purpose.  
The list of organisations who have contributed to development of, and endorsed this resource, can be accessed via: [saferbaby.org.au](https://saferbaby.org.au)