

# Your Baby's Movements

Healthy unborn babies move a lot. Some babies are more active than others.

By 28 weeks of pregnancy, most people know how their babies move and the times of the day when their baby is more active.

**Pay attention to your baby's movement pattern.** This pattern should continue right up until your baby is born. You know your baby's pattern of movement better than anyone else.

You might feel your baby:

- kicking, fluttering, twisting, rolling, and turning.
- sleeping (not moving) for up to 40 minutes at a time.

If you feel your baby stop moving or moving less for long periods of time, you may need to see a healthcare provider.

## When to Call a Provider—

- ⚠️ **If you don't feel 10 movements in 2 hours**, call your provider or OB Triage (272-2460).
- ⚠️ **If your baby is moving a lot less**, call your provider or OB Triage (272-2460) within 12 hours.

## How to Count Your Baby's Movements

1. Eat or drink something.
2. Lay on your side.
3. Write down the time you start.
4. Place your hands on your belly and notice when your baby moves. Any movement counts! (twists, turns, kicks, etc.)
5. Count until you reach 10 movements.
6. **If you don't feel 10 movements in 2 hours, call OB Triage at 272-2460.**

## Important Phone Numbers

**OB Triage:** (505) 272-2460

**Your Provider:** \_\_\_\_\_

