



Movements Matter



✓ From 16 weeks you should start to feel your baby's movements increase up until 32 weeks. Movements then stay about the same until your baby is born.

✓ A reduction in your baby's movements could be nothing to worry about, but if you notice a reduction, call your midwife immediately.




✓ If your baby's movements reduce again, call your maternity team, no matter how many times this happens. You should be asked to go in for assessment.

✗ Don't rely on home dopplers, hand-held monitors or phone apps to check your baby's wellbeing. They don't give a true picture of your baby's health.

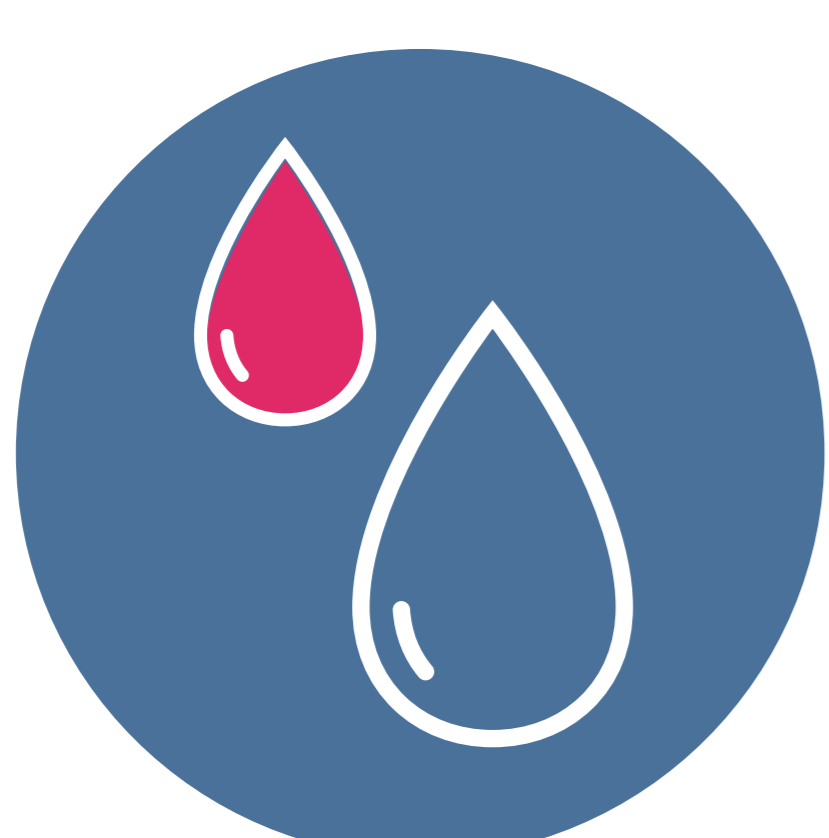
✗ Babies should not move less towards the end of pregnancy or during your labour.

 **Call your Maternity Unit...**

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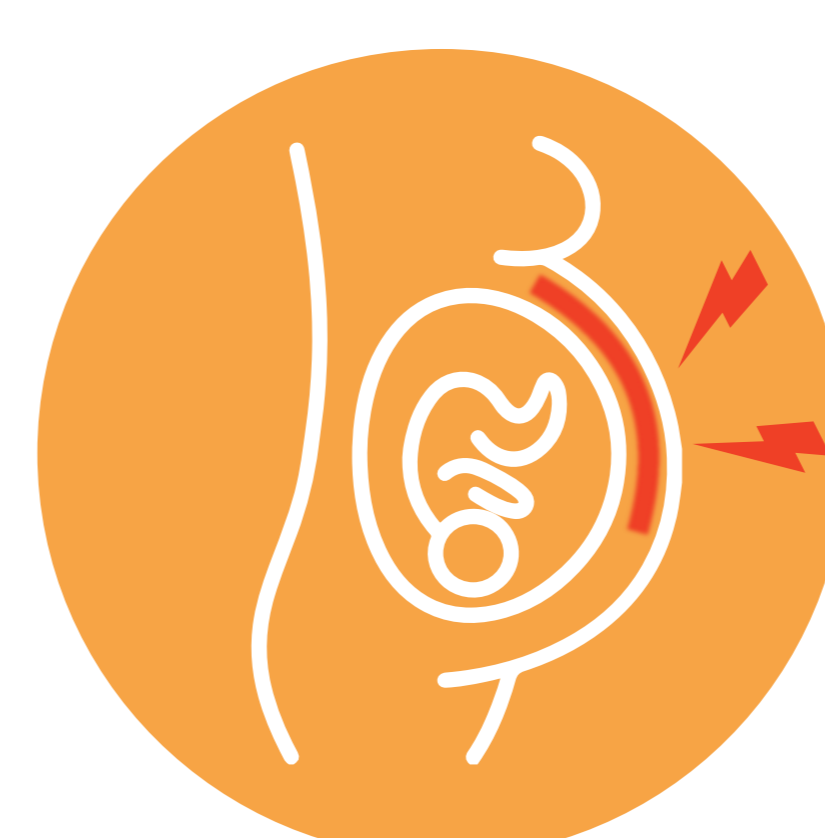
Immediately if you have:



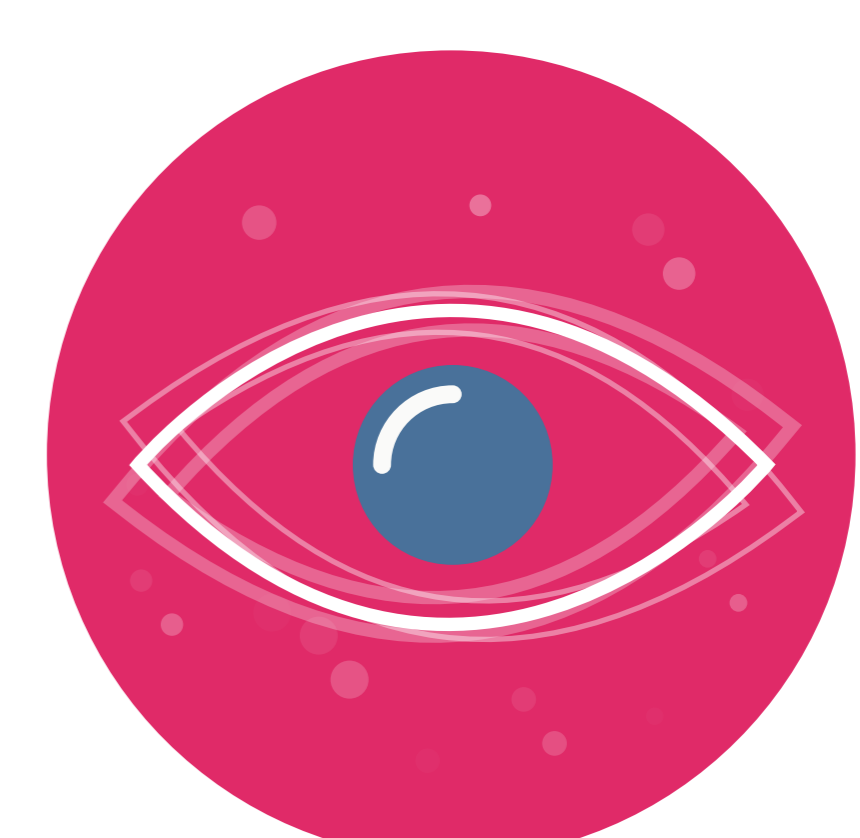
any **bleeding** or **leaking of fluid** (clear or any colour)



a high **temperature**



severe pain just below the ribs in the middle of your tummy



problems with vision (blurring, flashing lights or spots, difficulty focusing)



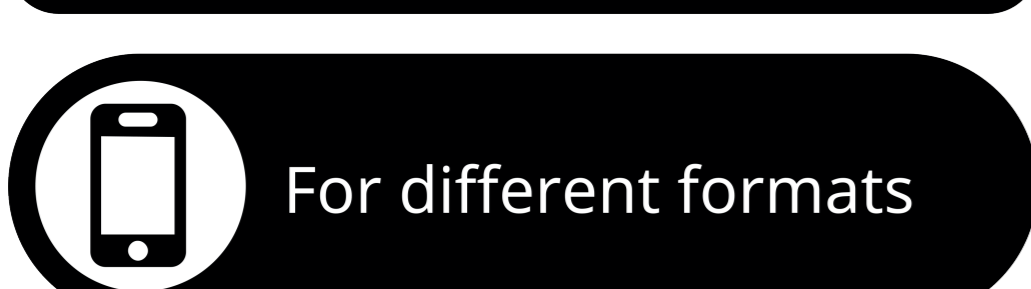
a persistent **headache**



obvious **swelling** of your hands and face, or upper body

Within 24 hours if you have:

- **itching** (hands, feet or anywhere else)
- **abnormal discharge**
- **soreness** around your vagina



Helping to reach the government's ambition of halving stillbirths by 2025