



# Fetal Movement

Most pregnant women start to feel their baby move between 18 and 24 weeks.

Initially, this movement is very brief and sporadic. It may even be mistaken for intestinal gas. First-time moms or those with a placenta on the front of the uterus (anterior placenta) have a harder time feeling movement early on.

## What is normal

Movement may not be consistent until around 28 weeks. At this point in the pregnancy, most moms have some idea of the pattern of movement that is normal for her baby. Every mom perceives movement differently, and some babies move more than others.

All movement is considered good movement! There is no such thing as “too much” movement, and hiccups are also completely normal. On the other hand, too little movement can be an indicator that there is a problem with blood flow to the baby.

There is no consensus regarding the appropriate amount of fetal movement (or how many “kicks” per hour is normal). Most moms will feel at least 10 movements in two hours, but there are times when baby will move less than this; that is still normal.

Babies in the womb do have periods of sleep. Baby sleep cycles can last up to 40 minutes, and you may not feel any movement during this time. Sleep cycles can occur at any time of the day or night. Often, your baby will be most active at night or when you are at rest.

## If you have concerns about baby’s movement

If you feel like your baby is moving less than usual, it may be that you are simply having a busy day and have not been aware of the movement.

In order to determine if the baby is moving normally, we recommend doing a kick count:

- Start by having something to eat, and drink some water or juice.
- Then make sure you are resting in a quiet space with no distractions—not even your phone.
- Pay close attention to the baby’s movement.
- If the baby is in a sleep cycle, it may take 30 to 40 minutes to start feeling good movement.

If you do not detect movement after 40 minutes, **call the office – do not send an NM MyChart message.** NM MyChart messages are only checked during business hours and should only be used for routine questions.

## If you have concerns:

During office hours (8:00 am to 4:30 pm), call 312.695.7382 and ask to speak directly to a triage nurse.

After hours, call 312.695.7382 and ask the answering service to have the on-call physician call you back.

