

# Getting to know your baby during pregnancy is interesting and rewarding.

You alone experience the  
movements of your baby  
during pregnancy.  
We believe that a mother  
should be listened to.



Kicks count is a collaboration of



with the support of



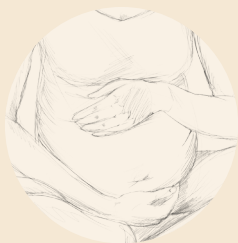
VELFERÐARRÁÐUNEYTIÐ

The Forget-me-not charity is the Icelandic  
pregnancy loss and stillbirth charity. We  
operate throughout Iceland, supporting  
anyone affected by the death of a baby.  
The charity's website is:  
<http://www.gleymmerei-styrktarfelag.is/>



Know your baby's  
movements





## How much should my baby move?

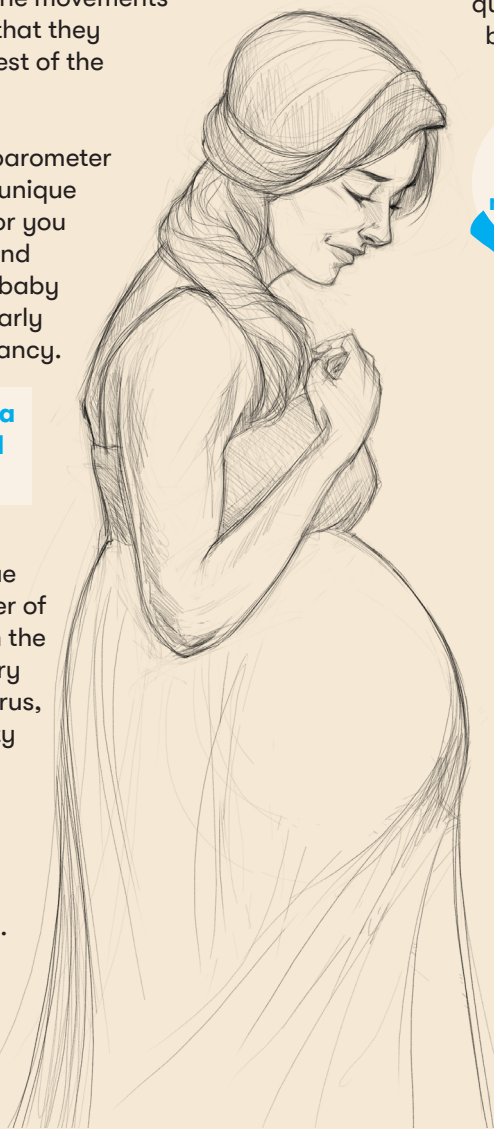
From weeks 18-24 women start to feel the movements of the baby, and the movements increase up to week 32. After that they stay relatively similar for the rest of the pregnancy.

The baby's movements are a barometer of its well-being. Each child is unique and therefore it is important for you to know your baby's pattern and frequency of movement. Your baby should continue to move regularly for the duration of your pregnancy.

**Sometimes women are told a baby moves less in the third term, but that is NOT true.**

Your perception of the fetal movements changes as the due date approaches. The character of the movements changes when the pregnancy approaches delivery due to limited space in the uterus, but the frequency and intensity will not normally decrease.

As delivery approaches, the uterine contractility increases, which can alter your perceptions of the movements.



## Get to know your baby

If you have not been monitoring movements, and are unsure of any changes, it can be helpful to get comfortable somewhere quiet and start to pay attention to your baby's movements.



Notice how long it takes for your baby to move ten times, and also how the baby moves. Movements are kicks or pushes – hiccups are not a movement.

If you feel **10 movements** or more in under **2 hours**, and the baby continues to move as it normally does, most likely everything is normal.

If the movements of the baby are fewer or different from what you normally feel, you should contact your midwife.

**Do not wait** until morning, or until your next appointment with your midwife to discuss these changes. You are not interrupting or wasting anyone's time.

We do not recommend using home equipment to measure heartbeats, since that alone is not an accurate measurement of the well-being of your baby.



## Listen to your instincts

It's always important to listen to your own instincts. Even if the majority of pregnancies are uneventful, it has been proven that reduced fetal movement could be a sign that your baby is unwell.

If you worry about anything during your pregnancy, please do not hesitate to talk to your midwife about your concerns.

## Who to contact?

If you are unable to reach your midwife, please contact:

a midwife at the health centre in Mjódd  
– **Tel: 513-5000.**

Out of office hours, please contact the maternity ward at the National University Hospital – **Tel: 543-3220**

If you live outside Reykjavík please call your nearest health centre.

