



Baby's Movement: What Is Normal and When to Call

Most pregnant people start to feel their baby move between 18 and 24 weeks. At first, this movement is very brief. You may mistake it for gas. If this is your first baby or if your placenta is on the front of the uterus, you may 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 people have some idea of the pattern of movement that is normal for their baby. Everyone feels movement differently, and some babies move more than others.

All movement is good! There is no such thing as “too much” movement. Hiccups are also completely normal. On the other hand, too little movement can be a sign of a problem with blood flow to the baby.

Most people will feel at least 10 movements in 2 hours. Your baby will sometimes 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. You may not feel any movement during this time. Your baby may sleep 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 noticed movement.

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.
- Rest in a quiet space with no distractions—not even your phone.
- Count each time you feel the baby move. Any movement counts.
- If the baby is sleeping, it may take 30 to 40 minutes to start feeling good movement.

If you count fewer than 10 movements in 1 hour, or if you do not feel any movement after 40 minutes, **call the office – do not send a MyNM message.** MyNM messages are only checked during business hours. Only use MyNM messaging for routine questions.

If you have concerns, call **312.695.7382** (TTY: 711).

During business hours (Monday through Friday, 8:00 am to 4:30 pm), ask to talk to a triage nurse.

Outside of business hours, ask the answering service to have the on-call physician call you back.
