

COMMON QUESTIONS

Q WHAT IS NORMAL MOVEMENT?

A Every baby is different. During pregnancy, once you become familiar with your baby's regular movements, it is important to pay attention to their individual pattern. You may notice your baby moves more at certain times of the day, such as in the morning or at night. This rhythm is unique to your baby and represents what is normal for them. If you notice any change in your baby's usual movement pattern, contact your midwife, doctor, or care provider immediately.

Q WILL EATING OR DRINKING SOMETHING COLD OR SWEET GET MY BABY MOVING?

A This is a myth. If you are concerned that your baby's movements seem different or unusual, contact your care provider and have it checked right away. You can expect your concerns to be treated seriously.

Q HOW MANY TIMES SHOULD MY BABY MOVE A DAY?

A There is no set number of normal movements. Every baby and every pregnancy are different. Avoid comparing your pregnancy to others. It is important to know what is normal for you and your baby, and to report any changes that concern you to your care provider.

Q IS AN INCREASE IN MOVEMENTS A GOOD SIGN?

A A steady increase in movements usually means that your baby is strong and well. However, if you feel your baby suddenly have a short period of "crazy" movement, which you might describe using words like "wild", "ballistic", or "bananas"- this can indicate baby may not be well. You should be immediately checked to make sure they are okay. Contact your care provider. **Do not wait.**

Q MY PLACENTA IS AT THE FRONT, WILL I FEEL MY BABY'S MOVEMENTS?

A No matter where your placenta is positioned, you should always be able to feel your baby's movements. It is not true that an anterior placenta is a reason for feeling your baby move less.

Q I FEEL UNEASY ABOUT MY PREGNANCY, WHO SHOULD I CONTACT?

A Your care provider wants to know if anything feels different from what is normal for you. You are a team, working together to keep you and your baby safe. There are no silly questions, and you should never hesitate to contact your provider at any time of the day or night.

ABOUT STILL AWARE

Still Aware was created after the adversity of its founder, Claire Foord, who learned about stillbirth when her own daughter, Alfie Foord-Heath, was stillborn. Wanting to ensure that others did not experience the same fate, Claire established Still Aware, the first not-for-profit charity dedicated to raising awareness of stillbirth and saving lives through information that may have saved her own daughter.

Still Aware's mission is to end preventable stillbirth through awareness and education. We are a Tier 1 DGR, tax-deductible charity supporting families and improving health and safety.

Still Aware is guided by its Board of Directors and supported by advice from the charity's Consumer and Clinical Advisory Committees, whose members all generously volunteer their time.

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Information in this brochure is not intended to replace the advice of a trained medical professional. Still Aware provides this knowledge as a courtesy, not as a substitute for personalised medical advice and disclaims any liability for the decisions you make based on this information. This pack was last updated in February 2026.

Still Aware Limited is a Registered Charity and Not-for-profit.
ABN: 55 607 214 077

YOUR PREGNANCY

Keeping your baby safe - important information every expectant parent should know.



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AWARE**
stillaware.org



WHAT IS STILLBIRTH?

Stillbirth is when a baby dies before or during birth at any time from 20 weeks onwards in pregnancy. In Australia, six babies are stillborn every day, making stillbirth the leading cause of infant death.

This information pack provides information that may help reduce the risk of preventable stillbirth. For more detailed information, resources in other languages, and other materials, please visit stillaware.org.

It is important to remember that every baby, everybody, and every pregnancy is different. Most babies develop their own pattern of movement that you must get to know, and there is no set number of normal movements.

Initially, your baby's first movements may feel like gentle flutters. As your baby grows stronger, these movements may change to kicks, pokes, and rolls. Once you begin to feel your baby move regularly, you will start to recognise their unique pattern. Any change from what is normal for your baby could be a sign they are unwell. That is why it is important to tell your midwife or doctor about any change that concerns you.



GOING TO SLEEP ON YOUR SIDE

From approximately 28 weeks of pregnancy, it is best to start every sleep on your side, including naps throughout the day. Either side is fine. If you wake up on your back, do not worry! Everyone changes position during sleep, and you can readjust back onto your side again, worry free.

By sleeping on your side, you are already taking one of the most important steps to keep your baby safe.



TRUST YOUR INTUITION

Even if you have been pregnant before, every baby is different. If something doesn't feel right, it may not be. If you feel uneasy in any way, or you have concerns about yourself or your baby, contact your care provider immediately. Do not wait.

You are your baby's link and voice to the outside world. Nobody knows your pregnant body and your baby better than you. It is important to trust your intuition. If something feels wrong or different, tell your midwife or doctor straight away and ask to be seen.



WHEN TO SEE YOUR MIDWIFE OR DOCTOR

It is important to attend all your antenatal appointments. If you have concerns about your health or your baby's health, do not wait until your next appointment. Instead, contact your care provider straight away.

While pregnant, here are some things to look out for and tell your midwife or doctor about:

- Any changes in your baby's movements that concern you.
- Any vaginal bleeding or loss of fluid.
- Pain in your lower back, especially if it comes and goes.
- A headache that does not resolve after taking pain relief.
- Seeing spots or stars in your vision.
- Any abdominal pain.
- Intense itching, especially on the hands and feet.
- Signs of infection, such as a high temperature or stinging or burning when urinating.
- If something doesn't feel right.

There are no silly questions. If you are concerned, always seek clinical advice.

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