



# ***Baby Movements***

- \* Baby movements are usually first felt between 18-20 weeks of pregnancy*
- \* Baby movements are reassuring*
- \* Get to know how and when your baby moves*
- \* It is not normal for baby's movements to reduce before birth*

*If your baby's pattern of movement changes or you are concerned call your Midwife, Doctor or The Maternity Ward.*

***Never leave it until tomorrow!***

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