

ACTIONS FOR A SAFER PREGNANCY



Get to know your baby's normal. Avoid comparing your pregnancy to others. You and your baby are a team.



Monitor the strength of your baby's movements. They will start as flutters but will become stronger as your baby grows and develops. If you notice your baby's movements are not as strong as usual, you should contact your care provider straight away.



Get to know your baby's usual way of moving. Learn how your baby usually responds. Do they jump when they hear a loud noise. Do they kick when they hear a voice of someone you know? Are they a morning person or a night owl? Does your baby like to kick along to music? Once you learn your baby's "normal" you can know how they are and then you can tell your Midwife or Doctor if there are any changes that concern you.



Take note of how often your baby moves. Most babies have periods of activity followed by periods of rest during the day. There is no set number of times a healthy baby moves. Most babies have a predictable sleep wake cycle by about 28 weeks. If your baby starts moving less often than they usually do, tell your care provider immediately. Do not wait.



Go to sleep on your side from 28 weeks. If you wake up on your back, don't worry just go back to sleep on your side.



Trust your instincts. Report any concerns or uneasy feelings to your care provider without delay. Do not wait.

Tell your care provider about any concerning changes, straight away. Your care provider is there for you 24/7 and wants you to call them or come in if you are concerned about your baby.