

1 baby in every 200 is stillborn.

Help us to keep you
and your baby safer
during pregnancy.



You can help your baby by:

- ✓ Staying active
- ✓ Eating well
- ✓ Attending appointments



We can help you to:



- ✓ Stop smoking
- ✓ Stop drinking
- ✓ Stop taking drugs

Talk to your midwife about:

- ✓ Preventing infections
- ✓ Your baby's movements
- ✓ Any other worries



ACT

Active • Change in movements • Tell someone

Speak to your midwife for more information, or phone 0300 422 5541

Helping to prevent stillbirth: My movements matter!

- ▶ Feeling your baby's unique pattern of movements (kicks, punches, swishes and rolls) is a sign that they are well.
- ▶ From around 24 weeks, they will develop their own unique pattern of movements. **DON'T** count their movements but **DO** get to know their pattern.
- ▶ Even though you are busy preparing for their arrival, don't forget to take time to relax and make sure that their pattern is normal.
- ▶ After 32 weeks, their pattern of movements should stay the same. It should never slow down, change or stop.
- ▶ A home Doppler (baby heartbeat monitor) cannot tell you if they are well, but a midwife can.

IMPORTANT



- If you notice a *change* in your baby's regular pattern of movement call your midwife, **DO NOT WAIT**.
- Maternity Units are open 365 days a year, 24 hours a day. You are *never* wasting anyone's time.
- 2 out of 3 women who had a stillbirth noticed their baby's movements had slowed down, changed, or stopped.
- **NEVER HESITATE** to contact your midwife or Maternity Unit for advice, no matter how many times this happens or how many times you have been seen.

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