## Foetal MovementPathway NHS North Highland/Argyll & Bute



Day 1 - Gestation Week 15 @ 10:00 **Day 2 - Gestation Week 15 @ 10:00** Have you arranged your 16 week check To reassure you, although most women first feel their baby's movements at 16-20 up with your named midwife? If not please wks pregnant, if this is your first baby you arrange this now, since you need to obtain your customised growth charts. Flo may not feel them until a bit later

**Day 8 - Gestation Week 16 @ 10:00** Your midwife will ask you about your baby's movements at each check-up, these may feel like a flutter or a bubble bursting, then more of a swish, kick or roll.

pain killers which pass through to the baby can affect your baby and make your baby move less. Day 22 - Gestation Week 18 @ 10:00 Certain medicines, sedatives and strong

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Day 22 - Gestation Week 18 @ 10:00

Certain medicines, sedatives and strong

Day 15 - Gestation Week 17 @ 10:00 Smoking and alcohol can affect your baby's movements. If you smoke and want to quit or reduce, remember your midwife can help you with this.

Day 29 - Gestation Week 19 @ 10:00

I hope you are looking forward to your

scan - be prepared with any questions you

may want to ask after the scan.

**Day 8 - Gestation Week 16 @ 18:00** You will have your own maternity records, please keep them safe and bring them to every appointment whether it be with your midwife or hospital Day 20 - Gestation Week 19 @ 18:00 You may not notice your baby's

movements when you are busy or active.

Try to spend some quiet time each day

monitoring them.

Day 44 - Gestation Week 21 @ 10:00 If you haven't already arranged your 22 week check up with your community midwife please make an appointment now. Flo

Day 44 - Gestation Week 21 @ 10:02

You'll be able to pick up your pack of

vitamins at your 22 week check up.

Day 42 - Gestation Week 21 @ 10:00 Now you are over 20 weeks pregnant and your baby is continuing to grow, the number and type of movement you feel will change with their activity pattern.

Day 50 - Gestation Week 22 @ 18:00

Maintaining a healthy weight & diet, &

avoiding smoking, drugs & alcohol are

beneficial for both you and your baby. If

you need any help, just ask your midwife

Day 36 - Gestation Week 20 @ 10:00 Your baby will now hear sound both inside and outside your body, so if you talk to your baby he or she will get to know the sounds of your voice. Day 57 - Gestation Week 23 @ 10:00 Please remember it is important to

attend all your antenatal appointments

Day 68 - Gestation Week 25 @ 10:00 If you're concerned about your baby's movements before 28 weeks of pregnancy, tell your midwife and she will give you a full antenatal check.

Day 71 - Gestation Week 25 @ 10:00

Your local community maternity day

Day 64 - Gestation Week 24 @ 10:00 You should feel your baby moving every day. But remember that babies don't move 🗲 when they're asleep - which can be for 20-40 minutes at any time of day or night

Day 75 - Gestation Week 26 @ 10:00

If you haven't already arranged your 28

week check up with your community

midwife please make an appointment

now. Flo

Day 96 - Gestation Week 29 @ 10:00

If you are busy you may not notice all of

lie quietly on your left side and focus your

your baby movements, so if you're unsure, 🗨

and to be aware of your baby's movement patterns Day 57 - Gestation Week 23 @ 18:00 By 24 weeks your baby's movements become stronger and more regular, and will continue to increase until you are 32 weeks pregnant.

Day 82 - Gestation Week 27 @ 10:00

Have you had your whooping cough

vaccination? If not please discuss this with

your midwife at your next appointment

assessment unit in Invergordon is open on Monday and Thursday and you can access this service via your midwife. Day 96 - Gestation Week 29 @ 10:02 It may also help to have a drink of iced water and a snack, which may stimulate your baby to move. If you are still

concerned you should contact your midwife.

attention on his/her movements Day 110 - Gestation Week 31 @ 10:00 If you haven't already arranged your 32 week check up with your community

midwife please make an appointment

now. Flo

Day 117 - Gestation Week 32 @ 18:00

Babies' peak activity is often in the

normal for your own baby.

Day 89 - Gestation Week 28 @ 10:00 If you're ever concerned about your baby's movements after 28 weeks, you will be referred for a full antenatal check & 30 min recording of your baby's heartbeat Day 110 - Gestation Week 31 @ 18:00 It is important to be aware of your baby's own movement patterns e.g. when your

baby is usually most active and when your

baby is least active.

Day 117 - Gestation Week 32 @ 10:00

All babies have sleep cycles over

immediately, no matter how many times or

at what time of day or night this happens.

Day 145 - Gestation Week 36 @ 10:00

Your baby will have less room for big

movements now, but you should still feel

their normal pattern of movements. Have

Day 124 - Gestation Week 33 @ 10:00 You may not notice your baby's movements so much if you are busy and active, so that's why you may need to spend some quiet time each day monitoring them.

Day 103 - Gestation Week 30 @ 10:00

Your baby is now making breathing

movements more regularly and may

surprise you with the hiccups.

Day 131 - Gestation Week 34 @ 18:00 Day 131 - Gestation Week 34 @ 10:00 Try to rest as much as you can. You will Be aware of your baby's own movement be tired and some women don't get much patterns. Your baby will now be able to time to rest after the birth. Please feel you touch him or her when you rub remember your 35 week check up with your midwife.

Day 89 (week 28), Day 120 (Week 32) and

Day 152 (Week 37) @ 14:00 Are you happy with your baby's movements today? Please text A1 for Yes or A2 for No

afternoons and evenings, but it is approximately 20-40 minutes at a time throughout a 24 hour period, during these important to recognise what becomes sleeps the baby doesn't move about Day 138 - Gestation Week 35 @ 10:00 It is important to react to and report any episodes of reduced movements

your tummy. Day 159 - Gestation Week 38 @ 18:00 Although week 40 is your estimated due date, remember that many babies are either late or early. Continue to keep paying attention to your baby's

movements

Day 166 - Gestation Week 39 @ 10:00

You should feel your baby moving every day, right up until going into labour, and

even then too. Don't forget to take your

maternity notes in your hospital bag.

Day 159 - Gestation Week 38 @ 18:00 Your check up with your midwife is important to assess the continuing wellbeing of both you and your baby.

Day 173 - Gestation Week 40 @ 10:00

You should feel your baby moving every

day, right up until going into labour, and

even then too. Don't forget to take your

maternity notes in your hospital bag.

you packed your hospital bag? Day 173 - Gestation Week 40 @ 10:00 Nearly 40 weeks now. If you're still waiting for your baby to be born remember to be aware of his or her movements right up until you've given birth.

Day 173 - Gestation Week 40 @ 18:00 This is my last message, just to say goodbye and best wishes for the future,

Flo

Thanks for letting me know. If you become concerned about your baby's movements contact your local community midwife or labour suite

**Replied A1** 

Replied A2 Please contact your local community midwife or labour suite as soon as possible

**Evaluation Question Day 155 -**

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Do you have any ideas for how to improve

the Flo text messaging service? Please

reply B1 for Yes or B2 for No

Gestation Week 37 @ 18:05

**Evaluation Question Day 155 -**

Gestation Week 37 @ 18:00

**Evaluation Question Day 155 -**Gestation Week 37 @ 18:05 Have the text messages helped you remember your check ups with your midwife? Please reply B1 for Yes or B2 for No

You're nearly at the end of the Flo text service now & we'd like to know what you think of it. I'll be sending you 5 questions please help us by answering them.

**Evaluation Question Day 155 -**Gestation Week 37 @ 18:05 Would you be happy for us to contact you for more of your feedback about the Flo service? Please reply B1 for Yes or B2 for

No. **Evaluation Question Day 155 -**Gestation Week 37 @ 18:05 Thank you for answering these questions. Your answers will help us to understand whether the text service is working well, and improve it for the future. Flo

Gestation Week 37 @ 18:05 Would you recommend Florence to other people in your circumstances? Please reply B1 for Yes or B2 for No.

> **Evaluation Question Day 155 -**Gestation Week 37 @ 18:05 Have Florence's text messages helped you to be more aware of your baby's movements? Please reply B1 for Yes or B2 for No