



WHEN DOES A BABY BEGIN TO PLAY IN THE BELLY OF A PREGNANT MOTHER?

By: MR. ADAM F. ZUBERI



The baby usually starts playing for the first time, from the 16th week to the 25th week of pregnancy. If it is the first pregnancy you may not hear it until about the 25th. If it is a second time pregnancy, mother starts to feel her child kicking mostly in her 13th of pregnancy.

The child should play 6-10 times within an hour. The first 6 months the baby's play is less intense. The night period is the time for the baby to pat the mother's abdomen rather than during the day.

Can the baby play for the first three months?

The baby is very small in the first three months. It is 7.6-10 cm (3-4 inches) long and weighs 28 grams (1 ounce), during this time the baby's organs are soft and immature which makes the baby uncomfortable. he is playing.

REASONS THAT CAUSE A BABY NOT TO PLAY IN THE WOMAN.

- Lack of adequate energy due to poor nutrition of his mother.
- When the mother walks too fast or stands for too long, there is a tantrum that puts the baby to sleep and keeps him from playing.
- When a mother grows up with a disease or health problem, it weakens the baby's health, thus causing the baby to become weak and unable to play.
- Being too small for a baby also makes it difficult for him to play.
- When a mother is tired from a hard day's work, the baby gets tired and needs to rest and be very quiet.
- Loss of child life (death)

REASONS THAT MAY CAUSE A BABY TO PLAY IN THE WOMAN

- Drink cold water.
- Do something shock for a specific reason.
- Eat sugary foods.
- Eat spicy foods.
- Talk to the child

ADVICE

Pregnant mother, if you do not hear the baby playing at the time he is supposed to play it is a good idea to come to the health facility and meet with a specialist, for an examination of the baby's condition.

NOTE: Alcohol and smoking are harmful to the health of both mother and baby.