

The second trimester is pretty exciting because most women start feeling their baby move for the first time.

Most women will begin to feel movement around week 20 to 22. It's very common but it's also very intermittent.

Certain factors can contribute to being sooner or later to that mark including your weight, the location of the placenta, and if you've had a baby before.

So for first time moms, fetal movement is usually determined at about 20 weeks.

For women having their second baby or beyond, that often comes sooner and it varies a lot from person to person.

Once you hit around 23, 24, 25 weeks, we would expect you to be feeling the baby every day.

It generally feels like butterflies in your stomach and will progress to more distinct movements as the baby becomes larger.

The first time you feel it, especially if you've never been pregnant before, you

might think, is that somebody tapping? Is that some gas? Do I have a gas bubble? Am I hungry? Sometimes you're not really sure what you're feeling until you start feeling it more consistently and then you can put it together.

You just sort of sit there and you're thinking, hm, is that the baby moving? Is that the baby moving? I think that's just gas. I'm not sure. All of the sudden, you just feel this undeniable kick and it's just the coolest feeling in the whole world.

You described it as popcorn. You said you felt like popcorn when it was going off in your stomach.

It does and then it just starts getting stronger and stronger and then it actually feels like real kicks later on. It's just such a cool feeling knowing that you're growing this little baby inside of you.

It just made it feel like there's really somebody growing inside of me. It was pretty cool.

I'm very excited to feel those first movements. But as my doctor had said, you know, around 20 weeks you should start feeling it so any day now I'm waiting for those to happen.

Don't really worry about it on a day to day basis. Later on in pregnancy we're going to have you keep track of the fetal movements and that's when it's truly important.