FETAL MOVEMENT COUNTING "KICK COUNTS"

One of the best ways to keep track of a healthy baby is to notice its movements. Healthy babies are very active, particularly in the evening after supper. However, some perfectly normal babies may sleep quietly for as long as 60 minutes without moving. Babies who are having problems are sluggish and move less. Counting these movements can provide your doctor with a warning of developing problems.

You should begin this counting routine at the beginning of the 7th month of your pregnancy (28 weeks). The instructions below are to help you and your doctor be sure that your baby is feeling well.

1. You may count any time of the day, when you feel the baby is most active. For most women, this will be in the evening after dinner when you are lying down and quiet. Lying on your side is best. Record the time that you start counting.

2. Count 10 separate times that the baby moves. A movement may be a kick, turn, or a flip of the baby.

3. Record the time you feel the 10th movement. If you count 10 movements in less than one hour, stop counting until tomorrow.

4. If one hour passes with less than 10 movements and you have been counting during the day, repeat the counting routine in the evening. If you do not feel 10 movements in one hour, come to the labor and delivery unit at the hospital.

COME TO THE HOSPITAL IF
You do not feel 10 movements in an hour
You have not felt your baby move all day
It is taking longer and longer each to get to the 10th movement

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Start Time							
Stop Time							
Start Time							
Stop Time							
Start Time							
Stop Time							
Start Time							
Stop Time							
Start Time							
Stop Time							
Start Time							
Stop Time							