



FETAL MOVEMENT COUNTING/ KICK COUNTS

This is counting the number of times you feel your baby move in the womb within a certain amount of time.

Counting your baby's movements can help check on your baby's health.

A healthy, growing baby will move often. If you are active and busy you may not notice how much your baby is moving, but you should be able to feel your baby's movements at other times.

Counting fetal movements can help you know when you should call your provider or go to the hospital.



WHEN SHOULD I START COUNTING?

- Begin counting fetal movements during the 28th week of pregnancy.
- Women with high-risk pregnancies or with pregnancy complications are especially encouraged to count.



HOW DO I COUNT?

Follow these steps:

1. Choose a convenient time to count—at a time when you know your baby tends to be active. Many women find that their babies are more active after a meal, after light physical activity, and in the evening. Try to count at about the same time each day. This will help you get a sense of your baby's usual patterns of activity.
2. Each day at the chosen time, lie on your side or sit in a comfortable chair. A paper and pen may be useful to help keep track of movements.
3. Write down the time you feel the first of your baby's movements and make a mark for each movement you feel after that. Count each twist, turn, flutter, swish, kick, and elbow you feel. (You won't need to count hiccups.) Continue counting until you've marked 10 movements. Record the time of the 10th movement. Use this time to rest and relax, where you can devote your attention to this activity only.
4. If you don't feel 10 movements within 1 hour, **GET MEDICAL CARE RIGHT AWAY.**

- It may take only a few minutes for you to count 10 movements. This is normal. You can stop counting when you reach your target number, you don't have to continue counting for the hour.
- A sleeping baby may move less. If your baby seems to be sleeping or having a slow day, try going for a 5-minute walk, drink something cold or change positions.
- If you are at about 5-6 movements in a half an hour, your baby is doing great. Continue to count to the 10 but know that things are looking good at that point. If you are only at about 3-4 movements by the half hour do the above suggestions to see if that will increase the baby's activity.
- As you continue with daily counting, you may notice patterns in your baby's level of activity. Pay attention to these. A change in your baby's usual activity may alert you to a possible problem.
- Continue counting and recording fetal movements daily until your baby is born.

