

Counting Your Baby's Movements (fetal movement kick counts)

Why should I do kick counts?

Counting your unborn baby's movements are a way to assure that your baby is healthy.

At what point in my pregnancy should I start doing kick counts?

Most women will start to feel fetal movement between 18 and 22 weeks in their pregnancy.

If you feel that your baby is moving less than normal or you have a high risk pregnancy, you may be advised to do daily fetal movement kick counts starting at about 28 weeks in your pregnancy (3 months before your due date).

What time of day is the best time to do kick counts?

- It is best to do kick counts at a time of day when your baby is usually active.
- After you eat a meal is usually a good time.

How to do kick counts:

1. Find a quiet place where you will not be distracted.
2. Lie on your side with your hand on your belly.
3. Feel for movements – any movement counts (kick, punch, roll, flutter).
4. Write down the time you feel the first movement (there is a place for that on the back of this sheet).
5. Count a total of 10 movements (you can make marks for each movement on the back of this sheet).
6. You are done after you have felt 10 movements.

When should I call or come to be evaluated?

- If you feel NO MOVEMENT over 1 HOUR you should call or come to be evaluated right away.
- If you have been feeling for movements for 2 HOURS but have STILL NOT FELT 10 MOVEMENTS, you should call or come to be evaluated right away.

Who do I call?

LABOR & DELIVERY at **612-873-4104**

Women's Health and Wellness



DATE	TIME OF FIRST MOVEMENT	1	2	3	4	5	6	7	8	9	10	TIME OF LAST MOVEMENT