

A GUIDE TO COUNTING YOUR BABY'S MOVEMENTS

What Is Fetal Movement Counting?

Healthy babies are usually active. Unborn babies sleep for short periods of time, but most of the time they will kick, roll, twist, and turn. Counting your baby's movements is a way to tell how your baby is doing. A healthy baby usually moves at least 10 times in 2 hours.

Doctors and midwives usually recommend that you begin counting movements around the 7th month of pregnancy (about 28 weeks). As you get to know your baby's movement patterns, you will be able to report any changes to your care provider.

How Do I Count My Baby's Movements?

1. Get in a comfortable position. You can lie down or sit in a chair with your feet up.
2. Write down the date and time that you begin counting your baby's movements.
3. Continue counting until your baby has moved 10 times. Count any movements including kicks, rolls, swishes, or flutters.
4. After your baby has moved 10 times, write down the time on your chart.
5. If you can't feel your baby move, try to wake the baby by drinking a glass of juice or walking around for a few minutes. Then start counting again.

What Should I Do If My Baby Doesn't Move?

Call your doctor or midwife right away if:

- Your baby has **not moved 10 times in 2 hours**
- You notice a significant decrease in your baby's activity

EXAMPLE: On Sunday, October 14th, you begin counting your baby's movements at 7:05 pm. By 7:40 pm, you have felt your baby kick or move 10 times. You would fill in your chart this way:

	SUN	MON	TUE	WED	THUR	FRI	SAT
DATE	10/14						
Start Time	7:05 PM						
Stop Time	7:40 PM						
Minutes To Reach 10	35						

	SUN	MON	TUE	WED	THUR	FRI	SAT
DATE							
START TIME							
STOP TIME							
MINUTES TO REACH 10							

	SUN	MON	TUE	WED	THUR	FRI	SAT
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START TIME							
STOP TIME							
MINUTES TO REACH 10							

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