

# Kick Counts: Instructions on Counting Your Baby's Movement

A simple way to check your baby's well-being is to pay attention to how much your baby is moving. Most babies move at least ten (10) times within two hours.

Count fetal movements once a day, preferably at the same time every day and within 1 to 2 hours after a meal. Early evening after dinner is a good time because the fetus is usually more active then.

- Lie on your left side and focus on your baby's movements: rolls, kicks or flutters.
- Use the chart below to record the **number of minutes** it takes to feel your baby move ten (10) times.
- You may stop counting after your baby has moved ten (10) times. Ideally, you want to feel at least 10 movements within 2 hours.
- Mark down the start and finish time and the total amount of time in minutes it took to count the 10 minutes
- You can drink or eat something to encourage your baby to move. A baby may feel the change in temperature of a really cold drink and try to move away from it. A sugary cold drink may also give him a sugar boost to encourage movement.

**If your baby does not move at least ten (10) times in two (2) hours or if there is a sudden decrease in movement, call your doctor.**

## Daily Kick Counts

Record the number of minutes it takes to feel your baby move 10 times.

Start on the day of the week closest to your current week of pregnancy (weeks of gestation).

Daily Kick Counts by Week of Pregnancy																
Days	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
Monday																
Tuesday																
Wednesday																
Thursday																
Friday																
Saturday																
Sunday																

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