

# Counting Fetal Movements

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(Or “Kick Counts”)

## **Why count fetal movement?**

Counting fetal movement is one easy way to check on the wellbeing of your baby. Used along with regular prenatal care, fetal movement counting may detect changes in your baby that require further testing to make sure everything is OK.

## **What types of movements should I count?**

Include kicks, stretches, and rolling movements. Don't include hiccups.

## **How and when should I count my baby's movements?**

Pick a time of day to count the baby's movements when he or she is normally active. This might be after a meal or when you are laying down in bed at night.

## **What if my baby is not moving enough?**

If you note less than 10 kicks or movements in 2 hours, get up, walk or move around, drink cold water or juice and do an additional 1 hour of fetal movement counting. If, after another hour, you still do not have 10 movements for the previous 2 hours, call our office. In this situation, we would want to get you in so we can check on the baby and make sure everything is all right. If it is after office hours, go in to the Birth Center at St. Francis Medical Center and we'll check on your baby there.

## **What if I don't have time to do kick counts?**

It's still important to let us know if you think the baby is not moving as much as usual. Try to get an idea of what is a normal movement pattern for *your* baby. If the baby is moving much less than that and you cannot get him or her moving with a cold drink, a snack, or resting on your side, let us know so we can have you come in to have the baby checked.