

**Fetal Movement Counting**

**What is it?**

Fetal movement counting is also known as kick counting. It is counting the number of times you feel your baby move in a specific amount of time. Not all movements you feel are kicks. The movements may be kicks, turns, twists, and hits.

**Why is it important?**

Fetal death is most often preceded by a decrease in the maternal perception of fetal movement. Maternal perception of good fetal movement is an indication of a healthy fetus. It is difficult to notice and assess fetal movement when you are busy. Taking time out of your day to pay attention to the movement of your baby will allow you to be familiar with the normal amount and character of movement of your baby, and to be alert to changes in the movement of your baby.

**How do I count?**

We recommend that you pick a consistent time each day and sit comfortably or lie down on your side. Record the starting time then count ten movements of the baby. Record the time of the last movement.

**When should I count?**

We recommend that you start counting your baby’s movements in the 32nd week of your pregnancy. You may start counting movements earlier or later in the pregnancy depending on the situation. It is best to choose a time of day when your baby is most active. Babies have sleep-wake cycles and their activity may vary throughout the day. Once you begin counting in your pregnancy, continue counting until your baby is delivered unless you are instructed by us otherwise.



**Fetal Movement Counting** – Record the starting time then count 10 movements. Record the end time. If your baby is asleep and not moving much, try getting up and moving around. You will get used to the pattern of your baby’s movement. A change in this pattern could indicate a problem.

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| --- | --- | --- | --- |
| **DATE** | **START TIME** | **NUMBER OF MOVEMENTS COUNTED** | **END TIME** |
|  |  | **10** |  |
|  |  | **10** |  |
|  |  | **10** |  |
|  |  | **10** |  |
|  |  | **10** |  |
|  |  | **10** |  |
|  |  | **10** |  |
|  |  | **10** |  |
|  |  | **10** |  |
|  |  | **10** |  |
|  |  | **10** |  |
|  |  | **10** |  |
|  |  | **10** |  |
|  |  | **10** |  |

**When should you call us?**

If you are unable to count the target number of movements within 2 hours, feel as though your baby is not moving nearly as much as usual, or just feel something is not quite right.