

FETAL KICK COUNT TRACKER

Fetal Movement Counting, sometimes called “kick counts”, is a way to assess your baby in the uterus. It requires you to count the number of times you feel your baby move within a certain time period. Counting your baby’s movements can help you and your physician gauge your baby’s health. A healthy, growing baby will move frequently. It is recommended that all women begin counting fetal movements at the 28th week of pregnancy. Women with high-risk pregnancies or with pregnancy complications are especially encouraged to count.

HOW DO I COUNT?

- 1 Choose a convenient time to count, at a time when your baby tends to be active. Many women find that their babies are more active after a meal, after light physical activity and in the evening. Try to count at roughly the same time each day. This will help you get a sense of your baby’s usual patterns of activity.
- 2 Each day at the chosen time, lie on your side or sit in a comfortable chair. The best place to start your “kick counts” is a quiet room without distractions. Have a pen and paper handy.
- 3 Write down the time you feel the first of your baby’s movements and make a mark for each movement you feel after that. Count each twist, turn, flutter, swish, kick and elbow you feel. Do not count hiccups. Continue counting until you’ve marked 6 movements. Record the time of the sixth movement. You can also find many apps for your smart phone that may help you record these “kick count” sessions.
- 4 If you don’t feel at least 6 movements in one hour, continue to count movements for the next hour. If you do not have at least 10 movements in these two hours of monitoring, you need to go directly to labor and delivery for evaluation.

Today's Date: <u>Jan. 1st</u> Start Time: <u>6:45 pm</u>  End Time: <u>7:27 pm</u>	Today's Date: _____ Start Time: _____ End Time: _____	Today's Date: _____ Start Time: _____ End Time: _____	Today's Date: _____ Start Time: _____ End Time: _____	Today's Date: _____ Start Time: _____ End Time: _____
Today's Date: _____ Start Time: _____ End Time: _____	Today's Date: _____ Start Time: _____ End Time: _____	Today's Date: _____ Start Time: _____ End Time: _____	Today's Date: _____ Start Time: _____ End Time: _____	Today's Date: _____ Start Time: _____ End Time: _____
Today's Date: _____ Start Time: _____ End Time: _____	Today's Date: _____ Start Time: _____ End Time: _____	Today's Date: _____ Start Time: _____ End Time: _____	Today's Date: _____ Start Time: _____ End Time: _____	Today's Date: _____ Start Time: _____ End Time: _____
Today's Date: _____ Start Time: _____ End Time: _____	Today's Date: _____ Start Time: _____ End Time: _____	Today's Date: _____ Start Time: _____ End Time: _____	Today's Date: _____ Start Time: _____ End Time: _____	Today's Date: _____ Start Time: _____ End Time: _____
Today's Date: _____ Start Time: _____ End Time: _____	Today's Date: _____ Start Time: _____ End Time: _____	Today's Date: _____ Start Time: _____ End Time: _____	Today's Date: _____ Start Time: _____ End Time: _____	Today's Date: _____ Start Time: _____ End Time: _____