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# FETAL MOVEMENT
# "KICK COUNTS"

One of the best ways to keep track of a healthy baby is to notice its movements. Healthy babies are very active, particularly in the evening after supper. However, some perfectly normal babies may sleep quietly for as long as 60 minutes without moving. Babies who are having problems are sluggish and move less. Counting these movements can provide your doctor with a warning of developing problems.

You should begin this counting routine at the beginning of the seventh month of your pregnancy (28 weeks). The instructions below are to help you and your doctor be sure that your baby is feeling well.

## INSTRUCTIONS

1. You may count any time of the day, when you feel the baby is most active. For most women, this will be after dinner when you are lying down and quiet. Lying on your side is best. Record the time that you start counting.

2. Count ten (10) separate times the baby moves. A movement may be a turn, kick, or a flip of the baby.

3. Record the time you feel the 10th movement. If you count 10 movements in less than one hour, stop counting until the next day.

4. If on hour passes with less than 10 movements and you have been counting during the day, repeat the counting routine during the evening.

## REMEMBER

- The baby may move all 10 times in a half hour or less.
- The baby may take up to one hour to move 10 times.
- The important thing is to know what is normal for your baby so you can tell your doctor when something different is happening.

## KICK COUNT CHART

| | | | | | | **Movements** | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Date | Time of First Movement | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Time of Tenth movement |
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