

Fetal Movement Count

One very reassuring way to determine the baby's overall health and wellness is to record your baby's movement daily. By now, you probably know when your baby is most active. This may be before or after a meal, early in the morning, or at night when you go to bed. Each baby is unique.

You should count your baby's movements whenever he or she is most active. This count should occur about the same time each day. After 10 times, you can stop counting for the day. You will need to record the time it takes for your baby to move 10 times. **See Fetal Movement Counting Chart in Resource Section (See below).** You should be able to feel at least 10 movements within two hours.

If you do not get 10 movements within two hours, you should call or go to Labor and Delivery immediately with your baby's movement chart. **Don't wait until the next day or next appointment.** Please note the results on the chart. If you do not feel 10 movements in two hours, please come to Labor and Delivery. We want you to contact us if you have any questions or doubts. Our number is 526-7090.

Fetal Movement Counting Chart

Date															
<u>Go to Labor and Delivery if less than 10 movements in 2 hours (120 minutes)</u>															
120 min															
110 min															
100 min															
90 min															
80 min															
70 min															
60 min															
50 min															
40 min															
30 min															
20 min															
10 min															
Start time															
Weeks pregnant															

Counting your baby’s movements is an excellent way of knowing that your baby is doing well. It is also a great excuse for you to get off your feet, relax and get in touch with your baby. You should begin counting your baby’s movements when he or she is usually most active and you have time to concentrate. Begin your count around the same time each day and start by lying down on your left side with hands over your uterus. Write the time you begin your counts on the chart in “Start time” row. Also write down the date in the top row marked “Date” and the number of weeks you are pregnant in the bottom row. Count 10 distinct movements and note how long it took, i.e. 15 minutes, two hours, whatever time it took. Put an “X” in the time box closest to the total time it took for your baby to move 10 times.

If you have not felt 10 movements in two hours you will need to be monitored in Labor & Delivery to make sure your baby is OK. You may want to call Labor & Delivery to tell them you are on your way (but don’t let the phone call delay you from going in). In most cases your baby is just fine, but it is always better to be safe than sorry.

Bring this chart with you to your next visit and any time you go to Labor & Delivery.