



FETAL MOVEMENT – KICK COUNTS

What are Kick Counts?

The occurrence of frequent baby movements during pregnancy is an excellent indicator of fetal well-being. The first fetal movements or "flutters" are usually felt by the mother between the 16th and the 20th week of pregnancy. Movements generally increase in strength and frequency through pregnancy, particularly at night, and when the woman is at rest. At the end of pregnancy (36 weeks and beyond), there is normally a slow change in movements, with fewer violent kicks and more rolling and stretching movements.

A Kick Count is the maternal counting and tracking of fetal movement. Medical research supports kick count as a simple, valuable, effective, reliable and harmless screening of fetal well-being during the third trimester in both low- and high-risk pregnancies.

A Kick Count is fetal movement counting which includes kicks, turns, twists, swishes, rolls, and jabs but not hiccups. Significant changes in the fetal movement pattern may help identify potential problems with your pregnancy that may need further evaluation and treatment before the baby's heart rate is affected. In this way, it can help prevent stillbirth.

Setting aside time to count the kicks allows you time to rest and bond with your baby. Even when the baby is always active, daily counting will allow you to notice the significant difference in the Kick Count pattern.

How do I do Kick Counts?

- Do the Kick Count once a day.
- Select a time of the day best suited for you when your baby is usually active. For most women, fetal movement typically peaks after meals, after activity, and in the evening.
- Do the Kick Count roughly at the same time every day.
- Get in a comfortable sitting or lying position. Relax and dedicate this time to feel your baby's precious movements.
- You may want to rest your or your partner's hands on your abdomen to feel the movements better. Your ability to feel the baby depends on the thickness of your abdominal wall, placental location, and your sensitivity to the movements.
- Jot down the time of the baby's first kick (movement) and the time of the 10th kick. Most of the babies will take less than 30 minutes to complete 10 kicks. You may also mark this on the Baby Kick Count chart.
- The American College of Obstetricians and Gynecologists (ACOG) recommends that you note the time it takes to feel 10 kicks, twists, turns, swishes, or rolls. A healthy baby should have 10 kicks in less than 2 hours. Most babies will take less than 30 minutes.
- Since healthy babies have sleep cycles, your baby may not kick, or kick less than usual, or have less than 10 kicks in 2 hours. If so, wake up the baby by drinking fluid or by walking for 5 minutes. Repeat the Kick Count.
- Contact your doctor or the labor and delivery room if there is still decreased fetal movement or if there is a significant change in the movements.
- Do not wait for 24 hours when there is no fetal movement or significant changes in the movements. When in doubt, contact your doctor.



KICK COUNTS

I am in week _____ of my pregnancy							
Day & Date	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Start time							
Stop time							
Minutes to reach 10							

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Day & Date	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Start time							
Stop time							
Minutes to reach 10							

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