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## **F e t a l   K i c k   C o u n t s**

The best available test for the evaluation of your baby's well being is you. You will begin to feel your baby's' movements around 20 weeks. Your baby's movements will become more consistent, with a more obvious pattern of alternating rest and activity, after 28 weeks.

Your doctor will have you count your baby's movements twice a day, beginning at 28 weeks. Since most babies tend to be most active after meals, the best time to monitor your baby's movements is after meals or at times when you are at rest.

Here's how:

- Check in the morning after breakfast to see that your baby moves three times within the hour.
- Check again in the evening to see that your baby moves three times within the hour.
- There may be times during the day when you may not necessarily notice as much movement. This is usually due to the distractions of your daily routines.
- As your baby grows and you get closer to your due date, the movements may change. With less room to move about, your baby's movements may become less vigorous.
- Count movements of any kind: kicks, flutters, swishes and rolls.

If at any time you feel that your baby is not moving as he or she usually does, here's what to do:

- Drink some juice or something cold and sweet.
- Lay down on your left side in a quiet room.
- If you are unable to feel three baby kicks within the following hour, please call your doctor immediately, morning or night at (949) 706-0181.