



Wise Health System

Women and Children's Services

Fetal Kick Count - Instruction Sheet

- Fetal movements, or kick counts are the number of times your baby moves or kicks.
- Kick counts often begin after 28 weeks of pregnancy. It is normal for your baby to move frequently. You may not always notice these movements, especially when you are active. Recording kick counts is an easy way for you to monitor your baby's health.
- Try to monitor kick counts the same time every day. Choose a time when your baby is usually the most active. Eat or drink cold water, milk, or juice before monitoring. After dinner is often a good time.
- Lie down on your side, or sit in a comfortable chair. Write down the time when you feel the first movement.
- Make a mark for each movement, up to 10 movements.
- Write down the time of the tenth movement. You may stop at this point.
- If you do not feel 10 movements in 1 hour, continue for a second hour.
- If you do not feel 10 movements in 2 hours, call the doctor's office to report or come to Labor and Delivery for evaluation.

If your baby is not moving enough, or the movements don't seem very strong, do not wait! It's much better to raise a false alarm than to risk your baby's health.

Week # _____

Hours	M	T	W	Th	F	S	Su
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:30							
:00							
:30							
:00							
:30							
:00							
:30							
:00							
:30							
:00							
:30							

Start at the same time each day, and pay attention to each of your baby's movements. Record the number of minutes it takes for the baby to move the specified number of times. When the baby has completed the required number of movements, put an X in the box corresponding to that time.

Please call your doctor's office or Women and Children's Services (940-626-1229) if you have any questions.