Kick Count
Fetal Movement Counts

Kick counts is highly recommended in high risk pregnancies, but it is a good idea for every pregnant woman to do. Start counting fetal movements at 28 weeks of the pregnancy. Fetal movements increase after eating a full meal or eating or drinking something sweet (the blood sugar is higher). It is also important to drink plenty of fluids (well *hydrated*) before doing the count. Lie on your left side because it helps with the circulation or you can sit in a comfortable chair with your arms over your belly (*abdomen*) with no distractions around you.

DOING THE COUNT:

- Try to do the count the same time of day each time you do it.
- Mark the day and time, then see how long it takes for you to feel 10 movements (kicks, flutters, swishes, rolls). You should have at least 10 movements within 2 hours. You will most likely feel 10 movements in much less than 2 hours. If you do not, wait an hour and count again. After a couple of days you will see a pattern.
- What you are looking for is a change in the pattern or not enough counts in 2 hours. Is it taking longer in time to reach 10 movements?

SEEK MEDICAL CARE IF:

- You feel less than 10 counts in 2 hours. Tried twice.
- No movement in one hour.
- The pattern is changing or taking longer each day to reach 10 counts in 2 hours.
- You feel the baby is not moving as it usually does.

	Date		Movements	Start time	Finish time		Date		Movements	Start time	Finish time
		Sun						Sun			
W		Mon				W		Mon			
E		Tue				E		Tue			
E		Wed				E		Wed			
K		Thur				K		Thur			
		Fri						Fri			
		Sat						Sat			
		Sun						Sun			
W		Mon				W		Mon			
E		Tue				E		Tue			
E		Wed				E		Wed			
K		Thur				K		Thur			
		Fri						Fri			
		Sat						Sat			
		Sun						Sun			
W		Mon				W		Mon			
E		Tue				E		Tue			
E		Wed				E		Wed			
K		Thur				K		Thur			
		Fri						Fri			
		Sat						Sat			
		Sun						Sun			

W		Mon				W		Mon			
E		Tue				E		Tue			
E		Wed				E		Wed			
K		Thur				K		Thur			
		Fri						Fri			
		Sat						Sat			

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