



*Healthy babies are usually active. Unborn babies sleep for short periods of time, but most of the time they will kick, roll, twist and turn. Counting your baby's movements is a way to tell how your baby is doing. A healthy baby usually moves at least 10 times in two hours.*



## ► *How to count your baby's kicks*

1. Choose a time of day that your baby is usually active. Try to count around the same time each day. It's best to count after a meal.
2. Get in a comfortable position. You can lie on your left side or sit in a chair with your feet up. Lying on your left side also allows for the best circulation, which could lead to a more active baby.
3. Write down the date and time that you begin counting your baby's movements.
4. Continue counting until your baby has moved 10 times. Count any movements, including kicks, rolls, swishes or flutters.
5. After your baby has moved 10 times, write down the number of minutes it took to feel your baby move 10 times.
6. If you can't feel your baby move, try to wake the baby by walking around for a few minutes, then start counting again.

EXAMPLE: You begin on Sunday, December 25 after dinner. You start at 6:30 p.m. Baby kicks 10 times, and kick number 10 is at 7:00 p.m. Subtract *Start Time* from *End Time* to determine your *Total Minutes*.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Date</b>	12/25						
<b>Start Time</b>	6:30 p.m.						
<b>Stop Time</b>	7:00 p.m.						
<b>Total Minutes</b>	30 minutes						

## ► *If baby doesn't move*

Call your doctor or midwife right away if:

- Your baby has not moved 10 times in two hours
- You notice a significant decrease in your baby's activity

# KICK COUNTS



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date							
Start Time							
Stop Time							
Total Minutes							

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date							
Start Time							
Stop Time							
Total Minutes							

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date							
Start Time							
Stop Time							
Total Minutes							

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Date							
Start Time							
Stop Time							
Total Minutes							

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Stop Time							
Total Minutes							

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Total Minutes							

# KICK COUNTS



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Stop Time							
Total Minutes							

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Total Minutes							

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