FETAL MOVEMENT COUNTING

How do I count my baby's movements?

- Get into a comfortable position – lying on your side or sitting. Place one or both of your hands on your abdomen.
- Count each time that you feel your baby move. If you feel many movements all at once, count each movement that you feel.
- Write down the date and the time that you start counting on the fetal movement chart.
- Make a mark on the chart each time your baby moves.

Count your baby's movements once a day. You should feel 6 or more movements in 2 hours.

- Stop counting when you have counted 6 movements.
- Write down the time you stopped counting.
- Do not count for more than 2 hours

What if I don't feel 6 movements in 2 hours?

If you count fewer than 6 movements in 2 hours *do not wait*. Go to the hospital or birthing unit.

Your baby's heart rate and movements will be checked using a fetal monitor. This is called a non-stress test or NST.

If you live too far from a hospital or birthing unit, immediately contact your health care provider for advice.

About baby's movements

An active baby is usually a healthy baby. You will feel your baby stretch, kick, roll and turn every day. Some babies are more active than others. All babies have periods of sleep during which they are not as active. You will get to know your baby's pattern of movements and when your baby is most active.

You should feel your baby's movements throughout the day, each day from 28 weeks of pregnancy until the baby is born.

When during my pregnancy should I count my baby's movements?

Your health care provider may ask you to count your baby's movements once every day.

If you think there is a decrease in your baby's movements this is an important sign that your baby may not be well. Count your baby's movements to be sure that you feel at least 6 movements in 2 hours.

Maternal and Child Program
Humber River Hospital

1235 Wilson Ave.,
Toronto, Ont. M3M 0B2

We are located on the 4th floor. When you arrive at the hospital, take the Central Elevators to the 4th floor.

Tel: (416) 242-1000

Birthing Unit/Obstetrical Assessment Ext. 45300 or Ext. 45200

Date	Start Time	Baby's Movements						Stop Time
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