

Counting your baby's movements (kicks)

What are fetal kicks?

- Fetal kicks are when you feel your baby move. Feeling these kicks means your baby is healthy and growing.
- Pregnant people will start feeling kicks at different times during pregnancy. Most people will start feeling kicks between 16-20 weeks.

What is fetal kick counting?

- Fetal kick counting is when you count how many times you feel your baby move in the womb during a certain period of time.

Why is it important to count?

- Fetal kick counting can help you and your doctor check up on your baby's health.
- Doing kick counts can help you know when your baby's activity is normal. It can also help you bond with your growing baby.
- Seeing a change in your baby's normal movements may help you know if there is a possible problem.

When should I start counting?

- You can do a kick counts at any time to check on your baby's normal movements.
- You should do a kick count any time you stop feeling kicks or you are worried your baby seems "quiet."
- You should do a kick count if your provider recommends it.



How to do daily kick count check-ups:

- **Choose a time to count when your baby tends to be active.** Babies tend to be more active after you've had a meal, after you've exercised, and in the evening.
- **Try to count around the same time each day.** This can help you learn about your baby's usual activity.
- **Before you start counting, lie down on your side or sit in a comfortable chair.** Write down what time you start counting.
- **Make a tally mark each time you feel your baby move.** This could be a kick, wiggle, twist, turn, roll or stretch. When you get to 10 movements, stop counting and write down the time.
- **Your baby may move less if they are sleeping.** If they seem to be sleeping, try going on a short walk and then try the kick counts again in another hour.
- **Remember: every baby is different.** What's important is to learn what is normal for your baby.

If you notice that your baby has not been moving as usual, you should do kick counts right away:

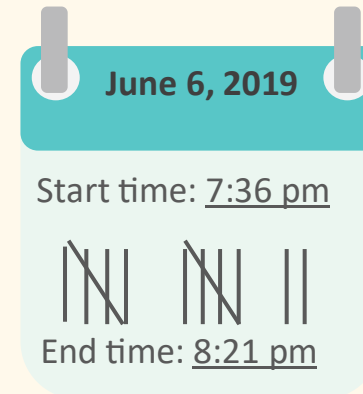
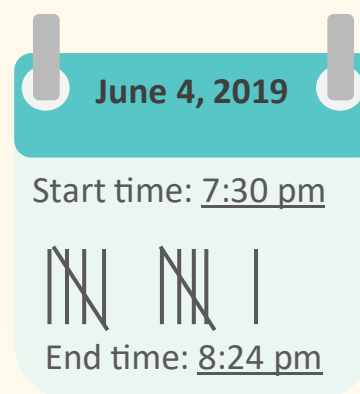
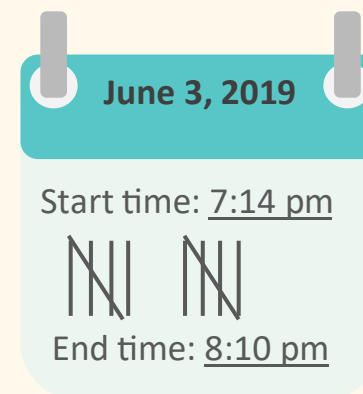
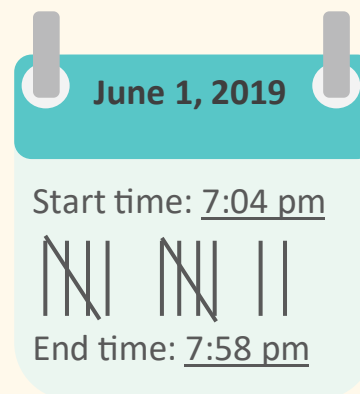
If you stop feeling kicks or the kicking seems “quiet” at any time, don’t worry. Your baby may be sleeping. You should do a kick count right away to see if there may be a possible problem:

- Drink a large glass of cold water or juice. Go to a quiet area to count your kicks.
- Set a timer for 2 hours. Write down every movement you feel for 2 hours. You can stop counting if you get to 10 kicks before 2 hours are up. If you feel more than 10 kicks in 2 hours, there is no need to be worried, but keep paying attention.
- If there has not been any movement for 2 hours, you should contact your provider or go to the emergency room right away. **Don’t worry about “bothering” your provider. They want to help you and your baby.**
- Contact your prenatal provider right away if you have other concerns about your baby’s movement.



For each day you do a kick count, write down the date and the time you start. Make a tally mark each time you feel your baby move. Write down the time you end. Show this chart to your provider at each visit.

Here are some examples:



For each day you do a kick count, write down the date and the time you start. Make a tally mark each time you feel your baby move. Write down the time you end. Show this chart to your provider at each visit.

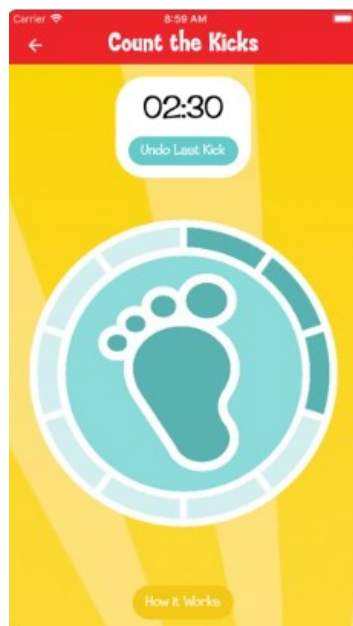
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You can also use **free apps** to count your baby's movements and share with your provider at each visit:



(Available for download from the Apple App Store or Google Play)

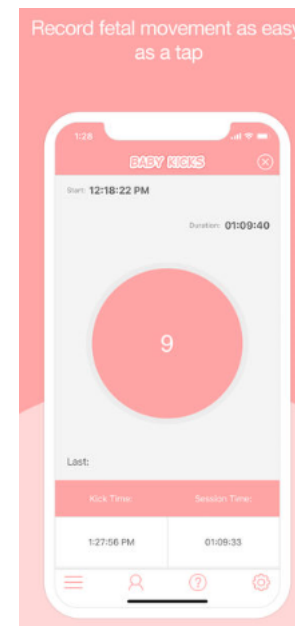
- Set daily reminders for counting kicks.
- Review your counting history.
- Send counting data directly from the app.
- Available in 10 different languages.



Baby Kicks Monitor

(Available for download from the Apple App Store)

- Record your baby's movements with just one tap.
- Track and share kick counts.
- Store other information, such as your last period and your delivery due date.



Talk with your CHN provider or health educator if you have more questions about kick counts.