



Tara L. Creighton, MD  
Jack Inge Jr, MD  
Eloise B Watson, MD

Jennifer A. Chancellor, MD  
Sarah D. Maddison, MD  
Tammi L Williams, MD

Amy O. Groff, MD  
Myra L. Teasley, MD  
Ruth Wind, MD

## **Fetal Movements / Kick Counts**

### **Why do I need to do Kick / Movement Counts?**

One of the best ways for telling us how healthy your baby may be is for you to notice fetal movements throughout the day. It's normal for a healthy baby to move frequently in your uterus. Noticing and recording these movements are recognized as Kick Counts. Your baby will begin moving very early in pregnancy but you will probably start to really notice their movements around week 20 of your pregnancy. At approximately 28 weeks of pregnancy you will begin to notice predictable movements. This is when we recommend you begin paying close attention to your baby's fetal movements.

### **When should I be doing Kick / Movement Counts?**

- At least once per day, preferably when your baby is most active.
- After eating a meal or drinking cold liquids.
- After taking a walk.
- After laying down to rest.

### **How do I do Kick / Movement Counts?**

You should feel at least 10 movements in a 2 hour time period during the day. This count should be done once daily and at approximately the same time. In the event less than 10 movements are noted in a 2 hour time period, repeat the count process while lying down on your left side.

### **What is "Normal" for Kick / Movement Counts?**

- Most healthy babies will move at least 10 times in 2 hours.
- It is normal for babies to move less at the end of pregnancy, but you know your body and baby better than anyone. If you are concerned or feel that something does not seem right, please call you healthcare provider.
- If your baby is not moving 10 times in 2 hours or is moving less than what is normal for you, please contact our office 919-781-5510.