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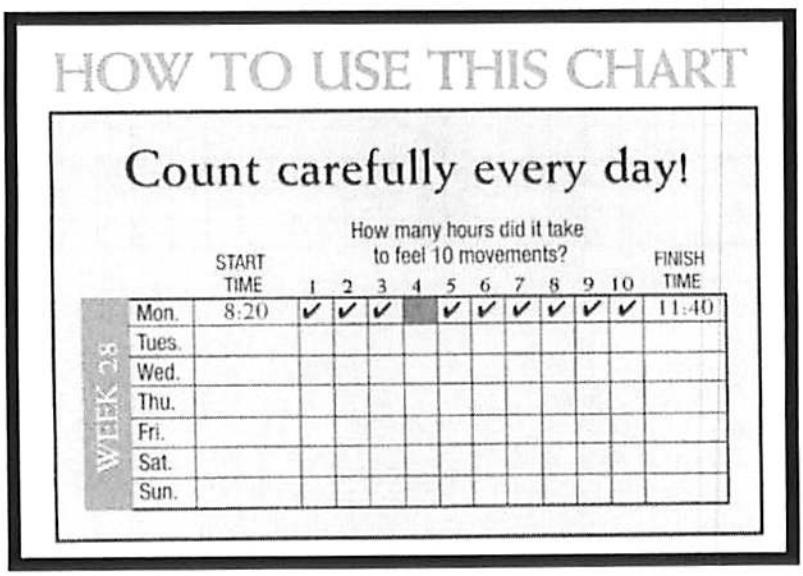
Fetal Kick Counts

Kick count is the maternal counting and tracking of fetal movement. Medical research supports kick count as a simple, valuable, effective, reliable and harmless screening of fetal well-being during the third trimester in both low- and high-risk pregnancies.

Instructions:

The American College of Obstetricians and Gynecologists recommends counting the time it takes for your baby to make 10 movements which includes any movement (flutters, kicks, turns, twists, swishes, rolls and jabs). Your baby should move **10 times in less than 2 hours.**

- Do the kick count once a day.
- Select a time of the day best suited for you when your baby is usually active. For most women, fetal movement typically peaks after meals, after activity, and in the evening.
- Do the kick count roughly at the same time every day.
- Get in a comfortable sitting or lying position in a quiet room with no distractions. Relax and focus this time to feel your baby's precious movements.
- Your ability to feel the baby depends on the thickness of your abdominal wall, placental location, and your sensitivity to the movements.
- Jot down the time of the baby's first kick (movement) and the time of the 10th kick. Most of the babies will take much less than 30 minutes to complete 10 kicks.
- Since healthy babies have sleep cycles, your baby may not kick, or kick less than usual, or have less than 10 kicks in 2 hours. If so, wake up the baby by drinking fluid or by walking for 5 minutes. Repeat the kick count.
- If the there is still decreased fetal movement or if there is a significant change in the movements or you are concerned about your babies activity go to labor and delivery for monitoring. They will contact Dr. Jeppson.



Name: EDD: Date:

		START TIME	How many hours did it take to feel 10 movements? 1	2	3	4	5	6	7	8	9	10	FINISH TIME
WEEK 28	Mon.												
	Tues.												
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WEEK 29	Mon.												
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WEEK 30	Mon.												
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WEEK 31	Mon.												
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WEEK 32	Mon.												
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WEEK 33	Mon.												
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WEEK 34	Mon.												
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		START TIME	How many hours did it take to feel 10 movements? 1	2	3	4	5	6	7	8	9	10	FINISH TIME
WEEK 35	Mon.												
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WEEK 36	Mon.												
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WEEK 37	Mon.												
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WEEK 38	Mon.												
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WEEK 39	Mon.												
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WEEK 40	Mon.												
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WEEK 41	Mon.												
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