

## FETAL KICK COUNTS

- FIRST FETAL MOVEMENTS ARE TYPICALLY FELT BETWEEN 16-21 WEEKS OF PREGNANCY. ONCE MOVEMENT IS FELT, YOU MAY NOT FEEL MOVEMENT EVERY DAY, WHICH IS NORMAL.
- BETWEEN 24-29 WEEKS, YOU SHOULD FEEL SOME MOVEMENT EVERY DAY. IT COULD BE A LOT OF MOVEMENT ONE DAY AND NOT A MUCH THE NEXT. THERE SHOULD NEVER BE A DAY YOU DON'T FEEL ANY MOVEMENT.
- BETWEEN 30-40 WEEKS OF YOUR PREGNANCY, YOU SHOULD FEEL MOVEMENT EVERY DAY. IF YOU NOTICE YOUR BABY'S MOVEMENT HAS DECREASED, DO FETAL KICK COUNTS.

## HOW TO DO KICK COUNTS

- START THE KICK COUNTS DURING THE TIME OF DAY WHEN YOUR BABY IS THE MOST ACTIVE.
- LIE DOWN, WRITE DOWN THE TIME YOU START, AND COUNT ANY MOVEMENTS FELT.
- ONCE YOU HAVE COUNTED TEN MOVEMENTS WRITE DOWN THE TIME.
- YOU SHOULD FEEL AT LEAST 10 MOVEMENTS IN ONE HOUR. IF NOT PLEASE CALL US, OR IF IT IS AFTER BUSINESS HOURS, PLEASE GO TO LABOR AND DELIVERY AT THE HOSPITAL YOU PLAN TO DELIVER AT.