



EAST CASCADE
WOMEN'S GROUP

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Fetal Movement Counting

Fetal movement counting, also called fetal kick counts, are a way to assess your baby's well-being. It requires you to count the number of times you feel your baby move within a certain time period. Healthy babies move many times a day. The American College of Obstetricians and Gynecologists (ACOG) recommends that you time how long it takes you to feel 10 kicks, flutters, swishes, or rolls. Ideally, you want to feel at least 10 movements within 2 hours. You will likely feel 10 movements in less time than that. Fetal movement increases throughout day, with peak activity late at night. Start kick counts in your seventh month, or at 28 weeks. You can count at home without any special equipment.

How to do kick counts:

Try just after you eat. Your baby is most active then.

Sit, or lie down on your left side.

Check what time you start.

Put your hands on your belly.

Count how many times your baby moves. A "move" is any kick, wiggle, twist, turn, roll or stretch.

Count up to 10 moves.

If your baby moves 10 times in the first hour, you can stop counting.

If your baby doesn't move 10 times in the first hour, don't worry.

Your baby may be sleeping. Try to eat or drink something, walk around for 5 minutes, repeat kick counts for another hour.

Call your provider if:

You don't feel 10 movements in the second hour.

If you think your baby is moving far less than usual.

If you feel something isn't right.

You may be invited into the clinic or Family Birth Center for additional evaluation and monitoring.