

BABY KICK COUNT INSTRUCTIONS

Fetal movement counting, sometimes called the *Fetal Kick Count*, is a way for you to monitor your baby's well being every day.

When to Count

Pick a time of the day when you have unhurried time to really focus on your baby's movements. Get comfortable in a sitting or lying position. Avoid watching TV as it may distract you. Some women prefer to drink a glass of water to help them relax. Many women consider relaxing with their baby to be the highlight of their busy day, so enjoy this special moment with your child!

Instructions

- Write the time you begin counting. Mark down each distinctive fetal movement or kick. The ultimate goal is to feel your baby kick 10 times within an hour.
- If your baby doesn't give you 10 movements in one hour, please call the office to discuss a plan of action. If you are counting in the evening or weekend, do not wait until the next day.
- Getting less than 10 kicks does not necessarily mean there is a problem but it does warrant discussion with your physician. All babies have different activity levels. If you are concerned your baby is not moving as much as usual, call your physician to discuss this as well.

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