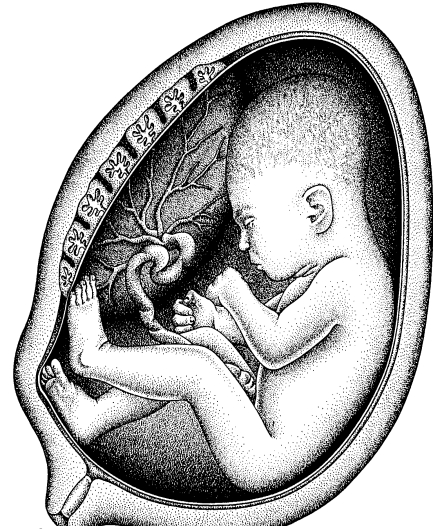


# What are Kick Counts?

It is normal for your healthy, growing fetus to move frequently in your womb (uterus). Between 20 and 32 weeks of pregnancy, a fetus will make between 200 and 500 movements in a single day. These movements will include rolling, kicking or wiggling. The majority of these movements will go unnoticed by you due to the normal distractions of the day. If you have noticed a decrease in the amount your baby is moving, you may be asked to record the fetal movements on this chart. This is called Kick Counts and is a helpful way of assuring a healthy fetus.

## When do I do Kick Counts?

- ◆ During your baby's most active time of the day
- ◆ When you are doing self palpation
- ◆ After you eat, or after you drink cold water, juice or milk
- ◆ After you have walked for 5 minutes



## How do I do Kick Counts?

- ◆ Write down the time you start.
- ◆ Put a check each time your baby *twists, kicks or turns*.
- ◆ After your baby has moved 10 times, write down the time again.
- ◆ Total how long it took to count all 10.
- ◆ Finally, shade in the box that shows how many hours this took.

WEEK 38

	Start Time	1	2	3	4	5	6	7	8	9	10	Finish Time
Mon	10:15A	✓	✓	✓	✓	■	✓	✓	✓	✓	✓	2:45P
Tue												
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## What do Kick Counts tell me?

- ◆ Most healthy babies move at least 10 times in four hours.
- ◆ If your baby moves less than 10 times in four hours, *call the office right away*.

**You know your body and your baby best. If you feel something isn't right, trust yourself and call 452-3300 right away.**



Heartland Women's Health Care

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