southern new hampshire health | Foundation OB/GYN

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BABY KICK COUNTS

Your baby moves many times a day. Your baby's kicks can be a reassuring test of wellbeing. We ask that you count the number of times your baby moves in a day, starting at 28 weeks of pregnancy.

The baby may kick or roll during the time you are counting, so count all movements. You will know when your baby is most active and at what time of day.

YOU NEED TO:

1) Pick one quiet time a day when you can count how many times the baby moves. Some babies move most in the evening.

2) You may want to sit with your feet up or lie on your side (the left side is preferable).

3) Count all baby movements until you reach 10. DO NOT count for more than 2 hours.

4) Write down the time it took the baby to move 10 times.

   Example: SUNDAY = 45 minutes

5) IF YOUR BABY DOES NOT MOVE AT LEAST 10 TIMES IN 2 HOURS, please call the office.

Week of:	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.