

## Why is it important to know?

Kick counting can help you be aware of fetal movements. Learning what's normal for the fetus, then you can more easily determine when something is wrong.

# FETAL MOVEMENT COUNTING (COUNTING KICKS)



CANVA IMAGE

## The two main ways to track fetal kicks are:

Best to begin is between weeks 28 and 40. Choose a time when you are least distracted or when you typically feel the fetus move.

## What to do if you don't feel them

Once you have tried getting baby to move and wake up call the provider if fetal movements change abruptly, slow down or stop. You're looking for 10 movements or more in one hour.

Get comfortable. Lie on your left side or sit with your feet propped up.

Count the number of kicks you feel in a one hour period.  
OR

Measure the amount of time it takes for the fetus to kick 10 times.

## When to count kicks?

It's normal for baby to have periods of rest, sleep and activity. A couple things you can do to try to wake baby up:

- Taking a walk or moving your body.
- Drinking juice or another sweet beverage.
- Eating a meal.
- Lying down on your left side (maximizes blood flow).

## When to call provider?