

# KICK COUNTS

This is a test that you can do to help check on your baby's health. To do this test, you count your baby's movements each night.

### FETAL MOVEMENT RECORD

# **INSTRUCTIONS**

- 1. Count the baby's movements EVERY NIGHT.
- 2. A movement may be a kick, swish or roll. Do not count hiccups or small flutters.
- 3. You can start counting any time in the evening when the baby is active.

#### **BUT: COUNT EVERY NIGHT.**

- 4. Count baby's movements while lying down, preferably on your left side.
- 5. Mark **the time** you feel the baby move for the first time.
- 6. Mark the time you feel the 10th fetal movement.
- 7. You should feel at least 10 fetal movements within one hour.

### Call your doctor immediately if

- a) You do not feel 10 movements within 1 hour.
- b) It takes longer and longer for your baby to move 10 times.
- c) You have not felt the baby move all day.

#### DO NOT WAIT UNTIL TOMORROW

Date	Time First Movement Felt	Time 10th Movement Felt	Total Time
EXAMPLE 2/1/02	6:50 P.M.	7:28 P.M.	38 minutes
		C. T. L. All C. L.	

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