



Baby Movement Counting

Important Information

For

All Pregnant Women

Fetal Kick Counts

During pregnancy, healthy babies usually are active babies

The kick count is an easy, non-invasive test that you can do at home to check your baby's well being. The idea is to be sure he or she is moving around enough.

When do I start counting my baby's movements daily?

1. Sometime between 18 and 25 weeks into pregnancy, moms will begin to feel movement. You should begin counting movements daily around 28-30 weeks.
2. When you think your baby's usual movements have slowed down or stopped at a time when the baby is usually active.
3. When your doctor, midwife or nurse has a concern about the baby and has asked you to begin to count movements daily.

Why should I count my baby's movements?

Your baby's movements are a sign of well-being. An active baby is usually a healthy baby. Counting is easy to do and needs no special equipment. Counting how often your baby moves helps you and your doctor or midwife know more about your baby's well-being.

There are differences in the types and amounts of activity between babies but each baby usually has his or her own pattern of daily movement. You begin to learn your baby's pattern by being aware of his or her daily movements.

If your baby is moving less than usual or stops moving, it may be a sign your baby is not well. Most of the time, your baby is fine, but it is always best to check. It gives your Doctor or Midwife more information to be able to give your baby the best care.

What if I feel less than six movements in two hours?

- Call your doctor or midwife right away. You may be asked to come for a Non-stress test to further evaluate your baby's well being.
- Come to St. Joseph's General Hospital Maternal/ Child Unit.

Important Phone Numbers:

My Doctor or Midwife _____

St. Joseph's Hospital 250-339-2242

Ask for the Maternal/Child Unit

Adapted from BC Women's Hospital & Health Centre

