



MONITORING YOUR BABY'S MOVEMENTS

From 28 weeks of pregnancy to delivery of your unborn baby, paying attention daily to your baby's movement is a reliable and simple way for you to monitor their well-being.

- It is important to remember that the unborn baby can have sleep/wake cycles which may lead to quiet periods of up to 90 minutes, so do not be alarmed if the baby is resting.
- On average, a baby who moves 10 times or more in a 12 hour period is often a reassuring sign.
- Newborn movements include kicks, rolls, twists and turns. These are reassuring movements. Hiccups from the baby DO NOT count as movement.
- Each baby develops it's own pattern of active and quiet periods. Your baby's movement pattern can be a reassuring sign of health.
- Watching for significant changes in the way your baby moves may help to find potential problems earlier, and may help to reduce the chance of having a stillbirth. Never ignore lack of movement. Lack of movement is one way an unborn baby can warn us he or she may not be well.

Unborn babies should move at least 6 times in 2 hours.

- It is a good idea to do a daily count of your baby's movement. It is best if you do your count at a time during the day when your baby is normally active and you have time to pay attention. Lie on your side or sit in a semi-reclining position with one hand on your belly. Do not lie flat on your back. Kicks, turns, rolls or jabs are counted, but not hiccups.

- If you smoke, do not try to count your baby's movements until at least an hour after your last cigarette as there is often reduced movement in the time following inhalation of a cigarette.

Note the time you start counting. Count until you have felt 6 movements or until 2 hours have passed. Use the chart below to record your observations.

If you have not felt 6 movements in 2 hours *page your midwife*. You will likely be asked to come to the hospital for assessment.

- At the hospital, the perinatal nurse or midwife will monitor your baby for 20-40 minutes or longer as necessary. The majority of babies will have a normal test. If there are any questions about the results of the test, an ultrasound may be ordered by your midwife to assess your baby further.

Week:

Date							
Start Time							
Time of 6 th movement							
Number of minutes needed to feel 6 movements							

Week:

Date							
Start Time							
Time of 6 th movement							
Number of minutes needed to feel 6 movements							

Week:

Date							
Start Time							
Time of 6 th movement							
Number of minutes needed to feel 6 movements							

Week:

Date							
Start Time							
Time of 6 th movement							
Number of minutes needed to feel 6 movements							

Week:

Date							
Start Time							
Time of 6 th movement							
Number of minutes needed to feel 6 movements							

Week:

Date							
Start Time							
Time of 6 th movement							
Number of minutes needed to feel 6 movements							