

Kick Counts

After the sixth month of pregnancy, your baby's movements are more consistent and easier to assess. If you ever get concerned about a decrease in movement, here is a way to assess your baby's well-being.

One of the ways we can assess your baby's well-being is to monitor its movements. You know your baby's activity patterns better than anyone else. These instructions are guidelines to help you assess your baby's movements so that you will be alerted to changes and decreases in your baby's movement patterns.

Babies should continue moving all the way through your pregnancy! Follow the instructions below and notify our office with any questions or concerns!

- Choose a time during the day that is typical for your baby to be active.
- Have something to eat. Babies tend to be a little more active when you have recently eaten.
- Lay on your left side and count your baby's movements for 1 hour or until the baby moves 10 times which ever comes first.
- Your provider may ask you to do this three times a day (morning, afternoon, and evening)

Call the Office or Hospital:

- Please call us if you do not have 10 movements in the hour of monitoring, You may need to repeat the test, be monitored at the office, or go to the hospital for further evaluation.
- Please call if your baby has had a significant decrease in its activity.
- If you are worried or you feel something just isn't right. Remember, you know your baby best. Listen to your intuition. If something just doesn't seem right, please call us or go to the hospital.

KICK COUNT CHART

Date	Morning Total	Afternoon Total	Evening Total	Day Total