



Fetal Movement Record

Beginning around 28-30 weeks, you should begin to pay attention to your baby’s movements until birth. You will notice that there are certain times of the day when he or she is most active and generally after you eat or when you are being still, you will notice lots of movement. Movement includes kicks, flutters, twists and turns and sometimes hiccups.

This count record will help us make sure your baby is doing well throughout your pregnancy and if you go overdue, we will know you baby is doing good by knowing that his/her movement patterns are usual.

Knowing what movements are normal for your baby is very important! More important than just checking in with your baby once a day. Knowing what your baby’s normal movements are CAN SAVE your BABY’S LIFE!

Each baby is different in the way they may like to move but your baby will let you know how he/she are doing by how they are moving.

Your baby should move 10 times during a two hour period.

If your baby does not, drink a glass of juice and lie down. If your baby’s movements don’t pick up then you should notify your Midwife right away.

Babies in general will decrease there movements as they run out of room but this should be a gradual change, not abrupt.

If you feel your baby has had a sudden change in his/her normal movement then you should contact your Midwife **right away**.

If it takes longer than 2 hours for your baby to move 10 times, or from day to day it takes longer and longer each time for you record your baby’s movements, call your Midwife immediately.

How to do kick counts:

- Choose one time during the day when your baby is most active
- Lie down on your side and note the exact time you feel the first movement. This starts your time.
- Count 10 movements and note the exact time you reach 10 baby movements.

The EXAMPLE below is how to record your baby’s movements once daily. But please pay attention to your baby’s movements throughout the day.

Date	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Start							
End							
# of mins							
Start							
End							
# of mins							

Review of warning Signs in Pregnancy – Call your Midwife IMMEDIATELY if you experience any of the following:

- Vaginal bleeding (more than spotting)
- Regular contractions (more than 6 in an hr)
- Nausea with vomiting for more than 24 hrs
- If your baby has stopped moving or has severely decreased his/her movements.
- Any signs of pre-eclampsia: severe/persistent headaches, blurred vision or seeing spots, severe or persistent vomiting, noticeable swelling in the face, hands and especially if the onset is sudden, dramatic weight gain over a period of 2-3 days, noticeable decrease in urine output.
- A gush or continuous flow of water from your vagina
- A fever greater than 101 degrees