

Babies are most active after meals and late in the evening.

Fetal Movement Counting

Fetal movement is a sign of your baby's well-being. One measure of good health is how often a baby (fetus) moves. During the 18th to 20th weeks of pregnancy, you may first notice your baby move. It starts with a flutter-like feeling in the abdomen. Movements become stronger with each passing week. Counting the movements will help you:

- Become aware of your baby's movement pattern.
- Be able to report any changes to your care team.

Getting started

We will explain 2 ways to monitor your unborn baby's activity. Your healthcare clinician will tell you which of the 2 methods is best for you. Use the method your clinician recommends.

For either method:

- Pick a time of day when your baby is "active."
- Find a comfortable position.
- Make sure you have the correct movement checklist (found on page 3 or 4) and a pen or pencil.

Keep in mind:

- Placing your hand on your abdomen may help you feel your baby's movements.
- Babies are most active after meals or late in the evening.
- Remember that babies have "quiet" times and "active" times. (This may vary each day.)
- Too much movement is not a concern.

Keeping track

Method 1

Using the chart on page 3:

1. Choose one 60-minute period during the day to record your baby's activity.
2. Record the time you feel the 1st movement. Use a check mark or "X" to mark that movement as the 1st count.
3. Every time you feel any movement (kick, roll or flutter), put a check in the box.
4. When you record 10 movements, stop counting and record the time.

5. Most babies move 10 times the 1st hour. Less activity may simply mean the baby is sleeping. If you feel fewer than 10 movements in that hour, continue to count until you feel 10 movements. Note how long it took to feel 10 movements.
6. If you do not feel 10 movements in 2 hours during baby's usual active time, call your clinician.

Method 2

Using the chart on page 4:

1. Choose 3 separate 30-minute periods during the day to record your baby's activity.
2. Record the time you feel the 1st movement. Use a check mark or "X" to mark that movement as the 1st count.
3. Every time you feel any movement (kick, roll or flutter), put a check in the box.
4. When you record 5 fetal movements, stop counting and record the time.
5. Most babies move 5 or more times in a 30-minute period during their active time.
6. If you do not feel 5 movements in 30 minutes during baby's usual active time, call your clinician.

Call your clinician right away if:

- You are concerned about your baby's movement.
- You notice a longer time between your baby's movements (based on your Fetal Movement Record).

Fetal Movement Record – Method 2

Date	Start Time	Number of Movements					End Time	Total Time
		1	2	3	4	5		
Period 1	10:00 am	X	X	X	X	X	10:20 am	20 minutes
Period 2		<i>SAMPLE</i>						
Period 3								

Date	Start Time	Number of Movements					End Time	Total Time
		1	2	3	4	5		
Period 1								
Period 2								
Period 3								

Date	Start Time	Number of Movements					End Time	Total Time
		1	2	3	4	5		
Period 1								
Period 2								
Period 3								

Date	Start Time	Number of Movements					End Time	Total Time
		1	2	3	4	5		
Period 1								
Period 2								
Period 3								

Date	Start Time	Number of Movements					End Time	Total Time
		1	2	3	4	5		
Period 1								
Period 2								
Period 3								

Date	Start Time	Number of Movements					End Time	Total Time
		1	2	3	4	5		
Period 1								
Period 2								
Period 3								