Fetal movements, or kick counts are the number of times your baby moves or kicks. Kick counts often begin after 28 weeks of pregnancy. It is normal for your baby to move frequently. You may not always notice these movements, especially when you are active. Recording kick counts is an easy way for you to monitor your baby’s health.

Try to monitor kick counts the same time every day. Choose a time when your baby is usually the most active. Eat or drink cold water, milk, or juice before monitoring. After dinner is often a good time.

- Lie down on your side, or sit in a comfortable chair. Write down the time when you feel the first movement.
- Make a mark for each movement, up to 10 movements.
- Write down the time of the tenth movement. You may stop at this point.
- If you do not feel 10 movements in 1 hour, continue for a second hour.
- If you do not feel 10 movements in 2 hours, you need to call our office to report this to us. Call (770) 422-8700. If this is after hours, a midwife will be paged by the answering service.

If your baby’s movements suddenly change, decrease, or stop, call our office immediately.