



Baby Movement and Kick Count

This information is intended for parents to aid in understanding and tracking fetal movement.



Baby Movements

Some babies are more active than others, and each baby tends to have its own pattern of activity. The total number of movements per day only matters if there are less than 6 movements in 2 hours or if there is a change in the usual pattern of baby movements. If you notice your baby is not moving as much as usual, you should do a kick count.

Kick Counts

Counting the kicks is an easy and reliable way to monitor your baby's well-being. By keeping track of your baby's movements, you may reduce the risk of a stillbirth. If you notice that your baby is moving less than he/she normally does, sit or lie down somewhere that you can focus on baby's movements. If you feel less than 6 movements in 2 hours, call Labour and Delivery, Grey Bruce Health Services, Owen Sound at 519-376-2121 ext. 2321 immediately and come in for assessment.

Date								
Time Started								
Movements								
Time Stopped								

(over...)

Baby Movements and Kick Count

Some facts about fetal movements:

- Fetal movements are felt by women regularly after 24 weeks.
- Some women do not feel their babies move at all, and for them, kick counting is not a useful tool.
- The best time for kick counts is often in the evening when fetal movement tends to increase.
- Movements are often best felt when lying down.
- Exercise does not change how active your baby is.
- Smoking reduces your baby's movements temporarily by decreasing blood flow to your baby.
- Depressant drugs and narcotics may reduce fetal movements. Corticosteroids (Celestone) may also decrease movement for 2 days.

Notes: