

# Fetal Movement Counting (Kick Counts)

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## **When will I feel the baby move?**

Usually mothers can feel the baby move occasionally by 20 weeks gestation. After 24 weeks, it is normal for your healthy, growing baby to move frequently. A sudden decrease or absence of movement after 24 weeks may be a warning sign of fetal distress.

## **What are fetal movement counts?**

You can help look out for the health of your baby by recording a count of the number of times your baby kicks, twists, or turns. Doing this is called fetal movement counting, or "Kick Counts". You will usually feel your baby move by the 20th weeks of pregnancy.

## **When do I do Kick Counts?**

Your pregnancy care provider may ask you to keep a record of how long it takes your baby to move 10 times.

Count fetal movements twice each day at the baby's "busy times". This is usually in the evening, at bedtime, after meals or after exercise.

## **How do I do Kick Counts?**

- Get relaxed and comfortable. Loosen tight clothing. Lay down on your side or sit with your feet propped up. Many women find it easier to concentrate with the TV off.
- Note the time you start. Count movements until you reach 10. Each roll, kick, or punch or twist counts as 1 fetal movement. Note the time you finish.
- If the baby is quiet, drink a glass of cold juice and start over.

What do I do if I don't feel 10 movements in two hours?

If the baby does not move 10 times in 2 hours, **call your pregnancy care provider or Triage at (734) 764-8134.**

You will be instructed to come to Triage for testing. Remember, that most often when a woman comes to Triage for testing, her baby is fine.

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