

Fetal Movement Counting

Counting Baby's Movement Before Birth

A healthy baby is one that moves every day.

When you are pregnant, you will start to feel your baby move. These movements may feel soft and gentle at first. They get stronger as your baby grows.

A healthy baby moves often in a 24-hour period. Your baby will have quieter times when sleeping and more active times. You may notice that baby is more active after you eat or do light activity. Babies also tend to be more active in the evening hours.

You may not feel all of the movements that your baby makes. If you are busy, you may not even notice your baby's movements.

How to Track your Baby's Movement

It is important to pay attention to your baby's movement every day, so that you become aware of what is normal for your baby and, also, of what feels different.

A good way to do this is to write down how long it takes your baby to move 6 times in a 2 hours.

- Do a count of baby's movement during your baby's more active time of day. Choose a time when you can relax and be aware of the movements. You may find that after supper is the best time.
- Lie down on your left side, or sit in a comfortable chair.
- Have a clock or watch in view.
- Keep a pencil and paper within reach.

You should do a movement count every day for a few weeks so that you become familiar with your baby's habits.

Start the fetal movement counts at about the same time each day. The best time for testing fetal movement is in the evening.

You can find a chart to record your baby's movements on the back of this handout.



For safety's sake...

If your baby is not moving one day or is moving less or a lot more than usual, call your doctor or the Birthing Unit at Humber River Health right away. Your doctor may ask you to come to the hospital to have your baby's heart rate checked.

HRH Birthing Unit

Tel: (416) 242-1000 Ext. 45200 or 45300



Instructions:

1. Write down the time when you feel the first movement under “Time Start”.
2. Mark an “x” for each movement you feel, up to 6 movements, within 2 hours.
3. Write down the time of the 6th movement under “Time Stop”.

Record of My Baby’s Movements								
DATE	TIME START	1	2	3	4	5	6	TIME STOP
MM/DD/YYYY (write date of test)	7:06 p.m.	x	x	x	x	x	x	8:58 p.m.