

Why Count My Baby's Movements?

Counting your baby's movements will help you and your doctor / midwife know more about your baby. Babies do not move constantly. They may sleep for about 20 minutes and then wake up and move around. An active baby is usually a healthy baby. If your baby is moving less than usual or stops moving, it may be a sign that your baby is unwell.

How Do I Count My Baby's Movements?

Choose a quiet place where you can count your baby's movements. Lie in a reclined position or on your side (never lie flat on your back). Place your hands on your tummy to help you feel the movements.

1. Write the date on the chart.
2. Write the time that you start counting.
3. Count until 6 movements have been felt.
4. If there are many movements all at once, count each movement that you feel.
5. Write down on the chart the time that you stop counting. (Do not count longer than 2 hours).

What if I Don't Feel Six Movements in Two Hours?

You should call your doctor / midwife or go to the Birthing Area at the hospital for assessment. The nurse will check your baby's heartbeat and movements with a fetal monitor.

What Does Fetal Movement Feel Like?



When the baby pushes against the wall of your uterus, you will feel the baby move. It is helpful to place your hands on your tummy to help you feel these movements.

Some women describe the baby's movements as "kicking", "rolling", "stretching" or "pushing".

Each feeling of movement counts as one movement.

North Bay Regional Health Centre Birthing Area:

474-8600
Ext. 4757

This flyer contains general information which cannot be construed as specific advice to an individual patient. All statements in the flyer must be interpreted by your personal physician or therapist who has the knowledge of the stage and the extent of your particular medical condition. Any reference throughout the document to specific Pharmaceutical products as examples does not imply endorsement of any of these products.

Visit Our Website www.nbrhc.on.ca

Fetal Movement Count Record

Name: _____

Due Date: _____

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