

Counting Baby's Movements

This is a simple technique you can use yourself at home to help monitor your baby's well-being.

What to do:

- Get into a comfortable position – lying on your side or sitting. Place one or both of your hands on your abdomen.
- Count each time that you feel your baby move. If you feel many movements all at once, count each movement that you feel.
- Write down the date and the time that you start counting on the fetal movement chart.
- Make a mark on the chart each time your baby moves.
- You can stop counting and get up when you have counted 6 movements. Write down the time you stopped counting.
- It's OK to take a quick break to use the bathroom, have a glass of water etc!
- Do not count for more than 2 hours
- Count your baby's movements once a day. You should feel 6 or more movements in 2 hours.

What if I don't feel 6 movements in 2 hours?

- If you count fewer than 6 movements in 2 hours do not wait. Call the maternity unit and go in for an assessment.
- Your baby's heart rate and movements will be checked using a fetal monitor. This is called a non-stress test or NST. The nurse will speak to the Crocus doctor on-call about the result.
- If you live outside Whitehorse, immediately contact your local health care provider for advice.

About baby's movements:

- An active baby is usually a healthy baby. You will feel your baby stretch, kick, roll and turn every day. Some babies are more active than others. All babies have periods of sleep during which they are not as active. You will get to know your baby's pattern of movements and when your baby is most active.
- You should feel your baby's movements throughout the day, each day from 28 weeks of pregnancy until the baby is born.

When during my pregnancy should I count my baby's movements?

- Your healthcare provider may ask you to count your baby's movements once every day
- If you think there is a decrease in your baby's movements this is an important sign that your baby may not be well. Count your baby's movements to be sure that you feel at least 6 movements in 2 hours.

Count your baby's movements once a day. You should feel 6 or more movements in 2 hours.
Count if you think there is a decrease in your baby's movements.
If count is fewer than 6 movements in 2 hours, *do not wait*. Go to the hospital or birthing unit.
If you live too far from a hospital or birthing unit, immediately contact your health care provider for advice.

| Date | Start Time | Baby's Movements | | | | | | Stop Time |
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