

Kick Counts

Fetal kick counts help tell how active your baby is. Besides counting kicks, you will be counting every time your baby moves, rolls, or twists. Your baby has times when he is more active than others. Active times are usually after you have been up and walking around for awhile, after a meal, or after you have had something cold to eat or drink, such as ice water.

Your doctor may have you do kick counts two or three times a day for several days; your doctor will tell you how often to do them and when to call him or her. If so, try to do them at the same time every day or after the same activity. For example, do them before you get up, an hour after eating lunch, and when you go to bed at night. If you are self-monitoring contractions, you can do kick counts at the same time.

The American College of Obstetricians and Gynecologists recommends that you time how long it takes you to feel 10 kicks, flutters, swishes or rolls. Ideally, you want to feel at least 10 movements within 2 hours. Most likely you will feel 10 movements in much less time. This chart is an easy way to record kick counts. Write down the date and time of the first movement. Every time you feel your baby move or kick, check off one of the 10 boxes. After you check all ten boxes, write down the time of the tenth movement. If you cannot feel your baby move, drink a glass of cold water or walk around for a few minutes and try again. Some doctors recommend that you call if your baby moves less than 10 times in an hour.

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