

Date	Start Time	Record Count	Finish Time	Total Time

Why Should I Count My Baby's Movements?

A daily count of how often your baby moves will help you and your doctor or midwife know more about your baby. An active baby is usually a healthy baby. Some babies are more active than others and babies seem to have their own times for being active. If your baby is kicking and moving less than usual or stops moving, it may be a sign that your baby is not well. If you don't feel 6 movements in two hours, you need to call your doctor or midwife or go to the birthing unit (labor and delivery) at the hospital.

How Do I Count My Baby's Movements?

You should count your baby's movements every day. It is best to count the movements when you are lying on your side with one or both hands placed on your tummy to help you feel the kicks. Choose a quiet place where you can focus on the baby's movements.



- Write the date on the chart.
- Write the time that you start counting.
- Count until 6 movements have been felt (but do not count for longer than two hours).
- If there are a lot of movements all at once, count each movement that you feel.
- Mark down the time that you stop counting on the chart.

If you smoke and have been unable to quit, do not smoke for at least one hour before counting begins. Smoking can affect the health of your baby. To learn more and to get help to quit contact your local AADAC office or call 1-866-33AADAC or visit the website www.aadac.com.

What if I Don't feel 6 Movements in Two Hours?

You should call your doctor or midwife or go to the birthing unit (labor and delivery) at your hospital. The doctor or midwife will listen to your baby's heart beat or check your baby's heart rate and movements using a fetal monitor (a non-stress test).

FETAL MOVEMENT COUNT CHART

NAME: _____

ADDRESS: _____

DUE DATE: _____

IMPORTANT PHONE NUMBERS:

DOCTOR: _____

MIDWIFE: _____

HOSPITAL: _____

OTHER INSTRUCTIONS:

PLEASE BRING THIS CHART WITH YOU EACH TIME YOU SEE THE DOCTOR/MIDWIFE



