

Counting Your Baby's Kicks: Care Instructions



Your Care Instructions

Counting your baby's kicks is one way your doctor can tell that your baby is healthy. Most women—especially in a first pregnancy—feel their baby move for the first time between 16 and 22 weeks. The movement may feel like flutters rather than kicks. Your baby may move more at certain times of the day. When you are active, you may notice less kicking than when you are resting. At your prenatal visits, your doctor will ask whether the baby is active.

In your last trimester, your doctor may ask you to count the number of times you feel your baby move.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How do you count fetal kicks?

- A common method of checking your baby's movement is to count the number of kicks or moves you feel in 1 hour. Ten movements (such as kicks, flutters, or rolls) in 1 hour are normal. Some doctors suggest that you count in the morning until you get to 10 movements. Then you can quit for that day and start again the next day.
- Pick your baby's most active time of day to count. This may be any time from morning to evening.
- If you do not feel 10 movements in an hour, your baby may be sleeping. Wait for the next hour and count again.

When should you call for help?

Call your doctor now or seek immediate medical care if:

- You noticed that your baby has stopped moving or is moving much less than normal.

Watch closely for changes in your health, and be sure to contact your doctor if you have any problems.

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