The Madison Midwives
Pregnancy, birth, and beyond

Fetal Movement (Kick) Counts
Begin at 28-30 weeks gestation

1. Counting fetal movements within a specified time period is an evaluation of fetal well being. An active baby is a sign that the placenta is working well.

2. Count your baby's movements following a main meal, while lying down or sitting quietly. Try to carry out the counts at the same time each day to minimize variations due to baby's wake and sleep patterns.

3. Note a starting time after the first movement felt, count 8 movements and note an ending time.

4. If you continue not to feel your baby move 8 times in 2 hours, call our office for further instructions.

Fetal Movement Record

Date	Start time	End Time	# Movements	Remarks

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