



## Fetal Movement Count Chart

### 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?

If you think there is a decrease in your baby's movements or your health care provider has suggested that you count your baby's movements. You should count once every day to ensure that you feel at least 6 movements in 2 hours.

### How do I count my baby's movements?

1. Get into a comfortable position – lying on your side or sitting.
2. Place one or both of your hands on your abdomen.
3. Write down the date and the time that you start counting on the fetal movement chart.
4. Make a mark on the chart each time your baby moves. If you feel many movements all at once, count each movement that you feel.
5. Stop counting when you have counted 6 movements.
6. Write down the time you stopped counting.
7. Do not count for more than 2 hours at a time.

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*. Go to the hospital or birthing unit.

Your baby's heart rate and movements will be checked using a fetal monitor. This is called a non-stress test or NST. If you live too far from a hospital or birthing unit, immediately contact your physician, midwife or Labour and Delivery or Birthing unit right away.

