

## Ask Your Doctor

In a survey conducted by the National Stillbirth Society, a majority of the mothers of stillborn infants reported not being told about kick counts. If



your prenatal care provider hasn't explained what kick counts are or how to count your baby's

kicks be sure to ask about kick counts at your next check up! It's your body and your baby; don't be afraid to voice your concerns or ask questions!

### CALL YOUR PRENATAL CARE PROVIDER, CLINIC OR HOSPITAL IF:

- You do not feel 10 movements in more than 2 hours.
- You notice a sudden change in the normal pattern of your baby's movements.
- It is taking longer and longer each day to get to the 10th movement.
- You have not felt your baby move all day.

Don't hesitate to pick up the phone and call. If you can't reach your prenatal care provider, head to the hospital to have your baby checked. Don't wait until morning.

## REMEMBER

- ✓ Counting kicks is simple and it costs nothing.
- ✓ It is important for you to monitor your baby's kicks daily during the last 3 months of your pregnancy.
- ✓ Taking time to do your "kick counts" will encourage you to rest and bond with your baby. Your partner can help too.
- ✓ Keep in mind that you are looking for significant changes from your baby's usual pattern of movement.
- ✓ Your baby may move all 10 times in a half hour or less, or require a full two hours.
- ✓ It is important to know what is "normal" for your baby, so you can tell your prenatal care provider if your baby's activity or movements change.
- ✓ Request a copy of the Healthy Start Kicks Count passport from your prenatal care provider to keep track of your baby's kicks!

For more information contact:  
Family Health Line  
1-800-451-2229



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## Kicks Count!!

Being attentive to your baby's movements will help you notice any significant changes. Setting aside time every day when you know your baby is active to count kicks, swishes, rolls, and jabs may help identify potential problems and could help prevent still birth.

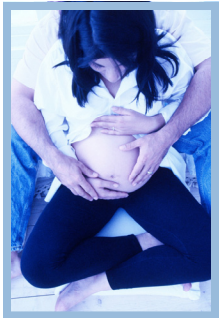


Healthy Start Coalition  
of Miami-Dade

## Kicks Count! Monitor Your Baby's Fetal Movements!

Starting around 28 weeks of pregnancy, you can check your baby's health by doing daily "kick counts". Kicking is how your baby lets you know it's "OK". We call them "kicks" but punches, rolls and swooshes count, if it is a definite movement. Uncomfortable at times, but always reassuring, kicking means your baby is active and growing.

Once a day, preferably just after you have eaten, take the time to be aware of your baby's movements. To do this you



write down how long it takes your baby to move 10 times. You don't need to stop what you are doing, just be aware and count each movement as you detect it. If you haven't felt at

least 4 or 5 movements by the end of an hour, you'll want to redo the count, this time lying down on your side and focusing on just counting movements. If, after redoing the kick count, you don't detect 10 movements within 2 hours its time to call your doctor.

Start by finding a comfortable position during a time when your baby is usually most active. Some moms prefer sitting with a good back rest with their arms holding their belly. Other moms prefer lying on their left side, which they find most comfortable and most effective for monitoring their baby.

**Follow the directions below and keep a similar chart until your baby's birth day.**

1. Pick a time once daily to record your baby's movements. Get in a comfortable position and put your hands on your belly.
2. Pay attention to the time on the clock when you begin, write down the time you start on the chart. Then, count the number of times your baby kicks, flutters, swishes or rolls. When your baby has moved 10 times, write down the end time on the chart.
3. If you do not count ten movements in 2-4 hours, call your doctor, midwife or nurse right away for further instructions. Most likely you'll feel 10 movements in much less time.

*EXAMPLE:* On Sunday, January 15th, you begin to count your baby's kicks at 6:00p.m. By 6:45p.m. your baby has kicked 10 times. You would fill in your Kick Count chart like this:

DAY	Su	M	T	W	Th	F	Sa
DATE	1/15						
Start Time	6:00 pm						
End Time	6:45 pm						
Minutes to Reach 10 KICKS	45 min.						

Generally, moms find their babies are most active after eating a meal or something sweet, drinking something very cold, or after physical activity. You may also find your baby to be more active between 9 pm and 1 am, as your blood sugar level is declining. You may hear that babies slow down as they get closer to full term. Whether that's true is not certain, but if your baby slows down, the change should not be sudden. If you notice any sudden changes in the normal pattern of your baby's movement or a sharp reduction in the amount and intensity of movements be sure to alert your prenatal care provider. Don't hesitate!