


Specialists
In
Women's Healthcare, P.C.

KICK COUNTS

"Kick counts" is a simple method for you to monitor the activity of the fetus during your pregnancy. The provider may instruct for you to do this during the **last three months of pregnancy**, if you are overdue, or if you report a decrease in fetal movement. The fetus normally has sleep / wake cycles or periods of activity and rest. To monitor the activity you need to do the following:

1. Choose a time right after a meal or snack when you can set aside an hour of quiet time. (Keep television and radio off)
2. Lie on your left side with your legs elevated.
3. Count the amount of times you feel the baby kick, roll, or any movement.
4. If your baby moves five times in a ½ hour or 10 times in one hour, fetal well being is assured. Do this 2 times per day (Remember, after meals or snack is best!)
5. Bring this record with you to your next prenatal visit.

If you have not noted 10 movements in an hour, or if it has been greater than four hours with no movement, please telephone our office (even on week-ends or holidays). If you have any questions do not hesitate to call our office to speak with the nurse. Our telephone number is (203) 754-2535.