

FETAL MOVEMENT COUNT

What is a fetal movement count?

Fetal Movement Count is the number of times the baby moves during a given amount of time. Babies do not move constantly. They may sleep for a while and then wake up and move around. Each baby develops its own unique pattern of active and quiet periods.

Why should I count my baby's movements?

An active baby is usually a healthy baby. One way to check on your baby's health before birth is to keep track of the number of times they move during a time of day when they are usually active. Watching for significant changes in the way your baby moves may help to find potential problems earlier, and reduce the chance of a stillbirth.

How do I count my baby's movements?

The baby's movement includes kicks, turns, twists, rolls and jabs, **but not hiccoughs**. As you get closer to your due date, you may notice that the type of movement changes, with less kicks and more rolling. However, the number of movements should stay about the same.

You should count your baby's movements every day.

1. Choose a time of day when your baby is usually active (often after you've eaten, or in the evening) and you have the time of day to pay attention. If you smoke and have been unable to quit, do not smoke for at least one hour before counting begins.
2. Make yourself comfortable in a semi-sitting position or lying down. Preferably on your left side. Write down the time you are starting.
3. Place your hand(s) on your belly to feel your baby's movements
4. Count your baby's movements until you've felt 6 (but do not count for longer than 2 hours)
5. Mark down the time that you reached 6 movements. Figure out how many minutes it took for the baby to move this much and mark that down too.

What should I do if I don't feel 6 movements in 2 hours?

If your baby is moving less than usual, or stops moving at a time when they are usually active, it may be a sign that your baby is not well. Call your doctor or midwife, or go to the Birthing Unit at the hospital. Your doctor or midwife may want to check your baby's heart rate and movements using a fetal monitor. They may also want to do an ultrasound.

[illegible]