



## 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 do not feel your baby move eight times in two hours, drink a caffeinated beverage (coke, mountain dew, etc), wait 20 minutes and restart your kick count. If you continue not to feel your baby move eight times in 2 hours, call our office for further instructions.

### Fetal Movement Record

Date	Start time	End Time	# Movements	Remarks

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