



Count Your Baby's Movements

By Barbara Dehn NP

Instructions:

After about 7 months or 28 weeks, most babies will move 10 times within 3 hours. Many will move 10 times in less than 1 hour.

You can easily count your baby's movements by sitting quietly with your hands on your tummy. It's best to avoid any distractions like work, talking on the phone or watching TV. Any movement that you feel counts as a "kick." If your baby seems quiet and isn't moving, have a glass of juice or milk, or try taking a short walk and try again.

Wk	Day	Start Time	1	2	3	4	5	6	7	8	9	10	Stop Time	Min
	M	7:05	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	7:20	15
	T	8:20	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	8:30	10
	W													
	Th													
	F													
	S													
	S													

1. Note the time you start.
2. Place a check in the box after each movement.
3. Note the time you stop.
4. Bring this chart to your office visits.

Most babies will move 10 times in about the same amount of time each day.



When to call your provider

- If your baby hasn't moved 10 times within 3 hours.
- You feel less movement than you usually do.
- You have any feeling of pressure or pain that comes and goes 5 or more times in one hour.



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Disclaimer: This document is intended solely to serve as a guide for, and to provide you with basic information related to pregnancy. This document is not intended to be—and you should not use it as—a substitute for medical advice or prenatal care given by a licensed health care provider. See a licensed health care provider for prenatal care to help ensure your health and the health and well-being of your new baby.

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Your Baby's Kick Count Record

Wk	Day	Start Time	1	2	3	4	5	6	7	8	9	10	Stop Time	Min
28	M													
	T													
	W													
	Th													
	F													
	S													
	S													

Wk	Day	Start Time	1	2	3	4	5	6	7	8	9	10	Stop Time	Min
35	M													
	T													
	W													
	Th													
	F													
	S													
	S													

Wk	Day	Start Time	1	2	3	4	5	6	7	8	9	10	Stop Time	Min
29	M													
	T													
	W													
	Th													
	F													
	S													
	S													

Wk	Day	Start Time	1	2	3	4	5	6	7	8	9	10	Stop Time	Min
36	M													
	T													
	W													
	Th													
	F													
	S													
	S													

Wk	Day	Start Time	1	2	3	4	5	6	7	8	9	10	Stop Time	Min
30	M													
	T													
	W													
	Th													
	F													
	S													
	S													

Wk	Day	Start Time	1	2	3	4	5	6	7	8	9	10	Stop Time	Min
37	M													
	T													
	W													
	Th													
	F													
	S													
	S													

Wk	Day	Start Time	1	2	3	4	5	6	7	8	9	10	Stop Time	Min
31	M													
	T													
	W													
	Th													
	F													
	S													
	S													

Wk	Day	Start Time	1	2	3	4	5	6	7	8	9	10	Stop Time	Min
38	M													
	T													
	W													
	Th													
	F													
	S													
	S													

Wk	Day	Start Time	1	2	3	4	5	6	7	8	9	10	Stop Time	Min
32	M													
	T													
	W													
	Th													
	F													
	S													
	S													

Wk	Day	Start Time	1	2	3	4	5	6	7	8	9	10	Stop Time	Min
39	M													
	T													
	W													
	Th													
	F													
	S													
	S													

Wk	Day	Start Time	1	2	3	4	5	6	7	8	9	10	Stop Time	Min
33	M													
	T													
	W													
	Th													
	F													
	S													
	S													

Wk	Day	Start Time	1	2	3	4	5	6	7	8	9	10	Stop Time	Min
40	M													
	T													
	W													
	Th													
	F													
	S													
	S													

Wk	Day	Start Time	1	2	3	4	5	6	7	8	9	10	Stop Time	Min
34	M													
	T													
	W													
	Th													
	F													
	S													
	S													

Wk	Day	Start Time	1	2	3	4	5	6	7	8	9	10	Stop Time	Min
41	M													
	T													
	W													
	Th													
	F													
	S													
	S													