



## FETAL MOVEMENTS

### What are fetal movements?

Around the 20th week of pregnancy, most women begin to feel their baby moving. Healthy babies kick, turn, stretch or flip. These are called fetal movements. Fetal movements tell you that the baby is healthy and developing. Many prenatal care providers will ask you to do fetal movement counts so you can check on your baby between visits and so you get to know what is normal for your baby.

### How do I do fetal movement counts?

You should begin doing fetal movement counts by the 28th week of pregnancy (around 7 months).

My due date: \_\_\_\_\_

I will be at 28 weeks on: \_\_\_\_\_

Try to count movements at the same time every day, preferably when your baby is most active.

This can be:

- after you eat
- after you drink cold water, juice or milk
- after you have walked for 5 minutes
- before bedtime

**BE A HEALTHY MOM.  
HAVE A HEALTHY BABY.**

# CHECKING FETAL MOVEMENTS

Choose a comfortable position—on your left or right side or sitting in a chair.

There are two ways to count your baby's fetal movements. Ask your prenatal care provider which method he or she prefers.

1. Check the time and then count every time you feel your baby move. Your provider will tell you how many minutes to count your baby's movements. Write down the number of movements you felt and how many minutes you counted.

My baby moved \_\_\_\_ times in \_\_\_\_ minutes.

2. Check the time and then count 10 of your baby's movements. Check the time again and see how many minutes went by. Write down the amount of time it took for your baby to move 10 times.

My baby moved 10 times in \_\_\_\_ minutes.

***Ask your provider when you should call him or her about your fetal movement counts. You know your body and your baby best. If you feel that something is not right, or your baby's movements decrease or stop, call your provider right away.***

My prenatal care provider's telephone number:

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Other instructions from my provider:

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