From the office of Beth Julian-Wang, M.D.

FETAL KICK COUNTS

Monitoring your baby’s movement on a daily basis during the last three months of pregnancy is an important way to be assured of your baby’s well being. An active baby is a sign that the baby is doing well. A marked decrease in movement from a previously normal pattern, or an absence of noticeable movement may be a warning signal of a problem for your baby. If you notice a marked decrease in movement at any time in the last three months of pregnancy, you should start monitoring your baby’s daily movements.

Each baby has his/her own unique movement patterns. Just like newborns, they have quiet periods and active periods throughout the day. When you are busy, your baby is active but you may not notice much kicking. When you are resting, especially at night, the baby’s activity may be more easily noticed. Some babies move most after mom has had a meal.

To monitor your baby’s movements is to do “Fetal Kick Counts”. Simply pick a period of time during the day when you notice that your baby usually moves the most. Lie down on your left side and count the baby’s movements. If you can count ten movements in a two hour period of time, this is considered very reassuring. Repeat this once each day.

If your baby does not move ten times in two hours, even after a meal, go to Labor and Delivery for fetal monitoring.