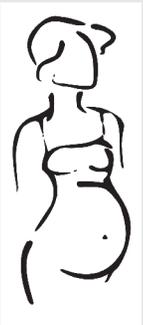


# Counting your baby's movements

The Society of Obstetricians and Gynecologists of Canada recommends that all pregnant women be aware of their baby's movements (fetal movement count) and start recording them as of 32 weeks gestation in a normal pregnancy. In some cases, you may be asked to start recording your baby's movements at 26 weeks gestation. This brochure is designed to help you properly check how often your baby moves as well as keep a record of your baby's activity level.



## When should I count the number of movements my baby makes?

Choose a time of day when the baby is usually active. Many mothers find that their baby moves the most early in the evening. If you are a smoker, do not smoke before counting your baby's movements as smoking temporarily reduces the number of movements your baby makes. Your doctor will discuss with you how often you need to perform this test.



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## How should I count the number of movements my baby makes?

It is usually easiest to feel your baby's movements when you are lying down, on your side. You should count a minimum of six (6) distinctive kicks in one (1) hour. If you do not sense six kicks in one hour, you should continue counting for one more hour maximum.

## What should I do if I do not feel 6 movements in 2 hours?

If you do not feel a minimum of six movements in two (2) consecutive hours, you must come to the Triage Assessment area of the Birthing Centre (4<sup>th</sup> floor, room 4123), as soon as possible, for further monitoring.

You can keep track of your baby's movements by using the chart below. Be sure to bring this with you to your next doctor's visit, and/or triage.

## Fetal Movement Count Chart

Date	Start Time	Count	Finish Time	Total Time	Gestational Age
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