



RECORDING YOUR BABY'S MOVEMENT

Fetal movement counting is an accepted, simple method of assessing the wellbeing of your baby. There are several things that can influence your baby's activity level: The time of day, the gestational age of your baby, glucose levels, sound stimulus, smoking, medications. Babies, especially towards the end of pregnancy, go through sleep-wake cycles too so if you don't feel any movement for 20 or 30 minutes give your baby a little time to wake up. Other factors can influence your perception of movement such as the amount of amniotic fluid and location of the placenta. There is a normal slight decrease in movement and amplitude as it gets near your due date.

INSTRUCTIONS

1. Choose one period during the day to count. You should choose a time when you know your baby is normally active (in the evening for most babies) and you will be able to focus on the baby.
2. Count at the same time every day.
3. Count all recognizable movements. This may be a kick, a punch, rolling, stretching, etc. If you feel a short flurry of kicks, count that as one movement. Do not count hiccups.
6. There must be at least 6 movements in 2 hours. (Most women will feel 6 movements in much less time, usually within the first hour.)
7. **If you feel less than 6 movements within a 2 hour period, or you notice a pattern of steadily decreasing movements each day you need to page your midwife.**

Date	Start Time	Movements						Finish Time
i.e. Jan1, 2012	8:00am	x	x	x	x	x	x	9:15