Fetal Movement Counting

Fetal movement is a sign of your baby’s well-being. One measure of good health is how often a baby (fetus) moves. During the 18th to 20th weeks of pregnancy, women may first notice their baby move. It starts with a flutter-like feeling in the abdomen. Movements become stronger with each passing week. Counting the movements will help you:

- Become aware of your baby’s movement pattern.
- Be able to report any changes to your healthcare provider.

Getting Started

Two ways to monitor fetal activity are found on page 2. Your healthcare provider will tell you which of the 2 methods is best for you. Use the method your provider recommends.

Whether you use method 1 or 2:

- Be sure to pick a time of day when your baby is “active.”
- Find a comfortable position.
- Make sure you have the correct movement checklist (found on Page 3 or 4) and a pen or pencil.

Keep in Mind:

- Placing your hand on your abdomen may help you feel your baby’s movements.
- Babies are most active after meals or late in the evening.
- Remember that babies have “quiet” times and “active” times. (This may vary each day.)
- Too much movement is not a concern.

Keeping Track

Method 1

Using the chart on page 3:

1. Select one 60-minute period during the day to record your baby’s activity.
2. Record on the chart the time you feel the first movement. Use a check mark or “X” to mark that movement as the first count.
3. Every time you feel any movement (kick, roll or flutter), place a check in the box.
4. When you record 10 movements, stop counting and record the time.
5. Most babies move 10 times the first hour. Less activity may simply mean the baby is sleeping. If you feel less than 10 movements in that hour, continue to count until 10 movements are felt. Note how long it took to feel 10 movements.

6. If your baby has not moved 10 times in 2 hours during baby’s usual active period, call your provider.

Method 2
Using the chart on page 4:

1. Select three 30-minute periods during the day to record your baby’s activity.
2. Record on the chart the time you feel the first movement. Use a check mark or “X” to mark that movement as the first count.
3. Every time you feel any movement (kick, roll or flutter), place a check in the box.
4. When you record 5 fetal movements, stop counting and record the time.
5. Five or more fetal movements should be noted during each 30-minute time frame.
6. If you do not feel 5 movements in 30 minutes during baby’s usual active time, call your doctor.

Notify Your Healthcare Provider Right Away If:

- You are ever concerned about your baby’s movement.
- You notice a longer time between your baby’s movements (based on your Fetal Movement Record).

Health Information Resources
For more information, visit Northwestern Memorial Hospital’s Alberto Culver Health Learning Center. This state-of-the-art health library is located on the 3rd floor of the Galter Pavilion. Health information professionals are available to help you find the information you need and provide you with personalized support at no charge. You may contact the Health Learning Center by calling 312-926-LINK (5465) or by sending an e-mail to hlc@nm.org.

For additional information about Northwestern Medicine, please visit our website at nm.org.
## Fetal Movement Record–Method 1

<table>
<thead>
<tr>
<th>Start Date/Time</th>
<th># of Movements</th>
<th>End Time</th>
<th>Total Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/22 9:40 a.m.</td>
<td>X X X X X X X X X X</td>
<td>10:40 a.m.</td>
<td>1 hour</td>
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</tbody>
</table>

**SAMPLE**
# Fetal Movement Record–Method 2

<table>
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<tr>
<th>Date</th>
<th>Start Time</th>
<th># of Movements</th>
<th>End Time</th>
<th>Total Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Period 1</td>
<td>10:00 a.m.</td>
<td>X X X X X X</td>
<td>10:20 a.m.</td>
<td>20 min.</td>
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</tbody>
</table>

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Period 1</td>
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<td>Period 2</td>
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<td>Period 3</td>
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