

*Babies are most active after meals and late in the evening.*

## 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).

### **Northwestern Medicine – Health Information Resources**

For more information, contact Northwestern Memorial Hospital's Alberto Culver Health Learning Center (HLC) at [hlc@nm.org](mailto:hlc@nm.org), or by calling 312.926.5465. Health information professionals can help you find the information you need and provide you with personal support at no charge.

For more information about Northwestern Medicine, please visit our website at [nm.org](http://nm.org).

*Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312.926.3112.*

The entities that come together as Northwestern Medicine are committed to representing the communities we serve, fostering a culture of inclusion, delivering culturally competent care, providing access to treatment and programs in a nondiscriminatory manner and eliminating healthcare disparities. For questions, please call either Northwestern Memorial Hospital's Patient Representatives Department at 312.926.3112, TDD/TTY 312.926.6363 or the Northwestern Medical Group Patient Representatives Department at 312.695.1100, TDD/TTY 312.926.6363.

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## Fetal Movement Record–Method 1

Start Date/ Time	# of Movements										End Time	Total Time
	1	2	3	4	5	6	7	8	9	10		
6/22 9:40 a.m.	X	X	X	X	X	X	X	X	X	X	10:40 a.m.	1 hour

SAMPLE

Start Date/ Time	# of Movements										End Time	Total Time
	1	2	3	4	5	6	7	8	9	10		

## Fetal Movement Record–Method 2

Date	Start Time	# of Movements					End Time	Total Time
		1	2	3	4	5		
Period 1	10:00 a.m.	X	X	X	X	X	10:20 a.m.	20 min.
Period 2		<i>SAMPLE</i>						
Period 3								

Date	Start Time	# of Movements					End Time	Total Time
		1	2	3	4	5		
Period 1								
Period 2								
Period 3								

Date	Start Time	# of Movements					End Time	Total Time
		1	2	3	4	5		
Period 1								
Period 2								
Period 3								

Date	Start Time	# of Movements					End Time	Total Time
		1	2	3	4	5		
Period 1								
Period 2								
Period 3								

Date	Start Time	# of Movements					End Time	Total Time
		1	2	3	4	5		
Period 1								
Period 2								
Period 3								

Date	Start Time	# of Movements					End Time	Total Time
		1	2	3	4	5		
Period 1								
Period 2								
Period 3								