

Kick Count Instructions

An active fetus usually means a healthy fetus. This is why it is important to take some time each day to “listen” to your baby by paying attention to fetal movements.

Instructions: Select a time of day when your baby is the most active. For most women, fetal movement typically peaks after meals, after activity, and in the evening. Do the *Kick Count* at the same time every day.

1. Get in a comfortable lying or sitting position. Rest on your side, not on your back.
2. Count how long it takes for you baby to move 10 times. Movements include kicks, turns, twists, swishes, rolls, and jabs. Your baby should move 10 times in less than 2 hours.
3. Jot down the time of the baby’s first kick (movement) and the time of the 10th kick.
4. Since healthy babies have sleep cycles, your baby may kick less than usual, or have less than 10 kicks in 2 hours. If so, wake up the baby by drinking fluid (something cold or sweet) or by walking for 5 minutes and then repeat the *Kick Count*.
5. After repeating the *Kick Count*, if your baby still has had less than 10 kicks in 2 hours or there is a significant decrease in the fetal movement, contact your physician.
6. If NO movement was felt during the initial 2 hours, do not repeat the *Kick Count*. Call us immediately, even if it is in the evening, the weekend, or a holiday. **DO NOT WAIT TO CALL.**

Important Phone Numbers

The Women’s Health Center	714-378-5606
<i>During normal business hours to reach the front office</i>	<i>Option 1</i>
<i>After 5pm, weekends or holidays to reach our on-call doctor</i>	<i>Option 3</i>
Hoag Hospital Labor & Delivery	949-764-5789
Orange Coast Medical Center Labor & Delivery	714-378-7532

Example:

- **Sunday:** First movement at 7:00 p.m. By 8:00 p.m., your baby has kicked 10 times (it took 1 hour to get 10 kicks).
- **Monday:** First movement at 7:30 p.m. By 8:00 p.m., your baby has kicked 10 times (it took 30 minutes to get 10 kicks).
- **Tuesday:** First movement at 7:00 p.m. By 7:55 p.m., your baby has kicked 10 times (it took roughly an hour to get 10 kicks).
- **Wednesday:** First movement at 8:00 p.m. By 9:48 p.m., your baby has kicked 10 times (it took about two hours to get 10 kicks).

You would fill out the chart like this:

Date: _____ 32nd Week

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 Min.							
20 Min.							
30 Min.		X					
40 Min.							
50 Min.							
1 Hr.	X		X				
1.5 Hrs.							
2 Hrs.				X			

Beverly A. Sansone, MD
 Linh Dan Nguyen, MD
 Elizabeth Tracy, MD
 Kristin J. Laporte, MD

Date:	28 th WEEK						
	S	M	T	W	T	F	S
10 MIN							
20 MIN							
30 MIN							
40 MIN							
50 MIN							
1 HR							
1.5 HR							
2 HR							

29 th WEEK							
S	M	T	W	T	F	S	

30 th WEEK							
S	M	T	W	T	F	S	

31 st WEEK							
S	M	T	W	T	F	S	

Date:	32 nd WEEK						
	S	M	T	W	T	F	S
10 MIN							
20 MIN							
30 MIN							
40 MIN							
50 MIN							
1 HR							
1.5 HR							
2 HR							

33 rd WEEK							
S	M	T	W	T	F	S	

34 th WEEK							
S	M	T	W	T	F	S	

35 th WEEK							
S	M	T	W	T	F	S	

Date:	36 th WEEK						
	S	M	T	W	T	F	S
10 MIN							
20 MIN							
30 MIN							
40 MIN							
50 MIN							
1 HR							
1.5 HR							
2 HR							

37 th WEEK							
S	M	T	W	T	F	S	

38 th WEEK							
S	M	T	W	T	F	S	

39 th WEEK							
S	M	T	W	T	F	S	

Date:	40 th WEEK						
	S	M	T	W	T	F	S
10 MIN							
20 MIN							
30 MIN							
40 MIN							
50 MIN							
1 HR							
1.5 HR							
2 HR							

41 st WEEK							
S	M	T	W	T	F	S	

42 nd WEEK							
S	M	T	W	T	F	S	

43 rd WEEK							
S	M	T	W	T	F	S	

Be Proactive!
 Get to know your baby.
 Do a *Kick Count* every day.