



## Freyja Medical Clinic

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### **KICK COUNTS**

An easy way to check the health of your baby is to count the number of times the baby kicks or moves each day. Good fetal movement usually means that the baby is receiving enough blood and oxygen. Contrary to adults, babies have many short sleep cycles during the day and night and therefore you will feel the fetal movements at certain intervals only. Each pregnancy is different, and the way the movements will be felt are very dependent upon the amount of amniotic fluid, the size and position of the baby as well as the location of the placenta. Fetal movements can be felt as strong kicks and turns, but can also be felt as simple rolls, twists, and swishes. Usually as the baby approaches term, the gently rolling movements will be most common.

Beginning at 28 weeks gestation, start counting these movements on a daily basis. This can be done anytime during the day, whenever it is most convenient for you. Pick the time when your baby seems to be moving the most. Babies are often more active after a meal or after a short walk. First thing in the morning after breakfast is a good time to verify adequate fetal movement. If it is difficult to feel the movements, you can lie on your left side and put your hands on your lower tummy. Try to feel for 10 movements in one hour. After you have reached the count of 10, you can stop counting.

If you have not felt your baby move ten times within one hour, drink two glasses of water or other beverage and lie down on your left side. If your baby still has not moved (ten) times after the additional hour of counting, call the clinic day or night at 650.701.1882. You might be asked to come to our clinic or to labor and delivery for some external fetal monitoring to ensure the well being of the baby. This usually does not take more than an hour or two. In the great majority of cases, no problems are found, this extra monitoring will allow us to be aware of any changes at an early stage.