

Baby Movement Counting

Important Information for all Pregnant Women

When do I start counting my baby's movements daily?

1. When you think your baby's usual movements have slowed down or stopped at a time when the baby is usually active.
2. When your doctor or midwife has a concern about the baby and has asked you to begin to count movements daily.

Why should I count my baby's movements?

Your baby's movements are a sign of well-being. An active baby is usually a healthy baby. Counting is easy to do and needs no special equipment. Counting how often your baby moves helps you and your doctor or midwife know more about your baby's well-being.

There are differences in the types and amounts of activity between babies but each baby usually has his or her own pattern of daily movement. You begin to learn your baby's pattern by being aware of his or her daily movements.

If your baby is moving less than usual or stops moving, it may be a sign your baby is not well. Most of the time, your baby is fine, but it is always best to check. It gives your doctor or midwife more information to be able to give your baby the best care.

How do I count my baby's movements?

1. Choose a time when your baby is usually active and you can focus on your baby's movements for up to two hours. Try to choose the same time every day.
2. Find a comfortable place so you can rest, relax and focus on your baby's movements. Changing the lighting, having the room at a comfortable temperature and breathing slowly and easily help you to relax and focus on your baby.
3. It is best to lie on your side to count the movements. Place one or both hands on your tummy to help you feel the movements of your baby.
4. Count the number of movements you feel until you count up to six. Babies may move in a roll followed by a kick; this counts as one movement. Count each movement separately. Do not count hiccoughs as movements.
5. Stop counting when you count six movements **or** have counted for two hours.

