BLUEWATER HEALTH

PATIENT INFORMATION

Recording Your Baby's Movements: Kick Counts

An important way to monitor your baby's health during pregnancy is to be aware of your baby's movement pattern. Your baby will have times of activity and times of rest each day. To assist in monitoring your baby's health, you may be asked to count your baby's movements twice a day. To count your baby's movements, get into a comfortable position and concentrate on the baby's activity. Write down your baby's movements in the table below. Keep counting until the baby has moved six times. Write down the time you started counting and the time you finished.

Your baby should move at least six times in two hours. If two hours pass and the baby has not moved six times, please go directly to the hospital as recommended by your healthcare provider.

Date (YYYY/MM/DD)	Start Time	Movements						Finish Time
		√	√	√	√	√	√	