

Fetal Kick Chart



Fetal movement is one way to tell how well your baby is doing. As part of your plan of care, you are being instructed to count your baby's movements on a regular basis. You may count any time of the day when you feel the baby is most active. For most women, this will be in the evening after dinner when you are lying down and relaxed. Lying on your side is best. Record the time that you start counting. Count until you feel 10 movements. A movement may be a kick, turn or a flip of the baby. If you get 10 in an hour or less, stop counting until the next day. If you have less than 10 movements and you have been counting during the day, repeat in the evening. If you still do not feel 10 movements within an hour, call your doctor's office.

BRING THIS RECORD TO EVERY PRENATAL VISIT

