

Fetal Movement Count Chart

A fetal movement count, which is the number of your baby's movements in a given period of time, can be an indicator of fetal well-being. A decrease or sudden change in movement can be a sign of a problem, and getting medical help quickly can save a distressed baby's life.

Some healthcare providers only ask women with high-risk pregnancies to track their baby's movements, while others ask all women to track movements starting at 28 weeks. Some expectant mothers like to do this as a way to bond with their baby and get to know his or her activity patterns. Ask your healthcare provider if he or she recommends that you track your baby's movement, and let him or her know if doing so is stressful for you instead of pleasurable.

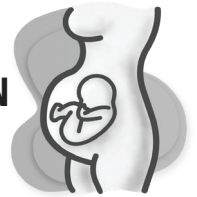
To perform the fetal movement count using the *Count to Ten* method:

- To get started, print several copies of the charts on the next page. Fill in your current week of pregnancy at the top of the chart.
- Get in a comfortable sitting or side-lying position. Relax and use this special time to concentrate on your baby. Partners can be included by resting their hands on your abdomen to help you feel the movements.

Sample:

Pregnancy Week: <u>30</u>								
Day of the Week		Sun	M	T	W	Th	F	Sat
Start Time		6:00	6:15	6:00	6:30	6:00	6:00	6:15
Minutes	10	x		x				x
Minutes	20		x				x	
Minutes	30				x			
Minutes	40					x		
Hours	1							
	1.5							

- Using the printed chart, write down the time you feel the baby's first movement in the 'Start time' box under the day of the week. Settle back and count the baby's movements. Jabs, kicks, flutters, rolls, and twists are all considered movements. In the same column, place an 'X' in the box that corresponds with the amount of time it took to feel 10 movements (see example below). Many babies will take less than 30 minutes to complete 10 movements.
- Your baby may be asleep or less active than usual during some of your counting periods. If so, wake your baby up by eating or drinking something, or by walking for 5 minutes. Then, start over with your counting.
- Contact your healthcare provider or the labor and delivery unit if there is still decreased fetal movement after trying to wake your baby, if your baby makes fewer than 10 movements in 2 hours, or if your baby has a significant or sudden change in his or her movements.
- Trust your instincts and contact your healthcare provider if you have any doubts about your baby's well-being.



Fetal Movement Count Chart CONTINUED

Print copies of this page and fill out the chart each week. Enter your week of pregnancy, time when you start the counting, and place an X in the square that corresponds with the time it takes to count ten movements.

Pregnancy Week: _____

Day of the Week		Sun	M	T	W	Th	F	Sat
Start Time								
Minutes	10							
Minutes	20							
Minutes	30							
Minutes	40							
Hours	1							
	1.5							
Hours	2							
	2.5							
Notes:								

Pregnancy Week: _____

Day of the Week		Sun	M	T	W	Th	F	Sat
Start Time								
Minutes	10							
Minutes	20							
Minutes	30							
Minutes	40							
Hours	1							
	1.5							
Hours	2							
	2.5							
Notes:								

Pregnancy Week: _____

Day of the Week		Sun	M	T	W	Th	F	Sat
Start Time								
Minutes	10							
Minutes	20							
Minutes	30							
Minutes	40							
Hours	1							
	1.5							
Hours	2							
	2.5							
Notes:								