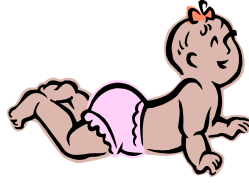


Count Your Baby's Movements

FETAL KICK COUNTS



Fetal kick counts are an indicator of fetal well-being. Most babies' routines include being active in the evening. So, we recommend fetal kick counts during the evening hours, at least 30 minutes after eating, usually 7pm to 11pm. Women should monitor how long it takes their baby to move 10 times. If your baby takes longer than two hours to move ten times, **call our office (563) 355-1853.**

Kick counts can be started as early as 28 weeks gestation. Normal counts are usually an indication that your baby is doing well. We don't want fetal kick counts to be stressful or a source of worry. Rather, they are an early screening tool and may be an indication for further fetal testing before a major problem occurs.

What should you call a "movement"? Movements may feel different from one mother to another and from one pregnancy to the next. The baby's kicks may become more like pushes or shrugs towards the end of a pregnancy. Count all "movements". The important thing is that you count the movements the same way throughout your pregnancy and that you are aware of your baby's usual activity.

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