



ORANGE COAST  
**WOMEN'S**  
MEDICAL GROUP

FETAL KICK COUNTS:  
MONITORING YOUR BABY'S MOVEMENTS



# FETAL KICK COUNTS

Self-monitoring of fetal (baby) movements is a simple and important test that you can do to help you and your doctor assess your baby's well-being prior to birth. It is normal for some women to detect fetal movement while others have to concentrate and monitor themselves carefully.

Tips:

- Every baby is different; the frequency of movements is highly individualized.
- Babies can sleep 20-40 minutes at a time, and you may need to wait for him/her to wake up. (babies can be sound sleepers!)
- The best time to count fetal movement (rolls, kicks, or flutters) is when Mom is at rest. Lay on your left side and place your hands on the largest part of your abdomen and focus on counting.
- Babies should move on average about 10 times in 2 hours, referred to as the **"Count to 10"** method.
- Best time to count fetal movement is after a meal; baby is most active.
- Do this twice a day at approximately the same time.

If you regularly **"Count to 10"** with your baby's movements you will be able to know your baby's normal routine. For instance, you may find that your baby is very active and routinely moves 20 times in an hour.

**If your baby does not move at least ten (10) times in two (2) hours, or you noticed a significant decrease in baby's movement, notify your doctor.**

**During office phone hours**, call the office and press 0 (zero) for the operator and request to speak with your doctor's nurse.

**After office hours**, call the office (949-829-5500), you will be directed to the hospital exchange who will forward your call to the on-call physician, that physician will give you instructions as to what to do next.

If you have any questions about this technique, ask your obstetrician.