

**THE DELAWARE CENTER FOR MATERNAL AND  
FETAL MEDICINE**

**PATIENT INFORMATION**

**FETAL KICK COUNTS**

Fetal kick counts are the number of times you feel your baby move in a certain time period. Counting your baby's movements is one way to tell how well he or she is doing. It is important to count your baby's movements at least once a day. If your prenatal care provider has asked you to perform fetal kick counts, use the following guidelines:

1. Since babies are usually active after a meal, choose a time to begin counting after you have eaten.
2. Sit or lie in a comfortable position with your hands on your abdomen. It is very important that you devote your time to your baby. Try to avoid interruptions (i.e. television, telephone, conversations, etc.) and please do not smoke for at least one hour before counting your baby's movements.
3. Count how many times you feel your baby move. When you have felt ten movements you are finished, as long as this has occurred in two hours or less.
4. If you feel less than ten movements in two hours, or if, on a given day, the baby's movements seem decreased compared to what you normally feel, call your doctor.