THE UNIVERSITY OF NEW MEXICO
HEALTH SCIENCES CENTER

FETAL KICK COUNTING
INSTRUCTIONS FOR MOTHERS

Studies show that pregnant women feel 75 to 90 percent of all their babies' movements. This movement can be reassuring. Fetal movement may be felt as flips, rollovers, stretches, jabs, kicks, or startles (hiccoughs should not be counted).

Your baby has his/her own pattern of movement. Please choose two hours at a time every day when you can rest comfortably, place hands on abdomen, tune into your baby's movements and count. Although counting may only take a few minutes, write down the time you start counting and the time you finish counting eight movements. If the baby has not moved four times in the first hour, eat some crunchy food (apples, carrots, etc.) to wake the baby up. (NOTE: Mothers who smoke should not smoke two hours before counting.)

Movement Alarm Signal

Please call your nurse-midwife, doctor, or nurse at the clinic or office. If you are unable to reach them, call OB Triage at University of New Mexico Hospital (272-2460) IF:

1. You feel less than eight movements in two hours, or

2. You notice the pattern of movement has changed from the usual pattern. Some babies quiet down a bit before labor starts but they will still move eight times in two hours.

PLEASE BRING YOUR RECORDING SHEET TO EVERY PRENATAL VISIT

DATE	TIME STARTED	TIME WHEN 8 MOVEMENTS FELT	COMMENTS

over

DATE	TIME STARTED	TIME WHEN 8 MOVEMENTS FELT	COMMENTS