



Fetal Kick Counts

Your baby's movements can be one of the best signs that baby is doing well. Most babies establish patterns of movement that the mother becomes familiar with. Changes in these movements will give your doctor and/or your midwife more information about your baby's well being.

Fetal kick counts can give useful information to you and to your midwife and doctor.

After 28 weeks a mother should feel the baby move four to six times an hour at least one hour in a day.

If you are not sure your baby is moving this much or is not moving as usual, do the following:

1. Empty your bladder.
2. Drink a glass of juice.
3. Check the time (DO NOT SMOKE FOR TWO HOURS BEFORE THIS TEST).
4. Lie down. Baby should move four to six times in one hour.
5. If you have not felt baby move after one hour, call the office 770-860-1133.