Gigi Kroll, MD ✦ Zhanna M. Pinkus, MD

180 Newport Center Drive, Suite 265, Newport Beach, CA 92660
T 949 706 0181 F 949 706 7187
www.newportcenterwomenshealth.com

Hoag Family BirthPlace
Kick Count Instructions

The doctors and nurses at Hoag Hospital's Family BirthPlace want you to get to know your baby during your pregnancy. An active fetus usually means a healthy fetus. This is why it is important to take some time each day to "listen" to your baby by paying attention to fetal movements. Starting at 26-28 weeks.

Instructions:
- Count the time it takes for your baby to make 10 kicks (movements) *which includes kicks, turns, twists, swishes rolls and jabs*. **Your baby should move 10 times in less than 2 hours.**
- **Select a time of day when your baby is the most active.** For most women, fetal movement typically peaks after meals, after activity, and in the evening.
- Do the *Kick Count* roughly at the same time every day.
- Get in a comfortable lying or sitting position. Rest on your side, not on your back.
- Jot down the time of the baby's first kick (movement) and the time of the 10th kick.
- Since healthy babies have sleep cycles; your baby may kick less than usual, or have less than 10 kicks in 2 hours. If so, wake up the baby by drinking fluid (something cold or sweet) or by walking for 5 minutes. Repeat the *Kick Count*.
- **If NO movement was felt during the initial 2 hours, do not repeat the *Kick Count*. Go to Labor & Delivery immedietly**.
- After repeating the *Kick Count*, if your baby still has had less than 10 kicks in 2 hours or there is a decrease or significant change in the fetal movement, go to Labor and Delivery. (949-764-5789)
- *DO NOT WAIT TO CALL!*

Example:
On Monday, you begin to count your baby's kick at 7:00 p.m. By 8:00 p.m., your baby has kicked 10 times. You would fill in the chart like this: *(It took 1 hour to get 10 kicks)*

Date: 32nd Week

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 Min							
20 Min							
30 Min							
40 Min							
50 Min							
1 Hr.	X						
2 Hrs.							

Be Proactive. Get to know your baby.
Do a Kick Count every day.