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## YOUR BABY'S ACTIVITY RECORD

Another step to a healthy delivery

### What is Kick Counting?

Healthy babies are usually active. Unborn babies sleep for short periods of time, but most of the time they will kick, roll, twist and turn. Counting your baby's movements is a way to tell how your baby is doing. A healthy baby usually moves at least 6-10 times in 1 hour.

The doctors at Copperstate OB/Gyn recommend that you begin counting movements at 28 weeks of pregnancy. As you get to know your baby's movement pattern, you will be able to report any changes to your care provider.

### How do I Count My Baby's Movements?

1. Choose a time of day that your baby is usually active. Try to count around the same time each day. (It may be best to count after a meal.)
2. Get in a comfortable position. You can lie down or sit in a chair with your feet up.
3. Write down the date and time that you begin counting your baby's movements.
4. Continue counting until your baby has moved 10 times. Count any movements including kicks, rolls, swishes, or flutters.
5. After your baby has moved 10 times, write down how long it took on your chart.
6. If you aren't feeling movement during this process, try to wake the baby by drinking a glass of juice or walking around for few minutes.

### What Should I do if My Baby Doesn't Move?

Call your doctor's office immediately if:

- It takes more than 1 hours to feel 6 movements.
- You notice a significant decrease in your baby's activity.