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Fetal Movement Counting

One of the best ways to monitor of a healthy baby is to notice its movements. Healthy babies are active, particularly in the evening after you eat dinner. However, many perfectly normal babies sleep quietly for as long as 60 minutes without moving.

Babies who are having problems are sluggish and move less. Counting these movements can provide your doctor with a warning of developing problems.

The following instructions are to help you, your doctor, and nurses, ensure that your baby is feeling well.

1. You may count at any time of the day, when you feel the baby is most active. For most women, this will be in the evening after dinner when you are lying down and quiet. Lying on your side is best. Record the time that you start counting.

2. Count 10 separate times that the baby moves. A movement may be a kick, turn, or a flip of the baby.

3. Record the time you feel the 10th movement. If you count 10 movements in less than one hour, stop counting until tomorrow.

4. If one hour passes with less than 10 movements and you have been counting during the day, repeat the counting routine in the evening. If you do not feel 10 movements in hour, call the clinic or Labor and Delivery at the hospital.



-Remember-

- The baby may move all 10 times in a half hour or less or require a full hour.
- It is important to know what is normal for your baby so you can tell the doctor if his/her activity changes

Call the Clinic or Hospital Labor and Delivery If:

- You do not feel 10 movements in one hour.
- You have not felt the baby move all day.
- It is taking longer and longer each evening to get to the 10th movement.

