Name: [insert MM name field]
Date: [insert today's date]
EHR record # [insert #]

experience birth & beyond

Baby's Movements
(Kick Counts)

A baby's health correlates highly with their movement throughout your pregnancy.
Stillbirth research reflects 30%-50% occur in low-risk pregnancies with a structurally normal baby.
Creating a routine for daily "check-ins" with your baby's movement/activity may be beneficial.

Helpful tips:
- Sitting or side-lying may make the sensations more noticeable
- Often baby's kick more after you eat
- Your baby may have an active time each day/evening that you can expect 10 movements in 2 hrs or less. Try to check-in at approximately the same time each day.
- Consider a routine of singing, playing music, reading a book, or asking a loved one to talk to your baby. Sharing a familiar routine can be comforting/calming now, and in the early weeks with your newborn.

Instructions:
1. Count 10 movements (a kick, swoosh, roll, hiccup or press) in a 2-hour period
2. Note the time you start
3. Note 10th movement time (end time)
4. You may want to note where you felt the kicks, or any other position information
5. Call your midwife if you notice less than 10 movements in 2 hours.

** Optional: Some parents use an app on their phone: Go to Count the Kicks to download**

Date	Start time	Movements (cross off)	End Time	Were Movements felt on the L or R side? Positional notes:
		1, 2, 3, 4, 5, 6, 7, 8, 9. 10		
		1, 2, 3, 4, 5, 6, 7, 8, 9. 10		
		1, 2, 3, 4, 5, 6, 7, 8, 9. 10		
		1, 2, 3, 4, 5, 6, 7, 8, 9. 10		
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Reference

King, T., Brucker, M., Osborne, K., & Jevitt, C. (2019). *Varney's midwifery* (6th ed). 804-805. Jones & Bartlett Learning.