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“KICK COUNTS”

What are “Kick Counts”?

Counting your baby’s movements or “Kick Counts” is a way of monitoring your baby’s activity. Doing Kick Counts is one way to monitor how the placenta is supporting the baby and if the baby’s activity is normal. They are simple to do.

When do I count?

You should plan to do kick counts each day at a time you know the baby is usually active. This may be after a meal or perhaps in the evening around bedtime. By choosing a time when the baby is usually active, doing kick counts will not take long at all. You know better than anyone else when your baby is active and quiet, and you can decide the best and most convenient time to count the baby’s movements. Each day count eight movements and record the beginning and ending times of the counting periods. Or, you may decide to count all movements during a set length of time each day (for example, one-half hour). Whichever you choose, you must do the same thing each day.

How do I count kicks?

You will need the following:

- a clock or watch
- a lounge chair, bed, or couch
- a recording sheet and pencil

Lie on your side for the counting period. Place one or both hands on your abdomen over the baby. Count each time the baby moves on his own, such as kicks, rolls, punches, turns and stretches. DO NOT count hiccups or movements the baby makes if you push against him

How do I know the counts are okay?

You should have at least eight movements in two hours. It is important to contact your doctor at once if you have fewer, regardless of the time of day or night. The doctor will ask you to be evaluated in the hospital or office. A low kick count may be a sign that the baby is developing problems.