

Kick Counts

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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.

HOW DO I COUNT?

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 its own, such as kicks, rolls, punches, turns and stretches. **DO NOT** count hiccups or movements that baby makes if you push against him or her.

WHEN DO YOU COUNT?

You do not have to do kick counts every day. However, if you think that baby is moving less than normal, then you should perform kick counts. Prior to performing kick counts, eat a snack high in carbohydrates and drink a glass of water or juice.

ARE THE KICKS 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.

