## **Kick Counts - Instructions:**

## Fetal kick count

- Write in the date and time that you start the kick count.
- Count these kicks at a time every day when your baby seems to be most active.
- Count movements until your baby moves 10 times. Kicks = movements, twists or turns.
- Make an 'X' next to the minutes it took your baby to move 10 times.
- If you have trouble getting your baby to move, get up and move around for a bit and drink fruit juice. Then, lay down and try counting again.
- If there is a significant decrease in your baby's activity level, or if you cannot get the baby to move, contact your physician.

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Pregnancy Information from: www.Baby2see.com