

Fetal Movement Count

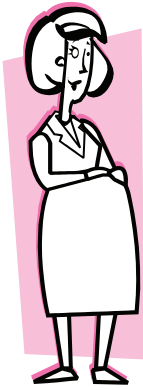
Fetal Movement Chart

	S	M	T	W	T	F	S	S	M	T	W	T	F	S
Start Time	5pm													
Minutes Taken	45													
Baby Movements	6													
Start Time														
Minutes Taken														
Baby Movements														
Start Time														
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What does fetal movement count mean?



A fetal movement count is the number of times the baby moves during a given period. Babies do not move constantly. Babies normally sleep for 20 - 40 minutes and usually not more than 90 minutes, then wake up and move around. One way to check on your baby's health before birth is to count the number of times he or she moves for a certain period each day. You may start this as early as 26 weeks or 6½ months pregnant.

You can feel movement as the baby pushes against the wall of your uterus (womb). You can also feel the baby move by placing your hands on your abdomen. Sometimes you can see a ripple or little bump on your abdomen when the baby changes position. Some women describe the movements as “rolling,” “stretching,” or “pushing.”

Why are we counting baby's movements?

An active baby is usually a healthy baby. These movements can be a reassuring sign of your baby's health before birth and give valuable information to you and your caregiver about your baby's continued well being. The movements will change in pattern and sensation as the baby grows, but they should not stop all together.

Follow these directions for this simple, important test of your baby's health.

- It is recommended that you count your baby's movements in the early evening as studies show an increase in baby movements at that time.
- Position yourself in a side lying or semi-reclined position with your hand on your belly.
- Note the time the counting started on the chart.
- Count distinctive baby movements until a count of 6 is reached.
- Note the time taken to reach a count of 6 movements.
- Use the record chart on the back of this handout to record the movements.

Baby's movements are usually in clusters or episodes. Each cluster or episode must be followed by a pause of half a minute or more with no movement, before a second cluster or episode of movement can be recorded.

- If the baby moves fewer than 6 clusters or episodes in an hour, count the movements for another hour.

What if the baby does not move or moves only a little?

- If there are still less than 6 movements in 2 hours, call 604-988-3131 and ask for Labour & Delivery or notify your caregiver as soon as possible.

There are other ways to check the health and well being of your baby. For example the nurse can monitor the heart rate pattern over time. This is called a non stress test (NST), or fetal surveillance.

If you are concerned, please call 604-988-3131 and ask for Labour & Delivery.