

Fetal Movement Count

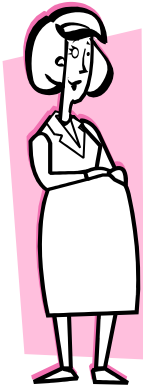
Fetal Movement Chart

	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														
Minutes Taken														
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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”. Write the number of movements down on the record provided.

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 do not stop all together.

Your Health Care Provider will explain why you have been asked to complete the Fetal Movement Chart! Fetal Movement Counting is not necessary for all pregnancies!

Follow these directions for this simple, but very 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.
- Avoid smoking.
- Position yourself in a side lying or semi-reclined position with your hands on your belly.
- Use the record chart on the back of this handout to record the movements.
- 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.

Baby's movements are usually in clusters or episodes. Two or more movements that occur together without a pause of greater than half a minute is considered one movement cluster. For example, the baby may roll, then kick. Count each cluster of movements as one distinct movement.

- If the baby moved fewer than 6 times 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 your Health Care provider or Richmond Birth Center at 604-244-5133.

There are other ways to check the health and well being of your baby. For example the nurse can listen to the baby's heart rate with a dopler. This is called auscultation. Or monitor the heart rate pattern over time. This is called a non stress test (NST).