

## Fetal Movement Counting Chart

Date																				
<b>Go to Labor and Delivery if less than 10 movements in 2 hours (120 minutes)</b>																				
120 min.																				
110 min.																				
100 min.																				
90 min.																				
80 min.																				
70 min.																				
60 min.																				
50 min.																				
40 min.																				
30 min.																				
20 min.																				
10 min.																				
Start time																				
Weeks pregnant																				

Counting your baby's movements is an excellent way of knowing that your baby is doing well. It is also a great excuse for you to get off your feet, relax and get in touch with your baby. You should begin counting your baby's movements when he or she is usually most active and you have time to concentrate. Begin your count around the same time each day and start by lying down on your left side with hands over your uterus. Write the time you begin your counts on the chart in the "start time" row. Also write down the date in the top row marked "date" and the number of weeks you are pregnant in the bottom row. Count 10 distinct movements and note how long it took, i.e. 1.5 minutes, two hours, whatever time it took. Put an "X" in the time box closest to the total time it took for your baby to move 10 times.

If you have not felt 10 movements in two hours you will need to be monitored in Labor & Delivery to make sure your baby is OK. You may want to call Labor & Delivery to tell them you are on your way (but don't let the phone call delay you from going in). In most cases your baby is just fine, but it is always better to be safe than sorry.

Bring this chart with you to your next visit and any time you go to Labor & Delivery.

### Fetal Movement Counting Chart

Date	Go to Labor and Delivery if less than 10 movements in 2 hours (120 minutes)										
120 min.											
110 min.											
100 min.											
90 min.											
80 min.											
70 min.											
60 min.											
50 min.											
40 min.											
30 min.											
20 min.											
10 min.											
Start time											
Weeks pregnant											

Counting your baby's movements is an excellent way of knowing that your baby is doing well. It is also a great excuse for you to get off your feet, relax and get in touch with your baby. You should begin counting your baby's movements when he or she is usually most active and you have time to concentrate. Begin your count around the same time each day and start by lying down on your left side with hands over your uterus. Write the time you begin your counts on the chart in the "start time" row. Also write down the date in the top row marked "date" and the number of weeks you are pregnant in the bottom row. Count 10 distinct movements and note how long it took, i.e. 15 minutes, two hours, whatever time it took. Put an "x" in the time box closest to the total time it took for your baby to move 10 times.

If you have not felt 10 movements in two hours you will need to be monitored in Labor & Delivery to make sure your baby is OK. You may want to call Labor & Delivery to tell them you are on your way (but don't let the phone call delay you from going in). In most cases your baby is just fine, but it is always better to be safe than sorry.

Bring this chart with you to your next visit and any time you go to Labor & Delivery.

## Fetal Movement Counting Chart

Date																					
<b>Go to Labor and Delivery if less than 10 movements in 2 hours (120 minutes)</b>																					
120 min.																					
110 min.																					
100 min.																					
90 min.																					
80 min.																					
70 min.																					
60 min.																					
50 min.																					
40 min.																					
30 min.																					
20 min.																					
10 min.																					
Start time																					
Weeks pregnant																					

Counting your baby's movements is an excellent way of knowing that your baby is doing well. It is also a great excuse for you to get off your feet, relax and get in touch with your baby. You should begin counting your baby's movements when he or she is usually most active and you have time to concentrate. Begin your count around the same time each day and start by lying down on your left side with hands over your uterus. Write the time you begin your counts on the chart in the "start time" row. Also write down the date in the top row marked "date" and the number of weeks you are pregnant in the bottom row. Count 10 distinct movements and note how long it took, i.e. 1.5 minutes, two hours, whatever time it took. Put an "X" in the time box closest to the total time it took for your baby to move 10 times.

If you have not felt 10 movements in two hours you will need to be monitored in Labor & Delivery to make sure your baby is OK. You may want to call Labor & Delivery to tell them you are on your way (but don't let the phone call delay you from going in). In most cases your baby is just fine, but it is always better to be safe than sorry.

Bring this chart with you to your next visit and any time you go to Labor & Delivery.

### Fetal Movement Counting Chart

Date	Go to Labor and Delivery if less than 10 movements in 2 hours (120 minutes)											
120 min.												
110 min.												
100 min.												
90 min.												
80 min.												
70 min.												
60 min.												
50 min.												
40 min.												
30 min.												
20 min.												
10 min.												
Start time												
Weeks pregnant												

Counting your baby's movements is an excellent way of knowing that your baby is doing well. It is also a great excuse for you to get off your feet, relax and get in touch with your baby. You should begin counting your baby's movements when he or she is usually most active and you have time to concentrate. Begin your count around the same time each day and start by lying down on your left side with hands over your uterus. Write the time you begin your counts on the chart in the "start time" row. Also write down the date in the top row marked "date" and the number of weeks you are pregnant in the bottom row. Count 10 distinct movements and note how long it took, i.e. 15 minutes, two hours, whatever time it took. Put an "x" in the time box closest to the total time it took for your baby to move 10 times.

If you have not felt 10 movements in two hours you will need to be monitored in Labor & Delivery to make sure your baby is OK. You may want to call Labor & Delivery to tell them you are on your way (but don't let the phone call delay you from going in). In most cases your baby is just fine, but it is always better to be safe than sorry.

Bring this chart with you to your next visit and any time you go to Labor & Delivery.

