



## **Movement and Kick Counts**

Most mothers become aware of fetal movement around 18-21 weeks gestation. Even at this early stage, the number of movements a normal, healthy baby makes varies from mother to mother. Some babies move less than others. Some mothers feel more movement than others. As your baby get older and bigger and his/her home inside you gets smaller, the type of movements you feel usually change. Babies also normally have “nap” periods and they grow longer as you get closer to you due date.

So how can you know when to be concerned that your baby is not moving enough? We recommend you pay attention to fetal movement at least once a day after 28 weeks. It is not necessary to count every hour and you can count any time of day. However, choose a time of day when the baby tends to be more active (evening works well for many women). You should feel four or more movements in one hour. If you do not feel four fetal movements in an hour, we recommend you encourage your baby to be more active. Drink a large glass of water or juice and eat a snack. Lie down on your side and count movements again. If you still don't feel four movements is one hour, please call our office.

Research has shown that babies whose mothers have chronic health problems, like a heart condition, high blood pressure or insulin-dependent diabetes, have more problems during their pregnancies. In these cases, fetal movement counting has been shown to be an excellent early warning system to detect babies in trouble.

Don't feel silly reporting decreased fetal movement. All of us would prefer to be reassured that your baby is just fine, just as you would. If you have questions about fetal movements and counting them, please ask your OB provider.

**OB/GYN Appointment / Nurse Line: [\(763\) 587-7916](tel:7635877916)**

**Office Hours: Monday – Friday, 7:30 am – 5pm**

**Tuesday: Plymouth Office has extended hours until 8pm**

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