



GUIDE



Counting Your Baby's Movements



The Ottawa Hospital | L'Hôpital
d'Ottawa



Disclaimer

This is general information developed by The Ottawa Hospital. It is not intended to replace the advice of a qualified healthcare provider. Please consult your healthcare provider who will be able to determine the appropriateness of the information for your specific situation.

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Important Numbers

Doctor: _____

High risk unit: _____

Maternal fetal medicine: _____

Obstetrical Assessment Unit:

General Campus: _____

Civic Campus: _____

Notes

Counting Baby's Movements

This is a simple way you can play an important part in helping us check the health of your baby when you are more than 28 weeks pregnant. Research has shown that baby movements are a good measure of a baby's health.

Some babies are more active than others and each baby has its own pattern of activity. The total number of movements each day is important only if there are less than 6 within the 2 hour time period that you are counting or if there is a change in your baby's usual pattern. Studies show that most babies sleep for 20 – 40 minutes at a time and rarely longer than 90 minutes.

Each day choose a 2-hour period of time, which suits you, ideally, early morning or evening when you can lie down or sit comfortably. In your logbook, mark down your starting time in the box labeled, 'Start time'. Count the number of movements your baby makes until you have reached 6. Mark down that time in the column labeled 'Finish time'.

For example, if you start counting movements on Monday at 8:00 a.m., write down 8:00 in the 'Start time' box. If you have counted 6 movements by 8:30 a.m., mark down 8:30 in the 'Finish time' box. The finish time in this example should not be later than 10:00 a.m.

Important

If you feel less than 6 movements in 2 hours, or you notice that your baby's movements throughout the day are different than usual, change your position, have something to eat, get comfortable and then begin the count for another 2 hour period. If there are still less than 6 movements in this second 2-hour period, call your health care provider. If after office hours, call or go to the Obstetrical Assessment Unit (Triage) at the hospital where you are planning to give birth so you and your baby's health can be checked. It is important to know that most babies, even if they have less than 6 movements, are healthy.

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Gestation			
Start time			
Finish time			
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Start time			
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yy/mm/dd	yy/mm/dd	yy/mm/dd	yy/mm/dd

	yy/mm/dd	yy/mm/dd	yy/mm/dd
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Finish time			
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Notes