

Kick Counts

Counting your baby's Movements

Your care provider has requested that you keep a “kick count” on your baby starting at 32 weeks. There are numerous ways to count your baby’s movements and numerous opinions on how many movements you are looking for within a certain amount of time. The American College of Obstetricians and Gynecologists (ACOG) recommends that you time how long it takes you to feel 10 kicks, flutters, swishes, or rolls. Ideally, you want to feel at least 10 movements within 2 hours. You will likely feel 10 movements in much less time.



You might want to start a notebook of your own or use the chart below. In a notebook, record the time you feel the first movement, place a check mark for each movement you feel until you reach 10, then record the time of the tenth movement. This will help you observe patterns and discover how long it normally takes for your baby to move 10 times. Keep in mind that you are looking for significant changes from the pattern. It can become easy to expect an exact amount of time every time you do your kick counts; however, there can be a wide range of time differences.

When should I call my physician or midwife?

- If you have followed the above recommendations and have not felt 10 kicks by the end of the second hour, wait a few hours and try again. If you are between meals you may try having a snack to see if your baby responds. If after trying a second time, you do not

feel 10 movements within 2 hours you should contact your health care provider.

- If you notice a significant changes from the pattern over the course of 3–4 days contact your health care provider.

Examples for Recording your Kick Counts

Week #32

Sunday 9:30 XXXXXXXXXXXX 10:05 Total: 35 min
Monday 9:00 XXXXXXXXXXXX 9:21 Total: 21 min
Tuesday 11:00 XXXXXXXXXXXX 12:00 Total: 1 hour
Wednesday 9:00 XXXXXXXXXXXX 9:45 Total: 45 min
Thursday 12:00 XXXXXXXXXXXX 12:20 Total: 20 min
(This is an example of normal kick count.)

Week #32

Monday 9:00 XXXXXXXXXXXX 9:32 Total: 32 min
Tuesday 12:00 XXXXXXXXXXXX 12:45 Total: 45 min
Wednesday 9:00 XXXXXXXXXXXX 10:00 Total: 1 hr.
Thursday 9:00 XXXXXXXXXXXX 11:15 Total: 2 hrs. 15 min.
(This is an example of significant change. In a case like this you should notify your health care provider.)

Charts you might find helpful:

www.baby2see.com

Women Gynecology and Childbirth Associates
1815 S. Clinton Avenue, Suite 610
Rochester, NY 14618
585-244-3430

1630 Empire Boulevard
Webster, NY 14580
585-244-3430

103 Canal Landing Blvd, Suite 11
Rochester, NY 14626
585-244-3430

After hours: 585-258-4887