

KICK COUNTS

Daily movement counts are a way for you to be assured of your baby's well being every day. They should be started at or around 28 weeks.

Twice daily, when you feel the baby move, see if you can appreciate 10 movements within that active hour. Any movement counts – kicks, punches or swirls from side to side. If the baby does not move ten times within that hour: eat something, lie on your left side, and then count again. If unable to get ten movements again, please call our office at 610 896 8840.

Every baby is different and you may only be able to appreciate fewer than ten movements within the time specified. It is only important to make sure that the baby maintains its own normal amount of movement on a daily basis.