

## FETAL MOVEMENT INSTRUCTIONS

**604-585-5572 (Open 24/h day for all pregnancy concerns)**

Fetal movements are often felt by mothers after 20 weeks gestation. As babies grow in the womb their movements are easier to feel. Babies have different sleep/wake cycles. Often 20 minutes at a time. The baby may also sleep for as long as 75 minutes without moving.

We can determine if baby is doing well by his/her movements. You will get to know your baby and its normal moving pattern (usually more at night). Babies who do not feel well will tend to move less often. This is usually a change in their normal pattern.

We ask all pregnant women to pay attention every day to ensure their babies are moving normally starting 26-32 weeks. Sometimes when women have other health issues we may ask them to count their movements daily. This is called fetal kick count.

### How to count:

- Pick any time of the day (a time you baby is usually active)
- Lie down on your side or sit and recline
- Babies usually move in “episodes” or groups of movements
- You can use the chart on the back of this form or download “The Bump – Pregnancy countdown”
- Mark the start time, count 6-10 movements and mark the time when you have completed your count
- If you have not felt 6 movements in 2 hours:
  - Ensure you have been concentrating on just feeling movements
  - Drink a cup of cold water or juice
  - Babies are like us – they respond to poking or loud noises. You may try this
  - **Call the Family Birthing Unit 604-585-5572**

### Normal:

- The baby may move more than 6 times in a very short time
- The baby may take up to 2 hours to move 6 times
- The baby may be sleeping and healthy with less movement but we would like to monitor the baby closer to help us see if anything else is going on
- The baby maybe moving a lot
- The movements may change as the baby gets larger and runs out of room

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