

Baby Movement Count Chart

Baby Movements

Counting baby movements is one of many ways we monitor the wellbeing of your baby. Your baby's movements are a sign of well-being. An active baby is usually a healthy baby.

It is normal to have periods of the day where you baby is more active and other times when you baby is sleeping and less active. Some babies are more active than others.

After 28 weeks, you should feel your baby move throughout the day and will start to recognize your baby's pattern of activity. Counting how often your baby moves helps you and your doctor know more about your baby's well-being.

When to count movements

Your health care provider may ask you to count baby movements once a day.

If you think that your baby's movements have slowed from normal at a time when the baby is usually active, or you are concerned about baby's movement, you should count your baby's movements to make sure you can feel at least 6 movements in 2 hours.

How to count movements

Find a comfortable position (lying on your side or sitting is best), relax, and focus only on your baby's movements. Try to reduce any other distractions.

Place your hands on your tummy and count each movement you feel.

You should be able to count at least 6 movements in 2 hours

You can stop counting once you reach 6 movements. Do not count for more than 2 hours.

What if I don't feel 6 movements in 2 hours?

If you have felt less than 6 movements in 2 hours **call us right away at the numbers below.**

If your baby is moving less than usual or stops moving, it may be a sign your baby is not well. Most of the time your baby is fine but it is always best to check so please call us right away.

After we talk to you on the phone, we may ask you to come to the hospital so we can check your baby's heart rate by doing a non-stress-test (NST).

IMPORTANT NUMBERS

Cowichan Maternity Clinic
250-737-2066

After Hours Number
250-737-2030 and ask for the
Maternity Ward

