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### **Fetal Kick Counts (28 weeks and beyond)**

During a normal day, without focusing on movements, you should feel your baby move 10 times in 12 hours. Your baby will have normal cycles of being less active throughout the day and night where he or she is sleeping or resting. This is normal. As you get farther in pregnancy, your baby will develop patterns of movement.

If you are noticing a decrease in movement that is concerning to you, drink juice or cold water and walk around for 5-10 minutes. Then lay on your left side and focus on movements. Using the chart below, mark your start time and check each time you feel a movement. Once you feel the 10<sup>th</sup> movement, mark your stop time.

Start time: \_\_\_\_\_

\_\_\_ Movement 1

\_\_\_ Movement 2

\_\_\_ Movement 3

\_\_\_ Movement 4

\_\_\_ Movement 5

\_\_\_ Movement 6

\_\_\_ Movement 7

\_\_\_ Movement 8

\_\_\_ Movement 9

\_\_\_ Movement 10

End Time: \_\_\_\_\_

You should feel 10 movements in two hours. If you do not and it is during normal office hours, call 330-953-5300 and press option 3 for the medical assistant line. If it is after normal office hours, report to labor and delivery.