



Pregnancy Welcome Packet

## Fetal Movement Counts

## How to Track Your Baby's Movements

Tracking the baby's movement patterns after 28 weeks of pregnancy is nature's way for a pregnant woman to know her baby is doing well and the placenta (afterbirth) is continuing to provide the oxygen and food to the baby.

While reclining or sitting become aware of when the baby starts moving. Note the time. After the baby has moved ten times, note the time again. Do this once a day.

Please use directions and the table below as a guide.

End Time

- Write down the time you start.
- Make a check mark after the start time each time your baby kicks, twists, or turns.
- After your baby has moved 10 times, write down the time again.

If the baby does not move at least ten times within two hours from when you started counting please call the office 770-474-0064. If it is after office hours your call will be transferred to the emergency line and the doctor on call will be paged.







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## Tracking Your Baby's Movements

End Time

## Fetal Movement Count Table

Date	Start Time	Number of Movements	End Time
1/23/13	10:30am	·\	11:00pm

For more information, please visit www.girldocs.com