



Kick Counts

What is kick counting in pregnancy?

Counting kicks (fetal movement counting) in pregnancy is a way to monitor your baby. It involves expectant parents tracking their unborn baby's activity in the uterus.

Most women will begin feeling their baby kick around 20 weeks into pregnancy. If it's your first pregnancy, it might be later. If you've been pregnant before, you might feel your baby kick a little sooner. Babies move at different times and in different ways.

Why should I count my baby's kicks?

For most women with uncomplicated pregnancies, kick counts are a tool to use on days when you feel there's been little to no activity. It's a way to reassure yourself that your baby is doing well.

How do I count my baby's kicks?

The most important part of kick counts is that you have optimized the circumstances for feeling fetal movement:

- Find a place without distraction (no phones, no TV, no conversations, etc).
- Have a glass of cold water or milk and eat something with carbs in it (cracker, fruit, etc).
- Choose a time when you are least distracted or when you typically feel your baby move.
- Get comfortable. Lie on your left side or sit with your feet propped up.
- Place your hands on your belly.
- Start a timer or watch the clock.
- Count every separate movement of your baby—body movements, kicks, hiccups all count!
- You should feel four separate, distinct movements within an hour. Once you feel four, you can go back to your daily activities.

What if I don't feel enough (or any) kicks?

After an hour, if you've not felt at least 4 separate movements, usually your baby is resting and just needs more time. However, if you have questions or concerns, please call our office. After 2 hours, if you have not felt 10 movements in total, call the office. If after hours, our office line will direct you to the on-call physician if you press 0 (zero).