

## Monitoring Fetal Movement

An active baby is usually a healthy baby. You will feel your baby stretch, kick, roll and turn every day. Every baby is different, some are more active than others. All babies have periods of sleep during the day when they are not as active.

You know your baby's movement pattern the best. The pattern may gradually change during your pregnancy but you should feel movements on a daily basis.

As you go about your day-to-day activities keep an eye on your baby's movements. You may choose to do a fetal movement count daily, but this is not necessary if you are reassured by a normal movement pattern. If at any point you feel that there is a decrease in your baby's movements, take the time to do a fetal movement count.

### How to count your baby's movements

- Get into a comfortable position and place one or both hands on your abdomen
- Note the start time
- Count each time that you feel your baby move. If you feel many movements all at once, count each movement that you feel
- Stop counting when you have counted six movements
- **If you have not felt six movements within two hours OR if, despite feeling six movements within a two-hour period, your baby's movements still feel decreased compared to their usual pattern, then go immediately to the hospital for an assessment.** At the hospital your baby's heart rate and movements will be checked using a fetal monitor.