Empowered, Educated, Equipped… Ready to Embrace Motherhood

Fetal Kick Counts

Beginning in your 28th week, you will be asked to preform Fetal Kick Counts every day for the remainder of your pregnancy. This test monitors your baby’s health, requires no special equipment, and can be done at home.
Feeling the same amount of movement from one day to the next can be a sign that the baby is doing well.

How is it done?

- First, choose a time of day when your baby is most active, such as after a meal.
- Every day at the same time, pay attention to any kick or rolling movement of your baby.
- Count the movements
- If ten movements occur within 2 hours, your baby has “passed the test”. (You can stop counting after 10 movements)

Call your doctor...

- If after 2 hours you have not felt ten movements, please telephone the office at 717-709-7990.
- You may be requested to come into the office or go to the hospital for further evaluation if your baby is not moving as much.

If you do not feel enough movement...

It does not necessarily mean that there is a problem. It could simply mean the baby is sleeping.