



## PREGNANCY KICK COUNTS

An easy way to check the health of your baby is to count the number of times that you feel the baby's movement every day. It is important for you to know the amount of movement that is normal for your baby. A movement may be a kick, stretch, turn, or flip.

A change in the level of activity of your baby may indicate a problem is developing and should be reported to your physician. If your baby is moving ten (10) or more times in a two hour period, he or she is probably doing well.

### HOW TO MONITOR KICK COUNTS

- Select the time of day that your baby moves the most.
- Rest comfortably in a chair or lying on your left side.
- Count any and all baby movements (kicks, stretches, turns or flips).
- You can stop counting when you reach the ten movements.
- If your baby has not moved 5 times in one hour, drink some water or juice.
- If your baby has not moved at least 10 times in 2 hours, **go to labor and delivery to be monitored.**

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If you have any questions, please contact us at (951) 600-7066  
or go to the nearest hospital