KICK COUNTS

Around 18-20 weeks, you may start to notice your baby's kicks or fetal movement. One of the best ways to be reassured that your baby is healthy is to count the baby's movements. In your third trimester, your health care professional may ask you to start monitoring how often you feel baby movement (kicks, rolls, flutters).

Guidelines

- You may count at any time of the day.
- You may lay down on your side or be in a semi-sitting position.
- Record the time that you start counting.
- Babies usually move in "episodes" or groups of movements. Count each one separately as one movement episode; that is, two or more movements that occur together or without a pause of greater than half a minute.
- Record the time when you feel six movement episodes; when you feel six movements you may stop counting.
- If two hours pass with less than six movements, contact your health care provider.

Remember:

- The baby may move six times in less than half an hour.
- The baby may take up to two hours to move six times.
- You may notice less kicking when you are active than when you are resting.
- The important thing is to know what is normal for your baby, so you can tell your doctor when something different is happening.

Call your health care provider if you do not feel six movements in two hours or it is taking longer and longer to get to the six movements.

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FETAL MOVEMENT RECORD

NAME:_____ START DATE: _____

Instructions:

1. Note the time that you start counting
2. Count until you feel six movement episodes
3. Record the time that you stop counting
4. Call your physician if you have felt less than six movements in two hours
5. Show this record to your nurse and your physician

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start Time							
Stop Time							

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start Time							
Stop Time							

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start Time							
Stop Time							

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start Time							
Stop Time							

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start Time							
Stop Time							

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start Time							
Stop Time							

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start Time							
Stop Time							

Instructions for Fetal Movement Counting

https://www.fraserhealth.ca/health-topics-a-to-z/pregnancy-and-baby/pregnancy/your growing-baby#.Xxm8j55KiUl

https://www.fraserhealth.ca/-/media/Project/FraserHealth/FraserHealth/Health Topics/Pregnancy-and-Baby/Fetal-Movement-Record.pdf

The Langley Maternity Experience Tour (604-514-6034)
https://www.fraserhealth.ca/Service-Directory/Service-At-Location/4/1/maternity-unit---langley-memorial-hospital#.Xxm5g55KiUk

Perineal Massage in Pregnancy
https://www.healthlinkbc.ca/health-topics/tn10339

Fraser Health-Free Prenatal Breastfeeding Class –Offered by Langley Public Health (604-539-2900)
https://www.fraserhealth.ca/Service-Directory/Services/Public-Health-Services/breastfeeding support#.Xxm9155KiUl

10 Valuable Tips for Successful Breastfeeding
https://www.canada.ca/en/public-health/services/health-promotion/childhood adolescence/stages-childhood/infancy-birth-two-years/breastfeeding-infant-nutrition.html

10 Reasons to Breastfeed
https://www.canada.ca/en/public-health/services/health-promotion/childhood adolescence/stages-childhood/infancy-birth-two-years/breastfeeding-infant-nutrition/10-great reasons-breastfeed-your-baby.html

Easing Back into Fitness- A Guide for New Moms
http://www.fit4two.ca/

Safe Sleep for Your Baby
https://www.canada.ca/en/public-health/services/health-promotion/childhood adolescence/stages-childhood/infancy-birth-two-years/safe-sleep/safe-sleep-your-baby brochure.html

Transport Canada- Car Seat Safety
https://tc.canada.ca/en/road-transportation/child-car-seat-safety

Food & Nutrition
https://www.healthyfamiliesbc.ca/

Cord Blood & Cord Tissue

https://www.canada.ca/en/health-canada/services/drugs-health-products/compliance-enforcement/information-health-product/cells-tissues-organs/banking-cord-blood.html

https://www.babycenter.ca/a25006641/private-cord-blood-banking-in-canada-the-basics

Kegel Exercises
https://www.mayoclinic.org/healthy-lifestyle/womens-health/in-depth/kegel-exercises/art20045283

Birth Control Options (for postpartum)
www.sexandu.ca