


The Center for Women
Obstetrics & Gynecology

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Kick Counts

What are kick counts?

It is normal for your healthy growing fetus to move frequently in your womb (uterus). You can help lookout for the health of your baby by recording a count of the number of times your baby kicks, twists, or turns. Doing this is called Kick Counts. You will usually feel your baby move by the 20th week of pregnancy.

When do I do Kick Counts?

- During your baby's most active time of the day.
- When you are doing self-palpation.
- After you eat, or after you drink cold water, juice or milk.
- After you have walked for 5 minutes.

How do I do Kick Counts?

- Write down the time you start.
- Put a check each time you baby kicks, twists or turns.
- After you r baby has moved 10 times, write down the time again.
- Do the counts every day. Try to do them at the same time every day.

What do Kick Counts tell me?

- Most healthy babies move at least 10 times in 4 hours.
- If your baby kicks less than 10 times in 4 hours, call your doctor right away.

Today's Date: _____

Start Time: _____

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

End Time: _____

You know your baby best. If you feel something is not right, trust yourself and call our office at the number listed below.