

Fetal Movement

When should I start to feel my baby move?

Most women begin to feel their baby move between 18 and 20 weeks of pregnancy. Movement is first felt as “fluttering” and later feels like fetal kicks. Baby begins to have consistent movement after the 20th week of pregnancy.

How do I monitor fetal movement at home?

Fetal Kick Counts:

- Lie down (on your left side if possible)
- Place your hands on your abdomen, over the largest part, where you have noticed that you can feel your baby move
- Do this around the same time every day; babies are usually more active after meals
- Your baby sleeps in 20-40 minutes cycles during development. You may have to wait for baby to “wake up” to feel fetal movements.
- Count your babies movements
 - The session is complete when you have felt 10 movements or 2 hours have passed
 - This does not mean that 5 movements in one hour are acceptable!
 - Record the number of movements you feel and the time you counted the movements.

Example:

Time of Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Morning							
Evening							
Total							

Notify your provider if:

- You feel less than 10 movements in any 2 hour session.
- You sense any change in the type or character of your baby’s movement.

Conditions which may require more monitoring of fetal movement:

- High blood pressure
- Diabetes
- Post-dates pregnancy (past your due date)
- Too much or too little amniotic fluid
- Kidney or heart disease
- Multiple gestation (twins or more)
- Fetal growth problems

These conditions may require you to have extra monitoring of your baby in our office. Your provider will discuss the monitoring that is recommended for you with you.

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Morning							
Evening							
Total							

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