



PART OF CENTRAL VALLEY WOMEN'S HEALTH ASSOCIATES.  
A MEMBER OF COMMUNITY FOUNDATION MEDICAL GROUP & A PART OF SANTÉ HEALTH FOUNDATION

## Count your baby's kicks

### Why should I keep track of how often my baby moves?

Knowing how often your baby moves or “kicks” is a good way to check on your baby’s health.

During your seventh month, you can start to count your baby’s kicks every day. Try just after you eat a meal, when your baby is most active.

### How do I count my baby’s kicks?

1. Sit with your feet up, or lie down on your left side.
2. Check the clock to see what time you start.
3. Put your hands on your belly.
4. Count how many times your baby moves. A “move” is any kick, wiggle, twist, turn, roll or stretch. Do not count the baby’s hiccups.
5. Count up to 10 moves. This should be within two hours.
6. Once the baby has moved 10 times within two hours, you can stop counting. Then you can go about the rest of your day.

### If my baby doesn’t move right away, should I worry?

- No. Your baby may be sleeping. You could:
1. Drink something cold, such as fruit juice.
  2. Eat something.
  3. Walk around for five minutes.
  4. Then lie down and feel your belly.

Call your health care provider right away or go to Clovis Community Medical Center if you do not feel 10 movements within two hours.

**On weekends, in evenings and in an emergency, call:**

(559) 325-3515



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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Start Time							
Stop Time							
Time Lapsed							
Kicks Total							
Kicks/min							

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Stop Time							
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Kicks Total							
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