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## **Kick Counts**

**Baby's kicks are important...Know how to count. Checking your baby's movements is a good way to know that the baby is fine.**

### **How to check that your baby is moving okay**

- At around the same time each day, sit or lie down with your hands on your belly.
- Count how many times your baby "moves."  
A "move" is any kick, wiggle, or even one long squirm. Do not count the baby's hiccups.
- Count up to 10 moves. This should take less than one hour.

### **What to watch for**

When you are 28 weeks pregnant or more....

- If you do not feel 10 moves in an hour, drink fluid or eat something, then feel your belly for one more hour.
- If you do not feel 10 moves in the second hour, call the emergency number for your health-care provider.
- If you feel a lot of unusual twisting, turning or kicking for more than a few hours, call the emergency number for your health-care provider. The baby may be trying to get pressure away from the umbilical cord.

**Any questions/problems please contact our office 540-710-2324**