

# FETAL MOVEMENTS (KICK) COUNT



## Fetal Movements

Most pregnant women worry about the health and condition of their babies. This is a normal reaction.

What should you do in order to keep a check on the welfare of your baby? Here is a very simple method.

- Get into the habit of counting the movements at a particular time every day, for example, immediately after breakfast, lunch and dinner.
- If you can count four movements in an hour, three times a day, then you can be sure your baby is doing well.
- In fact, most women tell us that they can feel four movements within the first 15 – 20 minutes, in which case there is no need to continue with the counting.

Sometimes you may not feel four movements in one hour. Don't be frightened. Wait and see if you can feel four movements within the next hour. If you cannot feel four movements even in two continuous hours, then come to the hospital immediately.

By doing this check regularly, you are making sure that your baby is well, and if necessary, giving the doctor sufficient time to save the baby, should there be a problem. We encourage you to begin counting your baby's movements from 28 weeks (beginning of the 7<sup>th</sup> month) onwards.

**SO DO GET INTO THE HABIT OF CHECKING THE MOVEMENTS  
– for the baby's well-being and for your own peace of mind.**