

# How do I count if my maternity team has asked me to count movements?

(Always call first if you notice a decrease in your babies movements)

- 1) Lie down, preferably on your side, or in a semi-sitting position. Place one hand on your abdomen so that you can feel the baby's movement as clearly as possible.
- 2) Babies usually move in "**episodes**", ie a roll followed by a kick. Count each episode. That is, 2 or more episodes that occur in sequence or without a pause of greater than one half minute = 1 movement episode. You can use the chart below to record your counts.
- 3) Note the time you start counting and stop 2 hours later. If you have felt **6 movement episodes**, then you can stop before **2 hours**.
- 4) If you feel less than 6 movement episodes in 2 hours, phone RCH Labour and Delivery at 604-520-4586 and come to the hospital for fetal monitoring.
- 5) If you feel 6 movements, but believe that your baby has had a general decrease in fetal movement, contact your physician or midwife for further advice.

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start time							
Stop time							

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start time							
Stop time							

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start time							
Stop time							

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Start time							
Stop time							

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Start time							
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