FETAL MOVEMENT OR “KICK COUNTS”

Some babies are very active most of the time and others may be more “mellow”. There are also times when even the most active baby slows down to get some rest. Every baby is different, and each pregnancy may be a different experience for you.

Usually, an active baby is a healthy baby. But babies \textit{in-utero} are similar to babies after birth and they are lulled to sleep by rocking motions. That is part of the reason you may feel less movement when you are more active. That is also why you may notice more movements when you are ready for bed at night.

So how do you know when a baby is not active enough?

As long as there is no radical slowdown of movement or complete cessation of activity, variations of fetal movements are probably normal. But after the 28th week or so, you can reassure yourself by doing “kick counts” twice per day:

- Check the clock before you start counting movements.
- Count movements of any kind (kicks, flutters, rolls).
- Stop counting when you reach 10 movements.
- If you haven’t reached 10 after an hour; have a snack, drink something cold, lie down, relax, and keep counting. \textbf{If you don’t get 10 movements after another hour, call us right away.}

Although failure to reach 10 movements in an hour after resting and after a snack may be concerning, further testing will, in most cases, determine that the baby is just fine.