

Fetal Kick Counts: Measuring Fetal Movement

Feeling your baby kick, twist and wiggle is thrilling for expectant parents. But your little one's kicks also help you keep track of your baby's movements. To ensure your baby is doing well, your doctor will recommend you do Fetal Kick Counts starting at 28 weeks through the end of your pregnancy.

A strong fetal kick count is a sign that your baby is getting plenty of oxygen and there is nothing blocking blood flow to the umbilical cord. For example, if your baby's umbilical cord is tangled for a long time, it could cut off oxygen to your baby and decrease movement.

There are different ways you can monitor fetal movement, but no way is better than another. The key is to monitor daily. One common method is to track how long it takes your baby to move 10 times. If it takes longer than 2 hours, call your doctor. Even if you get to this number of kicks in two hours, but your baby's movement still feels different or concerns you, you should call your doctor or midwife.

Another way of monitoring your baby is to see how many movements you feel in an hour. If the number changes or feels different, contact your doctor. If your baby is not moving at all, call your doctor right away. Your doctor may recommend an ultrasound to help identify your baby's movements.

At around week 28 of your pregnancy, talk to your healthcare provider about fetal kick counts. Choose the method that works best for you, monitor your baby's movements, and take comfort feeling your future soccer player kicking goals.