

Fetal Movement

Your health care provider wants you to keep track of how much your baby is moving. This handout gives instructions for counting fetal movements.

Begin counting fetal movements after 28 weeks (or when your provider tells you to start):

- Count during the same 2-hour period every day.
- Choose anytime of the day, evening, or night.
- If you count fewer than 10 separate movements within a 2-hour period, call your health care provider **right away**.
- Call your health care provider if you notice that your baby is moving less than normal.



“Fetal movement” is the motion of your baby as it moves in your belly.

QUESTIONS?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Maternal and Infant Care
Clinic: 206-598-4070

Labor and Delivery:
206-598-4616