



Movement and Kick Counts

Most pregnant people become aware of fetal movement around 18-21 weeks gestation. At this early stage, the number of movements a normal, healthy baby makes varies from person to person. Some babies move less than others. Some people feel more movement than others. As your baby gets older and bigger and there is less space in your uterus, the type of movements you feel usually change. Babies also normally have sleep periods which grow longer as you get closer to your due date.

We recommend you pay attention to fetal movement at least once a day after 28 weeks. You should feel ten or more movements in two hours. It is not necessary to count every hour and you can count any time of day. Choose a time of day when the baby tends to be more active. If you do not feel any movement, please call the office right away. If you feel less than ten fetal movements in two hours, drink a large glass of water or juice and eat a snack. Lie down on your side and count movements again. If you still don't feel ten movements in two hours, please call our office.

OB/GYN Appointment / Nurse Line: [\(763\) 587-7916](tel:7635877916)

Office Hours: Monday – Friday, 7:30 am – 5pm

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