



Count Your Baby's Kicks

Counting how often your baby moves or “kicks” is a good way to check on your baby’s health.

You can start during your 7th month, or at 28 weeks.

Here’s how to do kick counts:

- Try just after you eat a meal. Your baby is most active after you eat.
- Sit with your feet up or lie down on your left side
- Check what time you start
- Put your hands on your belly
- Count how many times your baby moves. A “move” is any kick, wiggle, twist, turn, roll, or stretch.
- Count up to 10 moves
- Once the baby has moved 10 times in an hour, you can stop counting and go about the rest of your day



“Yesterday morning I did kick counts for 2 hours and didn’t feel my baby move. I called my doctor and told her. She called the emergency room to tell them I was coming to get my baby checked. When I got to the hospital, they told me my baby was having trouble. They said it was a good thing I came in. They saved my baby and now I have my healthy son.”

– Silvia, 25 years old

If your baby doesn’t move 10 times in the first hour, don’t worry.

Your baby may be sleeping.

Here’s what you can do:

- Drink something cold
- Eat something
- Walk around for 5 minutes
- Then repeat kick counts for 1 hour

What if you do not feel 10 moves in the second hour?

Call your health care provider right away. Your provider will tell you what to do.

Health care provider’s phone number:

When we are closed, call:
