

Healthy babies are very active! One of the best ways to determine the health of a baby is to be aware of its movement. It is important for you to know the amount of movement that is normal for your baby. A significant decrease in movement should be reported to your medical provider. It may be an indication that a problem is developing. A movement may be a kick, flutter, turn or a flip.

Daily, you should feel the baby move with each meal and at bedtime. Beginning at 28 weeks of pregnancy, we suggest that you keep a record of your baby's movements at about the same time everyday.

**Instructions:**

- All you need to do is to determine the amount of time it takes for the baby to move ten times.
- Choose a time of day when the baby is active and you can relax. Generally, this will be in the evening.
- You should be sitting or laying down. Note the time and then count every kick or movement until you reach ten.
- Make note of how long it takes to feel ten movements.

**Please call your provider if:**

- It has taken more than two hours to feel ten movements.
- Each day it seems to take longer to feel ten movements.
- You have not felt the baby move all day.