



Innate Start Midwifery

Joella Folk, DC, LM, CACCP

Fetal Movement Count

Counting your baby's movements is one useful way to monitor your baby's well-being. In order to accurately track this, count your baby's movements at the same time every day. When you have felt 10 movements record the length of time it took. All movements, even small ones, count toward the total. If you have not felt 10 movements in the usual amount of time, please call your midwife.

*Here are a few examples of easy ways to keep track of your baby's movements. Choose one that will be easiest for you or come up with a method on your own.

1. Keep a small notepad with you and write down a start time and then write a tick mark for every movement you feel and when you write the 10th tick, note the time and calculate how long it took.
2. Keep a cup on your kitchen counter with 10 pennies next to it. Write down the start time and place a penny in the cup each time you feel your baby move. When you put the last penny in the cup write down the time and calculate how long it took.

**Remember to count all movements felt regardless of how big or small. If you feel less than 3 movements in 1 hour or 10 movements in 12 hours please contact me right away.

Hours taken to feel 10 movements of the baby.

Day	Start Time	1	2	3	4	5	6	7	8	9	10
M											
T											
W											
TH											
F											
S											
S											

Week Of _____



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