Monitoring Fetal Movement

Recent studies have shown a relationship between fetal (baby's) movements and its health. Daily evaluation of fetal activity will help your provider to identify a potential problem with your baby.

Beginning at 28 weeks (7 months) of the pregnancy, the baby's activity should be monitored by taking the following steps:

- Fetal movement should be counted within 45 minutes after a meal.
- The best time of day to monitor fetal movement is in the evening between 7 and 11 PM. These hours have been selected because babies usually move less during the day.
- Rest comfortably on the left side. You may read, watch television, or do any other quiet activity while you are monitoring your baby's movements.
- Count all fetal movements; these can be any kick, flutter, swish or roll.
- Once you have counted 10 fetal movements, you may go about your usual activity. Record the length of time for the baby to have 10 movements on the sheet below.
- If the baby has not moved 10 times in 2 hours, call your health care center immediately.

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Date	Hour	# Movements	Date	Hour	# Movements	Date	Hour	# Movements