

Kick Count Chart

If you have been asked to keep a record of your baby's movements, an easy and organized way to do it is by using a kick count chart.

How to use the chart

Try to schedule the kick count during your baby's most active time of day, but also a time when you will be able to record movements over four or more hours, if needed. You will need to record movements starting from the same time each day.

You may want to have a snack or meal before starting -- as you probably have noticed, food often makes your baby active. Alternatively, try a few minutes of exercise or take a brisk walk. After a quick visit to the bathroom, lie down on your side (left is best) or relax in a chair or on a sofa. Be sure you have a clock in view, and note on the kick count chart what time you start to record movements.

Pay attention to each of your baby's movements. Record the number of minutes it takes for the baby to move the specified number of times. (Kick count specifics vary from practitioner to practitioner -- talk with your healthcare provider. Usually you're asked to record at least 10 kicks/movements within a four- to six-hour window of time.) When the baby has completed the required number of movements, put an X in the box corresponding to that time.

Fetal Kick Count Chart

	Week# _____						
Hours	M	T	W	Th	F	S	Su
:00							
:30							
:00							
:30							
:00							
:30							
:00							
:30							
:00							
:30							
:00							
:30							

Start at the same time each day, and pay attention to each of your baby's movements. Record the number of minutes it takes for the baby to move the specified number of times. When the baby has completed the required number of movements, put an X in the box corresponding to that time.