

Date:

Start Time: End Time:

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Routine kick counts have not been shown to prevent still birth in low-risk women. However, a mother's perception of fetal movement is a reliable indicator of her baby's wellbeing. Many times we get distracted and simply miss baby's movements. To use this form, get in a restful position with your baby and note the start time. Use the blue boxes to check off your baby's individual movements (hiccups do not count). Note the time when you reach 10. You will probably find that you reach this number before even one hour is up, but if it takes longer than 2 hours please contact your midwife. You can use this form for one week, and if doing so, try to count movements at the same time each day.

**References:**

Delaware Kicks Count. Retrieved from: <http://dethrives.com/healthy-mothers/expecting-a-baby#tabs-3>

King, T. L., Brucker, M. C., Kriebs, J. M., Fahey, J. O. Gregor, C. L. & Varney, H. (2014). *Varney's Midwifery (Fifth)*. Burlington: Jones and Bartlett Learning