

# Count your baby's kicks

## It's a good idea to keep track of how often your baby moves.

Knowing how often your baby moves or "kicks" is a good way to check on your baby's health.

During your seventh month, you can start to count your baby's kicks every day. Try just after you eat a meal. Your baby is most active after you eat.

## Here's how to count your baby's kicks.

- Sit with your feet up or lie down on your left side.
- Check the clock to see what time you start.
- Put your hands on your belly.
- Count how many times your baby moves. A "move" is any kick, wiggle, twist, turn, roll, or stretch. Do not count the baby's hiccups.
- Count up to 10 moves. This should take less than one hour.
- Once the baby has moved 10 times in less than 1 hour, you can stop counting. Then you can go about the rest of your day.

**In an emergency call:**  
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**On weekends and evenings, call:**  
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## If your baby doesn't move right away, don't worry.

Your baby may be sleeping. Here's what you can do:

- Drink something cold.
- Eat something.
- Walk around for 5 minutes.
- Then feel your belly for one more hour.

## Call your health care provider right away if:

- You do not feel 10 moves in the second hour.
- You feel the baby twist, turn, or kick a lot more than usual.

