FETAL MOVEMENT COUNTING

Fetal Movement Counting is an excellent easy test of fetal well-being. It is based on the fact that an active baby is a healthy baby.

DIRECTIONS

Beginning at about 32 weeks or later, set aside a period of time each day, during which you will time how long it takes for your baby to move 10 times. The first five days or so will give you an idea of your baby's normal range – how long it takes to feel 10 movements. Pick a time when your baby is active. After you have established your baby's normal range, then you should be aware if your baby is slowing down, that is, taking longer than his or her range to move 10 times. Notify your caregiver if your baby is slower than normal.

Count every day if possible, and use this form to keep a record. Try not to miss more than one day at a time.

Date	Starting time	Hatchmarks	Time of Tenth	Total time for 10