



UNIVERSITY OF ARKANSAS
FOR MEDICAL SCIENCES

Kick Count

One way for your doctor to keep track of your baby’s health is by knowing how often the baby moves or “kicks” in your womb.

Directions:

1. Count your baby’s movements for one hour twice a day (one hour in the morning and one hour in the afternoon). Begin counting at about the same time each day.
2. It is best to lie on your left side while counting movements. You may find it helpful to place a pillow or rolled up sheet or towel under your right hip.
3. Be sure to count all movements, not just kicks. Some movement will be felt more strongly than others.
4. Your baby should move 6-10 times in one hour or 12-20 in two hours.
5. If you notice a decrease in your baby’s movements, call your health care provider. After 5:00 p.m. or on the weekends, call the labor and delivery unit at (501) 614-2500. If you do not have a phone, go to Labor and Delivery on the 5th floor of the hospital. (If you are already in the hospital, tell your nurse of a decrease in your baby’s movements.)

Twice a day use the chart below to keep a record of your baby’s kicks:

Date																
Start Time																
End Time																
Movement Marks																
Total																

This information has been reviewed and recommended for use by the UAMS/CPED/Patient Education Advisory Committee.

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