

# Center for Natural Birth

## Fetal Movement Record

1. A very good time to do fetal kick count monitoring is after a meal. Babies are receiving a boost of energy from the foods that you eat and are more likely to be more active. Try to be consistent, i.e. after lunch or dinner every night.
2. Lie down on your side or sit in a comfortable easy chair. Do not watch TV or carry on a conversation. This is a time for you to connect with your baby and have some you time. Just pay attention and tune into the movements of your baby.
3. The first time you feel your baby move, note the time and write it down on the chart below. Count every movement or kick until your baby has moved ten times (this does not include hiccups). When you feel your tenth movement, write down the time. Bring your graph with you to your prenatal visits.

Day-Wk 1	Start Time	End Time	Total Time	Day-Wk 2	Start Time	End Time	Total Time
Monday				Monday			
Tuesday				Tuesday			
Wednesday				Wednesday			
Thursday				Thursday			
Friday				Friday			
Saturday				Saturday			
Sunday				Sunday			
Day-Wk 3	Start Time	End Time	Total Time	Day-Wk 4	Start Time	End Time	Total Time
Monday				Monday			
Tuesday				Tuesday			
Wednesday				Wednesday			
Thursday				Thursday			
Friday				Friday			
Saturday				Saturday			
Sunday				Sunday			