



Kick Counts Once Daily

As you begin your third trimester of pregnancy, we would like you to help us monitor your baby's well-being. Keeping track of your baby's activity is an easy, safe, non-invasive, and inexpensive way to give us one more indication of the baby's health.

- By the time you are asked to do kick counts, your baby will have established periods of activity. These active periods may be anytime but will frequently occur after your meals.
- Keep track of "kick counts" **once daily** from this point until birth. "Kicks" refer to your baby's movements, including twists, turns, rolls, kicks, and punches.
- Determine the times your baby is the most active. Then, at that given time, count your baby's movements.
- If possible, lay on your left side during your kick counts.
- If you do not get **10 movements in 2 hours**, please contact our office.
- If it is after hours, your call will be answered by the answering service and they will contact the provider on call. The provider will return your call and give you instructions.