



AN AFFILIATED PRACTICE OF

Yale Medicine

Greater New Haven
OB/GYN Group

FETAL KICK COUNT

1. Have 2 large glasses of fluid to drink.
2. Lie down on your side and focus on your baby's movement.
3. Count the number of times your baby moves in 30 minutes
4. Once the baby has moved 5 times, stop counting. The baby's activity is reassuring.
5. If your baby has not moved 5 times in 30 minutes, he/she may be sleeping. Continue to count for another 30 minutes.
6. If your baby has not kicked or moved 5 times in one hour, call the office.
7. Instructions:
