

Generations of mothers have noted when their newborn babies started to move, how often they moved and the pattern of movement of each baby. The baby's pattern of activity can be a reassuring sign of your baby's health in utero and all mother's should take note of their baby's movements. You may be asked to monitor your baby's activity on a daily basis or if you notice a decrease in movement.

Please follow these instructions when monitoring your baby's activity:

1. Please do not smoke for one hour prior to starting to count your baby's movements. Make sure you have something to eat or drink. Generally the best time to do this count is in the evening but any time of day that works for you is fine. Try to choose the same time each day.
2. We recommend that while counting movements you are lying down, preferably on your left side or in a semi sitting position. Place one hand on your abdomen so that you can feel the baby's movements as clearly as possible.
3. Note the time you start counting and stop at **6 movements or two hours** whichever comes first.
4. Babies usually move in "episodes"; for example, a roll followed by a kick. If there is no pause between movements that is one episode. Count each episode.
5. Please check a box for each movement episode you feel for the stated day.
6. If you have less than 6 movement episodes in two hours please call your **physician/midwife at his/her office (number: _____) or your local hospital/Maternity Unit (number: _____)**.
Most times when there are not 6 movements within two hours there is no problem but you may be asked to proceed to the hospital/clinic/maternity unit for a non-stress test (which is a monitor that listens to the baby's heart beat).
7. Please bring your Fetal Movement Record with you when you come into the hospital or for physician/midwife office visits.

