Counting Fetal Movement

By Eudine Stevens

Choose one of the methods listed below to monitor the consistency of your baby’s movement. Most commonly done from weeks 34-36 and again 40-42 weeks

Start counting movement if you think they have decreased.

One way to count movements is you can take 10-25 pennies and each time you feeling a distinct movement from your baby place in a penny in a container from the table. When all the pennies have been placed into a container, mark the time lapsed

Write date, starting and ending time on a sheet of paper, also indicate the number of pennies used. Note: use the same number of pennies each time

34-36 weeks - Start counting movement if you think they have decreased.

Schedule a session about the same time every day to count baby’s movements. i.e. 8 am, 2 pm preferably when baby is typically active. Take count while listening to music, watching a movie or relaxing.

Write date and time on a sheet of paper. Log every time you feel the baby move.

Start counting movement if you think they have decreased.

Chart how long it takes to feel 10 movements.

*It may take less than a minute or more than several hours.*

There must be more than 10 movements in 10 hours.

Write date and time on a sheet of paper. Log every time you feel the baby move.

Things that can decrease activity:

Smoking 2 cigarettes will slow fetal activity for 80 minutes. My recommendation is for the mother to stop smoking altogether and as soon as possible. I have resources to help her in stopping. If the addition is so strong one cannot stop immediately, then no more than one cigarette every two hours.

Nearing term can have a slight decrease in activity

Decrease in amniotic fluid decrease amplitude of activity

Inattention of the mother may give perception of decreased activity

Less than:

If you feel less than 2 movements in an hour or 10 movements in 10 hours, Please contact your Midwife or care provider immediately.

# References:

Varney, H. K. (2004). *Varney's Midwifery* (4th ed.). Sudbury, MA: Jones and Bartlett Publishers.