



MY BABY'S MOVEMENT RECORD

Counting your unborn baby's movements provides you with reassurance of your baby's well-being. Since most babies are more active in the evening, and after a meal, an ideal time to count your baby's movements is one or two hours after your evening meal. Do this at the same time every day.

- Lie down on your left side.
- Write the time you begin on "My Baby's Movement Record."
- Count the next 10 baby kicks, rolls or movements. Do not count hiccups.
- Write the time on "My Baby's Movement Record" when your baby has completed 10 movements.
- If you reach 10 before one hour, you are done for the day.
- Smoking is not recommended during pregnancy.
- Do not smoke for one hour before counting your baby's movement.

CALL YOUR DOCTOR RIGHT AWAY:

- If it takes more than one hour to feel 10 movements.
- If there is a change from the normal pattern of your baby's movements.
- If there is a sudden increase in wild movements followed by the absence of the movement.

Take this record with you to each prenatal visit.

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