

A GUIDE TO

Kick Counts

Your guide to kick counts - a simple and effective way to assess baby's fetal well being in the third trimester- from the comfort of your own home.

my birth friend 

Kick Counts

In the third trimester of your pregnancy, your provider may recommend that you start paying close attention to your baby's movements each day. This is often called a "kick count," and it typically begins between 28–32 weeks, when your baby's movements become strong and more consistent, and continues until birth.

Kick counting is a simple and effective way to get to know your baby's movement patterns. It can help you notice if there's a change, which could be a sign that your baby needs a closer look. That said, don't panic if you notice less movement, babies do have sleep cycles, and quiet periods are often normal.

The process is easy: find a quiet spot to lie down and count how long it takes to feel 10 movements. These can be kicks, jabs, rolls, swishes, anything you feel. The American College of Obstetricians and Gynecologists (ACOG) recommends feeling 10 movements within a two-hour window.

Kick counts are backed by medical research as a safe, reliable, and helpful way to monitor your baby's well-being in both low- and high-risk pregnancies.

Step-by-Step Guide

1. Start around 28 weeks when movements are strong and predictable
2. Each day at around the same time, lay down on your left side as this will help increase circulation and make baby more active
3. Pick a time when you're able sit distraction free - lay quietly and connect with your baby. Put down and turn off all devices.
4. Use Kick Count Tracker or pen and paper and write down the date and what time you started.
5. Make a checkmark for each of the 10 movements. Remember movements consist of kicks, jabs, rolls, swishes, and any other forms of movement. (note: hiccups do not count as movement.)
6. After 10 movements, record the end time. Note how much total time it took to feel all 10.

Repeat the process every day to form a kick counting log. This will allow you to note variations or changes and will also help you assess what your baby's "normal" movement pattern is!

Small variations are normal, but trust your gut - if something doesn't feel right don't hesitate to make a phone call.

Kick Count Tracker

Date:

Start time:

End time:



Date:

Start time:

End time:



Date:

Start time:

End time:



Date:

Start time:

End time:



Date:

Start time:

End time:



Date:

Start time:

End time:



Date:

Start time:

End time:



Kick Count Tracker

Date:

Start time:

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Kick Count Tracker

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Date:

Start time:

End time:



Date:

Start time:

End time:



Date:

Start time:

End time:



Kick Counts

Once you begin kick counts, it is recommended that you perform this simple activity daily. It is best to do this during your baby's most active period of the day or evening, and you will likely find it is around the same time daily. Oftentimes you will feel those 10 movements within an hour, but if you don't - please don't panic! Simply get up, move around, have a snack or sip of something cold, and lay down to try again. If after the two hour period you still haven't felt 10 movements or something doesn't feel right- then again, please call your healthcare provider and notify them.

Remember, all pregnancies, babies, and healthcare providers are different. Your provider may recommend counting kicks more frequently, or have different thresholds for concern. If you have questions about kick counts and what to look for with your baby, reach out to your provider