



Saskatchewan
Health Authority

Counting Your Baby's Movements Instructions

Fetal Assessment Unit

CEAC 0634*
April 2018

*This document was designed to support patients of the former RQHR.

Gestational Age: _____

Date
Start Time
(should be the same)
Time of 6th movement

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Date
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(should be the same)
Time of 6th movement

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Date
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(should be the same)
Time of 6th movement

This simple method checks your baby’s health. Do this from now until your baby is born.

- Start counting your baby’s movements **at about the same time** each day and write down this time. (A good time is right after breakfast or supper.)
- Lie on your left side with your hands on your stomach. Count until you have felt 6 definite movements. This does not usually take very long.
- When you have felt the 6th movement - record the time. Now you are finished until the next day.
- If you have felt less than 6 movements after 2 hours, call your health care provider immediately.
- Never ignore lack of movement. If you are unable to talk to your health care provider call:

Fetal Assessment Unit
at (306) 766-0647
8:00 a.m. to 4:30 p.m.
Monday to Friday

Healthline at 811 other hours.

Generally, an active baby is a healthy baby. Being aware of your baby’s movements is a way to reassure you. Lack of movement is one way a baby can warn us he or she is not well. Less than 6 movements does not always indicate a problem but may mean the baby is having a “lazy” day.

If you have questions about these instructions, ask your health care provider, or call the Fetal Assessment Unit.

You should **never ignore** the lack of movement.

***Call your health care provider immediately if you have not felt 6 movements after counting for 2 hours.**

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