



Healthy Families Homebirth

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Fetal Movements Record

The reason to record your baby’s movements is to get a baseline record of what is normal for your baby. Some women find this practice calming and a way to connect with their baby, while others may feel nervous or irritated by this exercise. Your baby’s movements can be influenced by many factors such as: time of day/night, gestational age, food and type of food, sounds, fetal behavior, maternal smoking and use of medication. Physical limitations can also decrease the sensitivity to fetal movements: anterior placenta, a lack or too much amniotic fluid. Smoking as little as two cigarettes can decrease fetal movement for as long as 80 minutes. Keep this in mind with second hand smoke also.

Start counting after you have eaten and drank something and you are able to focus on fetal activity. There are many ways to document your fetal movements. Do whichever one is best for you. Below is listed one easy method you can try:

Count to Ten:

1. Schedule a time each day to start the counting. Pick the same time each day, and pick a time that your baby is usually active.
2. Write down when you start counting; for example 5:25.
3. Count each movement. Hiccups don’t count and big stretches only count as one.
4. Write down the time finished; for example 5:37.

Time each movement of the baby was felt:

	Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Start							
	End							
Week 2	Start							
	End							
Week 3	Start							
	End							

Reference:

Varney, H., Kriebs, J. M., & Gegor, C. L. (2004). *Varney's midwifery*. Sudbury, MA: Jones and Bartlett Pub.

This is general information. Please speak to your health care provider about your unique health needs.