

Baby Movement Count

You can do a baby movement count each day to check your baby's health. It is best to do this after a meal since this is when the baby is most active. You should check your baby's movement around the same time each day. This will ensure you do not forget to do the check. It will become part of your normal activity each day.

Follow these steps:

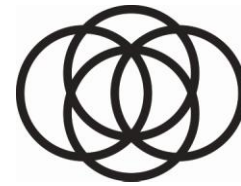
1. Record the time you start.
2. Lie on your left side if you can.
3. Check a box each time you feel your baby move.
4. Record each movement until you check six (6) boxes.
5. Record the time you stopped.

Note: If six (6) movements are not felt in one (1) hour, continue to record movements for second hour.

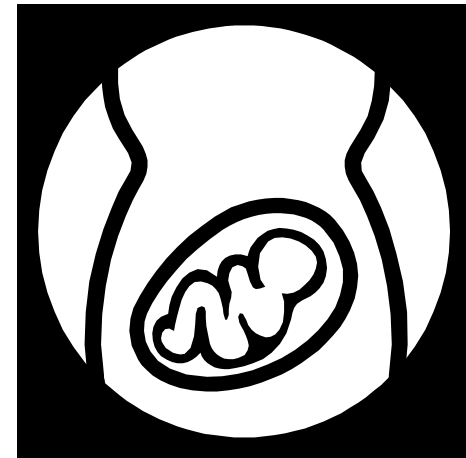
If two (2) hours go by before you feel six (6) movements:

- Go to your Labour and Delivery unit for further assessment.
- If you are a patient in the hospital, tell your nurse.

[illegible]



William Osler
Health System



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