

A Guide to Kick Counts

What is kick counting?

Kick counting helps you monitor whether your baby is active and healthy. It is the process of laying down and counting how long it takes your baby to move a certain number of times. Those movements are often kicks, but can also include swishes, rolls, jabs, and any other movements that you can feel.

When should I start kick counting?

Most moms begin to feel baby moving between 18-25 weeks of pregnancy.

After a few weeks of feeling movements, you'll probably begin to recognize a pattern of when your baby is most active.

Once you're feeling consistent movements, you can begin performing kick counts; the American College of Obstetrics and Gynecologists recommends beginning kick counting at 28-30 weeks, after movements are strong and predictable.

How often should I count kicks?

Once you begin, try kick counting every day.

Count kicks around the same time every day, when you notice that your baby is most active.

Pro Tip: Often babies are most active after you eat a meal or something sweet, drink something cold, or after physical activity. Some babies are more active in the late evening as mom's blood sugar level declines before sleep.

Step-by-step guide to counting kicks:

1. Each day at around the same time, lay down on your left side (this increases circulation and helps make baby more active).
2. Use Tinyhood's Kick Count Tracker or a notebook and record the date and time you start.
3. Make a check mark for 10 movements. Remember, kicks, jabs, rolls, swishes, and any other forms of movement. (Note: Hiccups do not count as movement.)
4. After 10 movements, record the end time. Note how much total time it took to feel all 10.
5. Repeat the process every day to form a kick counting log.

Remember, kick counting can take some time: most moms feel 10 movements after about an hour, so use this time to relax. Watch a show, read, talk to your partner, or lay quietly to connect with your baby.

What should I be watching for?

Time

Most moms feel 10 kicks within an hour, but it's totally normal to take up to two hours to feel 10 kicks. If you've waited a full 2 hours and haven't felt 10 kicks, though, don't panic. Wait a couple hours, eat a meal or take a walk, and try kick counting again. If you still don't feel 10 movements within 2 hours the second time, call your provider.

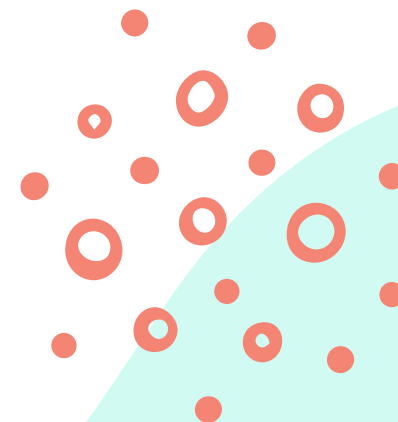
Patterns

You should also be monitoring the pattern of how long it typically takes to feel 10 movements. If the length of time changes significantly for 3+ days, call your provider to check-in. Remember, small variations are totally normal, but major variations should prompt a call to your provider.

Progression

Your baby should become progressively more active as your pregnancy continues. Variations in months eight or nine are more concerning than variations in earlier months; if you notice that your baby seems significantly less active in the final weeks of your pregnancy, call your provider right away.

Remember, all babies and pregnancies 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.



Kick Count Tracker

WEEK # _____	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Start Time							
Stop Time							
Movements	□ □ □ □ □ □ □ □ □ □	□ □ □ □ □ □ □ □ □ □	□ □ □ □ □ □ □ □ □ □	□ □ □ □ □ □ □ □ □ □	□ □ □ □ □ □ □ □ □ □	□ □ □ □ □ □ □ □ □ □	□ □ □ □ □ □ □ □ □ □
Total Time							

WEEK # _____	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Start Time							
Stop Time							
Movements	□ □ □ □ □ □ □ □ □ □	□ □ □ □ □ □ □ □ □ □	□ □ □ □ □ □ □ □ □ □	□ □ □ □ □ □ □ □ □ □	□ □ □ □ □ □ □ □ □ □	□ □ □ □ □ □ □ □ □ □	□ □ □ □ □ □ □ □ □ □
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