



# BABY STEPS

## Kick Counts

Starting in the 7th month (28 weeks) you should start doing kick counts. It is exactly what it sounds like. You count how many times your baby kicks in one hour.

### How to do Kick Counts\*:

- Do Kick Counts after a meal. Your baby is most active then.
- Sit with your feet up or lie down on your side.
- Check the time you start.
- Put your hands on your belly.
- Count how many times your baby moves. A “move” is any kick, wiggle, twist, turn, roll or stretch. Do not count baby’s hiccups.
- Count up to 10 moves.
- If your baby moves 10 times in the first hour, you can stop counting.

### If your baby doesn’t move 10 times in the first hour, don’t worry.

- Your baby may be sleeping.
- Eat or drink something
- Walk around for 5 minutes
- Then repeat kick counts for another hour

### Call the doctor or midwife right away if:

- You do not feel 10 moves in two hours
- You feel a sudden change in your baby’s kicks

### Take care of yourself

- Get regular pregnancy checkups.
- Avoid alcohol, tobacco and illegal drugs.
- Ask family or friends for help. Try not to stress out.

*\*Permission to use granted by the Fetal, Infant Mortality Review (FIMR) Community Action Team, a collaboration of organizations in Alameda County.*



Healthy babies  
move many times  
during the day.

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