

Fetal Kick Counts

Fetal kick counts are a simple and effective way of assessing the health of the fetus during the third trimester. There are several different methods of counting fetal movement. This is the method that we have chosen to assess the well-being of your fetus.

Beginning at 28 weeks, the mother counts movements and continues counting until ten movements are noted. Fetal movement includes kicks, punches, rolls, and turns. It does not include hiccups. You should be able to count ten fetal movements during the course of a day.

If you are unable to count ten fetal movements during the course of a day, please have something to eat, sit down with your hands on your abdomen, and observe if you are able to count ten kicks over the course of an hour.

Testing has shown that decreased fetal movement is associated with a higher likelihood of fetal death. However, there are many other reasons for a real or perceived decrease in fetal movement, such as increased maternal activity and fetal sleep patterns.

If you are unable to obtain ten fetal movements, please call our office immediately. This could be a warning sign of fetal compromise. We will schedule further testing, such as a non-stress test. Do not wait until the following day to call us.