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**BABY ACTIVITY GUIDELINE**

Being aware of your baby's movement is an easy way to check his/her health. This is called a **Fetal Kick Count**. Pick a time when the baby is awake and active (usually after you have eaten), and do the Kick Count at the same time every day. You will be checking to see how long it takes the baby to move 10 times.

**For Example:** your baby is very active after breakfast; you start counting at 9:00 am; by 9:30 am the baby has kicked 10 times. Remember, every baby is an individual. There are times when they sleep and times when they are active. If your baby is not active when you start to count, get up, walk around, get something to drink and continue counting.

**If your baby has not kicked 10 times within two hours please call** us at 907-561-1925. You may also contact the Perinatal Testing Center at 907-212-3692, or the Labor & Delivery Providence at 907-212-3611.

**Kicks = movements, twists, turns, squirms**