



Adam Jablonski, M.D. • Rachel Walter, D.O. •

Amanda Souza, D.O. • Justin Rasner, M.D. •

Melanie McGlothlin, WHNP-BC

Fetal Kick Counts

Fetal kick counting is useful in determining the health of your baby. If you are concerned with a decrease or lack of movement in your baby, then perform a kick count.

- Lay down on your side in a quiet room
- Place your hands on your belly
- Focus on feeling baby movements
- Count baby movements; any kick, bump, or roll counts

Keep counting until you have reached 6 movements from your baby. If baby does not move 6 times within 1 hour, then continue counting. You should feel 10 movements within 2 hours. Call our office if you do not feel your baby move 10 times or more in 2 hours.

812-523-5864