

RECORD OF MY BABY'S MOVEMENT

Name _____ Baby's Due Date _____

Counting your baby's movements is one way in which you can play an important role in checking the health of your baby. By counting and writing down the number of movements made by your baby each day, you create a profile of your baby's activity.

~ Your baby will often be more active around your meal times. After each meal (breakfast, lunch, supper) write down how many minutes it takes to feel three (3) movements. You should feel your baby move at least 3-4 times within an hour after your meal. If you feel less than three (3) movements in 30 minutes, wait another 30 minutes. If you still feel less than three (3) movements, you should immediately call your nurse midwife!

Overall, your baby should move at least 10 times in twelve hours. If your baby moves less than 10 times in twelve (12) hours, you should immediately call your nurse midwife!

Example

	Sunday	Monday
breakfast	10 mins	8 mins
lunch	5 mins	15 mins

	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
Breakfast																														
Lunch																														
Supper																														
Snack																														

Comments _____