

Fetal Movement Record

Beginning around 30-32 weeks, you should begin to pay attention to your baby's movements until birth. You will notice that there are certain times of the day when he or she is most active, and generally after you eat, you will notice lots of movement. Movements include kicks, flutters, twists, and turns, so if you baby rolls its body and kicks its two feet, that's 3 movements.

How to do kick counts:

- Choose a time of day when your baby is most active
- Lie down on your side and note the exact time you feel the fist movement
- Count 10 movements and note the exact time you reached 10 movements

*If it takes longer than 2 hours for your baby to move 10 times, or if it takes longer and longer each night to move 10 times, call your midwife.

Date	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Start							
End							
Minutes							
Start							
End							
Minutes							
Start							
End							
Minutes							
Start							
End							
Minutes							
Start							
End							
Minutes							

Other Warning Signs in Pregnancy—Call immediately if any of the following occur:

- Vaginal bleeding (more than spotting)
- A gush or continuous flow of water from your vagina
- Regular contractions (more than 6 in an hour)
- Fever greater than 101 degrees
- Severe abdominal pain, shoulder pain or vomiting
- Prolonged nausea with vomiting
- Signs of preeclampsia/toxemia (serious in late pregnancy)
 - Severe or persistent headaches
 - Blurred vision or seeing spots
 - Severe or persistent vomiting
 - Noticeable swelling in the face and or hands, especially all-of-a-sudden
 - Dramatic weight gain in just a few days time
 - Noticeable decrease in urine output
- If your baby has stopped moving, or severely decreased movements

Don't hesitate to call even if you think you're overreacting.

Briana's Cell Phone: (801) 362-0412

Call anytime with emergencies, preferably between 8am and 6pm with non-emergencies.