

What To Watch For

Starting at 28 weeks, spend a little time each day feeling your baby move.

Movements can be:

- Kicks
- Stretches
- Rolls
- Turns



Baby's will have periods of rest and sleep where they are not as active - this is normal. This is why you count kicks over a 2 hour span.

COUNT YOUR BABY'S KICKS
ONCE A DAY.
YOU SHOULD FEEL AT LEAST
10 MOVEMENTS IN 2 HOURS.

Do not count for more than 2 hours.
If you have no felt 10 movements by then, call the birth unit at your hospital and proceed there immediately for a check-up.

If you are ever worried, call your health care provider for advice on what to do next.



Prenatal Education
Postpartum Support
CPR & Choking Classes

GET IN TOUCH

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Empowering Parents Through Education

FETAL MOVEMENT TRACKER

Name: _____

Due Date: _____

Important Numbers

Provider: _____

Hospital: _____

For 24hr health advice call your provincial telehealth line

Other Info: _____

Beyond THE BUMP

