



Annandale OBGYN  
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## Kick Counts

“Kick counts” are a way for a mom to assess her baby’s movement. Babies move throughout the day and often have patterns of when they are more and less active. Mom’s often feel baby moving a lot at night because mom is less active and less distracted at this time.

If you are feeling baby move less than normal or not at all, it is recommended to perform a “kick count”.

You should lay down in a quiet area and having something cold to drink or something sweet to eat. You should expect to feel at least 10 movements (kicks, rolls, flutters, etc.) in less than 2 hours.

If you don’t feel 10 movements in the 2 hour period, you should call the office at 703-642-7522 ASAP as this can be a sign of fetal distress and requires evaluation by one of our providers.