

# BabyKicks



## Learn to count your baby's kicks

Your baby's movements are one of the best indicators of their well-being. Monitoring your baby's movements during the third trimester requires no technology and can help prevent stillbirth and other birth problems.

### Why are movements important?

Counting kicks, jabs, pokes and rolls is an easy way to check on your baby's well-being. Sometimes a change in movements is the earliest or only indication that your baby should be checked by your health care provider.

Every baby is different. Keeping track of your daily kick counting sessions will help you know what is "normal" for your baby. If you are using a device to monitor your baby's heartbeat, know that a change in the baby's heartbeat is one of the last things that occur when a baby is in distress. By the time the heart slows, it may be too late.



### I'm worried. What do I do?

**Trust your instincts!** Don't hesitate to call your health care provider or go to the hospital if you notice any changes in your baby's movements.

When you report a change in your baby's movements, you should receive a complete evaluation to ensure your baby's well-being. Insist on having a non-stress test and/or bio-physical profile.

### How do I count kicks?

Counting your baby's movements everyday helps you learn your baby's "normal" and notice if there are any changes. You can start counting at 24 weeks and continue counting until delivery. Counting your baby's movements is a healthy routine to follow daily.

The best time to count your baby's movements is in the evening when babies are usually more active. Any other time of day is fine also. Lie down comfortably on your side or in a half-sitting position. There are two ways to count your baby's movements. Choose the method that works best for you:

- Count the number of movements over a period of 30 minutes. The number of movements should be similar from one session to the next.
- Count the number of minutes it takes your baby to make 10 movements. The time it takes should be similar from one session to the next.

### Where can I learn more?

Visit [BabyKicks.ca](http://BabyKicks.ca) to learn more on:

- Why your baby's movements are important
- How to count your baby's movements
- What to do if you notice a change in your baby's movements

In Canada, more than 3,000 babies die each year in their mother's womb. In many cases, the mother will have experienced a reduction in her baby's movements in the days before. It is estimated that up to 30% of these otherwise healthy babies could be saved.

# Common myths

## MYTH:

### A baby's movements slow down towards the end of pregnancy

Many still think that babies move less towards the end of pregnancy because they are conserving their energy for the birth or because they have less room to move. This is false. You should feel your baby move until delivery.



## MYTH:

### It's only of concern for at risk pregnancies

The Society of Obstetricians and Gynaecologists of Canada recommends that all pregnant women, even healthy ones without risk factors, should be made aware of the significance of their baby's movements during the third trimester. Indeed, 70% of mothers of stillborn babies have no significant medical condition putting them at risk.

## MYTH:

### Stillbirths can't be prevented

In countries such as Canada, a sense of fatalism still prevails across communities and amongst health care professionals. However, recent international research demonstrates that a high percentage of stillbirths are preventable. In Canada, only 8 to 10% of stillborns have congenital anomalies. Lack of oxygen accounts for almost half of stillbirths.



## MYTH:

### Counting kicks every day will be stressful for mothers

Research shows that mothers who count their baby's movements daily are less anxious than those who don't count. Most mothers consider counting to be a positive experience.



BébéBouge.ca  
BabyKicks.ca

www.babykicks.ca  
babykicksbebebouge@gmail.com



Baby's Breath  
Souffle de bébé

www.babysbreathcanada.ca  
info@babysbreathcanada.ca  
1 800-363-7437