



# Learn how to count your baby's kicks

## Why is counting movements important?

Counting your baby's kicks, jabs, rolls, swishes, and flutters is an easy way to check on their health. Sometimes a change in your baby's movement pattern 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 counting sessions will help you get to know your baby's movement pattern. 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.

## Worried about a change? Trust your instincts!

If you notice any changes in your baby's usual pattern or feel less than 6 movements in 2 hours, do not hesitate to call a healthcare provider or go to the hospital. Remember, you are never wasting anyone's time by looking out for yourself and your baby.

You can expect to receive a complete evaluation to ensure your baby's well-being. We encourage you to insist on having a non-stress test and/or bio-physical profile conducted.

## How do I count?

In your third trimester, counting your baby's movements everyday helps you learn your baby's "normal" and notice if there are any changes. You can start at 24 weeks and continue counting up until your delivery.

Track around the same time every day. The best time to count your baby's movements is when they are most active. This is typically in the evening. Start by sitting or lying down on your side in a comfortable position.

There are two ways to count your baby's movements. Choose the method that works best for you:

**A** Count the number of movements over a fixed period of time (i.e. 30 mins). The number of movements should be similar from one session to the next.

**B** Count the number of minutes it takes your baby to reach 10 movements. The time it takes should be similar from one session to the next.



According to Statistics Canada, more than 3,000 babies die each year in the womb. In many cases, pregnant individuals have experienced a change in their baby's movements in the days before. Monitoring your baby's movements during the third trimester is a simple way to help prevent stillbirth and other complications.

For more help,  
try the Flutter  
Care App, or  
visit these sites:



babykicks.ca  
babykicksbebebouge@gmail.com



babysbreathcanada.ca  
info@babysbreathcanada.ca



fluttercare.com  
community@fluttercare.com

# Common myths about fetal movements

## 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 high-risk pregnancies

The Society of Obstetricians and Gynaecologists of Canada recommends that all pregnant individuals, even healthy ones without risk factors, should be made aware of the significance of their baby's movements during the third trimester. It has been found that 70% of pregnant individuals having a stillborn baby did not have a 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 parents

Research shows that parents who count their baby's movements daily are less anxious than those who don't count. Most parents consider counting to be a positive experience and helps them to connect with their baby.



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