



FETAL KICK COUNT

Around your 28th week of pregnancy, fetal movement will start to increase. It is important for you to keep track of your baby's movement so that you are aware if it decreases. You will want to choose the most active time of the day for your baby to do a fetal kick count.

While lying down, time how long it takes for your baby to move ten times. You should feel ten kicks within two hours. If you are unable to get ten kicks, try having a small snack and drink that contains sugar before trying again. If you are still unable to feel the ten kicks the second time, please contact our office.

If at any time during your last trimester you think fetal movement has decreased, please do not hesitate to contact the office. We are always willing to see you in the office to check fetal heart tones if concerns arise.

You can reach the office at:

(703) 726-1300

Monday – Thursday: 8:30 am – 4:30 pm

Friday: 8:30 am – 12:00 noon

After business hours, the midwife can be paged by calling (703) 755-1462