



RECORDING YOUR BABY’S MOVEMENTS

One of the best ways of knowing that your baby is well is by feeling regular movements from 26 weeks on. Use this form if you are worried or if your midwife has asked you to.

Follow these steps to record your baby’s movements:

1. Consider grabbing a snack and a drink (you will be sitting for a while)
2. Get into a comfortable position, keep your hands on your belly
3. Write down the time you start
4. Mark on this form each time your baby moves (hiccups do not count)
5. Wait until you feel the baby move six times
6. Write down the time you stopped

Date	Start Time	Movements						Stop Time
i.e. Jan 1 , 2019	8:00 am	X	X	X	X	X	X	9:15 am

Page your midwife right away if:

- 1. You get to 2 hours and you don’t feel 6 movements**
- 2. You feel worried baby is not moving normally (even if you feel 6 movements in 2 hours)**