

## FETAL KICK COUNTS

Around your 28<sup>th</sup> week of pregnancy, fetal movement will start to increase. It is important for you to keep track of your baby's normal movement, so that you are aware if movement decreases. You will want to choose the most active time of day for your baby. While lying down, time how long it takes for your baby to move 10 times. You should feel 10 kicks within 2 hours. If you are unable to get 10 kicks, try having a small snack and a drink that contains sugar before trying again. If you are unable to feel the 10 kicks the second time, please contact our office.

At any time during your last trimester, you feel 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 – Friday 9 a.m. – 5 p.m. After business hours, the midwife can be paged by calling (703) 858-6800.