

## Assessment of Fetal Movement

Assessment of fetal movement by the mother is a non-invasive indication of the health of the baby while still in utero. Motion tends to diminish if the baby is compromised for some reason. However, the baby will quiet down normally as term approaches and the quality of fetal motions usually changes from small sharp movements to larger, smoother movements as space in the uterus is taken up in late pregnancy. We are checking to see if there is an overall reduction of your baby's NORMAL pattern of movement. In many cases this is a sign that the baby needs to be born SOON!

Using the assessment charts:

Counting every movement your baby makes is not very practical, so select a time during the day when you can count fetal movements for six consecutive hours. It is best to use the same hours every day. Do not select a time when the baby seems to sleep regularly.

You will be counting the first 5 movements in the six hour period. Mark the time you feel the fifth movement in the appropriate time block on your chart. If fewer than 5 movements are felt, note how many you detected in the space below the time slots. Should the baby have periods of constant movement, count movement for each full minute of activity. Here is an example of how to use the chart:

Beginning Date: 12-26

Wk of pregnancy: 38

Hours you choose to count movements (you may engage in any normal activity which allows awareness of fetal motion). Write in times in 1/2 hour intervals—

Time	M	T	W	Th	Fri	Sat	Sun
9:00							
9:30							
10:00							
10:30							
11:00							
11:30	X						
12:00							
12:30		X					
1:00							
1:30				X			
2:00							
2:30							
3:00							

- This mother started counting at 9 a.m.
- Monday she felt the 5th movement at 11:15 a.m., so she marks the 11:30 block on her chart.
- On Tuesday she felt the 5th movement at 12:30 p.m.
- Wednesday she did not feel 5 movements in the 6 hour period. Since she only felt 4, she marks the "4" box in Wednesday's space.
- On Thursday, 5 movements were felt by 1:30 p.m.

Hiccups are an involuntary reflex response and are therefore not counted as fetal movement. If you only detect what seems to be your baby hiccupping during your counting period, make a note of it in the Notes. Movements made at the same time the baby is hiccupping may be counted as any other normal movement.

If your baby has always been very quiet or you find it difficult to detect movements, try laying down for an hour or so to count.

Chart 5 movements here

No.	M	T	W	Th	Fri	Sat	Sun
4			X				
3							
2							
1							
0							

### NOTE:

**IF LESS THAN 5 MOVEMENTS ARE FELT IN YOUR COUNTING PERIOD FOR ANY TWO DAYS IN A WEEK, CALL US IMMEDIATELY!**

Notes: Baby was active in the afternoon on Wednesday.

Notes on special situations or sensations are recorded here.

