

## Baby Movement Count

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**Birth Unit**  
**905-522-1155 ext. 33251**

### Baby Movement Count

You can do a baby movement count each day to check your baby's health. It is best to do this after a meal as this is when the baby is most active. You should check your baby's movement around the same time each day. This will ensure you do not forget to do the check. It will become part of your normal activity each day.

### Follow these steps:

1. Record the time you start.
2. Lie on your left side if you can.
3. Check a box each time you feel your baby move.
4. Record each movement until you check 6 boxes.
5. Record the time you stopped.

### If 2 hours go by before you feel 6 movements:

- tell your nurse if you are in the hospital
- call your doctor or midwife if you are at home and it is during the day
- call the Birth Unit if you are at home and it is during the night or a holiday or weekend

**turn over →**

