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Obstetrics and Gynecology

**FETAL KICK COUNTS**

Counting fetal movements is one way in which you may play an important role in checking the health of your baby. Count the baby’s movements around the same time every day. It is usually best to do this after a meal or snack.

Relax, find a comfortable position (on your side is preferred, not flat on your back) and avoid distractions (television, movies, etc.). Count all movements you feel (everything-rolls, kicks, bumps, etc.) in two hours. You should count at least ten movements. You may stop counting when you have reached ten movements. If your baby does not kick or move ten times in two hours, please call the office immediately.

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