



Kick Chart

Monitoring the movements
of your baby



for appointment

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ABU DHABI & MUSAFFAH

Monitoring the movements of your baby is one of the easiest methods to monitor the health and wellbeing of your baby. By observing and documenting baby's daily movement pattern, it will not only help you notice any changes but also give your doctor a good picture of what is normal for you and your baby. Babies will move and kick at different times of the day and also be quiet and asleep too. By recording the movements, you can be sure, your baby is as active as he/she should be. The booklet will help us see how long it takes for you to feel 10 movements.

Instructions

- The best way to feel your baby's movements is when you are less active, so at either the start of or at the end of your day. When you are resting you are more likely to feel the baby's movements.
- Record the movements around the same time every day. It may help you do this while you are sitting up or lying on your left side.
- Ensure that you get minimum three movements in one hour time and total of 10-12 movements in a 12-hour period
- Studies have shown that smoking cigarettes or shisha can reduce your baby's movement, so we advise you not to smoke during pregnancy.

You should make an appointment to see your doctor or come into the emergency department if:

- You have concerns about your baby's movements
- While counting the movements, you notice that you have less than 3-4 movements in 1 hour
- Your baby's movement pattern has completely changed or suddenly stopped

Mark one box each time your baby moves.

Date:

Starting Time:

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Completed by.....

After.....Movements

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Completed by.....

After.....Movements

Reviewed by:

Date:

Name/ ID No:

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