

Baby Kick Counts & Labor Instructions

While feeling the baby moving is exciting for many women during their pregnancy, monitoring patterns can help ensure the baby's wellbeing.

Fetal Movement:

When Can I feel it?

- ❖ Anytime between 13-25 Weeks, but most commonly between 16-22 Weeks.

What does it feel like?

- ❖ Initially: Subtle flutters and wiggles
- ❖ Later: Kicks, rolls, and punches

Baby Kick Count:

When to start counting?

- ❖ After 28 Weeks of pregnancy

How Often?

- ❖ Twice daily
- ❖ Preferably at the same time each day

How to Count Baby Kicks:

- ❖ Sit Comfortably or lie on your side
- ❖ Record time of the 1st movement
- ❖ Count until 5 movements
- ❖ You should feel 5 movements in 1 hour or sooner

What to do to make baby move

- ❖ Drink COLD water
- ❖ Have a snack (something with sugar or a little caffeine)
- ❖ Change your position : if you're standing try laying down or sitting comfortably
- ❖ Gently poke or jiggle your belly
- ❖ Dance/Play music

Labor: **CALL or head straight to Labor and Delivery if:**

- ❖ Your water has broken
- ❖ Your baby has not moved more than 5 times in 1 hour when He/She is normally active.
- ❖ If you are Cramping/ bleeding
- ❖ Have contractions that are 5 minutes or less apart



SEEK HELP If you notice sudden changes in your baby's movement

Pregnancy Trimester Checklist

1st Trimester (1-13 Weeks):

- ❖ Routine Prenatal Lab work (NON Fasting) : Will be ordered at your 1st/2nd visit
- ❖ Non-invasive prenatal test (NIPT) done between 11 Weeks to look at the baby's DNA to identify Gender, Down syndrome, and Trisomy 13 or 18 ect..
- ❖ Genetic Carrier screening for MOM (cystic fibrosis, fragileX, SMA ect..)
- ❖ First Trimester Ultrasound: Done between 12-13 weeks to be able to identify some structural anomalies
- ❖ Appointments every 4 weeks (or as directed by Provider)
- ❖ Education on Diet and exercise, and set goals for pregnancy and delivery
- ❖ Fetal Heart tones, BP, Weight - Every visit
- ❖ EDD Confirmed

2nd Trimester (14-28 Weeks):

- ❖ MSAFP Spinal Bifida Screening Done between 15-20 Weeks
- ❖ Anatomy Scan done at 20-22 Weeks, checks fetal development and detects major anatomical anomalies
- ❖ Pap smear w/GC/CH +STD screening if not done within 1yr
- ❖ CBC and Glucose 2hr done around 25 weeks
- ❖ Antibody screening IF you are RH (-)
- ❖ Rhogam Inj If MOM is RH (-) and DAD is RH (+)
- ❖ Good time to begin researching Cord Blood Banking



3rd Trimester (28-40 Weeks):

- ❖ COUNT FETAL KICKS 2X DAILY
- ❖ Register for the Hospital, Book Classes and Tours (see staff for Info)
- ❖ Begin researching Pediatricians and check if they have availability and accept your insurance - Ask about Circumcision info if Baby is a BOY
- ❖ Beginning 30 weeks Appointment every 2 weeks (or as directed by Dr)
- ❖ Repeat CBC blood test (32 Weeks)
- ❖ Discuss Breast-Feeding / Order Breast Pump (32 Weeks) (ask for Droplet info)
- ❖ GBS (Group B Strep) swab (35-36 Weeks)
- ❖ Apply for Maternity Leave- FMLA/EDD (36 Weeks) Ask staff for info
- ❖ (Recommended)T-Dap injection and Flu Vaccine (if in season)
- ❖ Cervix Check (After 37 weeks) Confirm baby's position
- ❖ Beginning 36 weeks appointments ONCE a week (or as needed)
- ❖ Growth scan IF NEEDED.
- ❖ Discuss signs and symptoms of labor and Preeclampsia