

## **Fetal Movement Instructions**

One of your most important activities during late pregnancy should be to keep track of your baby's movement. Studies have shown that good movement is a sign of good blood flow to the baby. Decreased movement can be a sign of a decrease blood flow to the baby, although most of the time it only indicates that the baby is asleep or in a quiet "mood". In any event, each baby is different and has his/her own personality and you should know what your baby's normal activity pattern is.

Most babies like to move the most at night or after meals. You should pick a time of the day when your baby is usually very active and do your "counts" during this period. Please follow the 10-2-1 guideline: if your baby moves 10 times in less than 2 hours in 1 day, this is a sign of good health. If your baby does not meet this guideline, you should **call us regardless of the time of the day**. Likewise, if your baby moves considerably less on any particular day, you should call us **that same day**.

If your baby does not meet these guidelines, do not be alarmed. Most of the times our tests will reveal that your baby is in good health. If at any point after your seventh month your baby does not meet these guidelines, or you are in doubt about whether your baby's movement is less than appropriate, do not hesitate to call us.