

## Kick Counts

While pregnant, one of the best ways to monitor the health of your baby is to be aware of your baby's movements. Healthy babies are active babies. If there is a change in your baby's level of activity, it may mean a problem is developing.

After 28-30 weeks of pregnancy, if you are ever concerned about the activity level of your baby, you should do kick counts. They are simple to do. Lie down on your left side and place a hand on your abdomen. Count each time the baby moves. Do not count hiccups or movements the baby makes if you push against them. Your baby should move at least 10 times within 2 hours. If your baby does not move 10 times in 2 hours, you should call your doctor right away, no matter the time of day. You should also contact your doctor if at any time you notice a big change in your baby's activity or if you have not felt the baby move all day (over 12 hours).

### Who to Call

20 S. Park St. Clinic\*  
20 S. Park St., Suite 307  
20 S. Park St., Suite 506  
Madison, WI 53715  
**(608) 287-2830**

Union Corners Clinic\*  
2402 Winnebago St.  
Madison, WI 53704  
**(608) 242-6840**

Junction Road Clinic\*  
451 Junction Rd.  
Madison, WI 53717  
**(608) 265-7601**

\*Location includes Midwifery Clinic

For a complete list of our providers and clinics, please visit [uwhealth.org](http://uwhealth.org).

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 1/2024 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#8330.