

INFORMATION ON BABY MOVEMENT

A good indicator of your baby's health is his/her activity. This should be assessed daily.

- Lie on your left side or sit in a comfortable chair and become aware of your baby's movements.
- Record the time of your baby's first movement.
- Count six distinct movements and then record the time again.
- If two hours go by and your baby has not moved six times, contact your doctor's office or Obstetrical Triage at 519-749-4300, Ext. 2112. You may be asked to come in for a non-stress test.
- If you are in hospital when you are checking your baby's movements and two hours goes by and your baby has not moved six times, call your nurse to inform her. A further assessment of baby may be done.
- The chart below should be completed every time you check your baby's movements. If you are in hospital, leave the record with the nurse before going home.
- If you are monitoring at home, bring this chart with you when you come in.

DATE	TIME STARTED	MOVEMENTS						TIME STOPPED

