

Counting the baby's movements

- Keeping track of the baby's movements is important for monitoring the baby's well-being in the womb.
- The baby's movements are regulated by the central nervous system. If the central nervous system is receiving enough oxygen and nourishment, the baby feels well and moves normally. This means that if there is a decreased amount of movement, the baby's condition may be deteriorating.
- Babies normally move 3–50 times per hour, with rest periods of 20–40 minutes. The mother can feel approx. 80% of the baby's movements. The amount of movement stays fairly stable until the third trimester.
- If the mother is moving, this slightly decreases the baby's movements, and the movements may also be difficult to detect while focusing on other things.
- The foetus has many types of movement: weak, short or strong and short sets and spinning movements. The baby's hiccups feel like a small mallet tapping on the abdominal wall.

Movement counting instructions

- Lie down on your side at any time of day that suits you.
- Note down the baby's movements that you detect during 1 hour every day. Each individual movement, except hiccups, counts as one movement.
- There should be at least 10 movements during the hour.
- If you observe fewer than 10 movements during that hour, drink a glass of sugared juice or eat something and count the movements for another hour. If there are still very few movements (fewer than 10 movements/hour), contact the maternity reception at the maternity hospital.
- If there are plenty of movements, you do not need to count them for the whole hour.