

whotv.com /marketplace/asktheexpert/iowahealth/who-marketplace-ihdm-medmin-kickcount-story,0,1530285.story

WHO

Kick Count

Staff Writer

June 4, 2009

Kick counts are the maternal counting and tracking of fetal movement. Medical research supports kick counts as a simple, effective and reliable screening of fetal well-being during the third trimester in both low and high-risk pregnancies.

Dr. Paula Mahone, Iowa Health - Des Moines says, "The American College of Obstetricians and Gynecologists recommends that you note the time it takes to feel 10 kicks, twists, turns, swishes or rolls. A healthy baby should have 10 kicks in less than two hours."

Your obstetrical provider may ask you to start daily kick counts at 24 - 26 weeks if you have a high risk pregnancy. Otherwise, kick counts can begin at 28 weeks in a normal pregnancy.

Dr. Mahone says, "Most importantly, kick counts may help detect significant changes in the fetal movement pattern identifying potential problems with your pregnancy before the baby's heart rate is affected. Kick counts also help you to be proactive with your baby's health, get to know and bond with your baby before they are born."

You can get [more information on Kick Count from Iowa Health - Des Moines](#).

Copyright © 2009, [WHO-TV](#)