

# Kick Counts

While pregnant, one of the best ways to monitor the health of your baby is to be aware of his or her movements. Healthy babies are active babies. If there is a change in the level of activity of your baby, it may indicate 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 him or her.

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 physician immediately, regardless of the time of day. You should also notify your physician if at any time you notice a significant change in your baby's activity or if you have not felt the baby move all day (over 12 hours).

## UW Health Ob-Gyn Clinics

### 20 S. Park St. Clinic\*

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

### Arboretum Ob-Gyn Resident Physician Clinic

1102 S. Park St.  
Madison, WI 53715  
(608) 287-5898

### Union Corners Clinic\*

2402 Winnebago St.  
Madison, WI 53704  
(608) 242-6840

### West 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).

