



# OMEGA OB•GYN

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## Fetal Kick count Instructions

At 28 weeks, your baby will begin to develop very regular and predictable patterns of movement. We would like for you to keep track of these movements to ensure that your baby is doing well. Babies can be active throughout the day, but they tend to be most active in the evening. The BEST way to keep track of your baby is choose a time during the day when YOUR baby tends to be most active. We encourage you to rest for a few minutes every day during this time and count your baby's movements. You should feel at least 10 kicks or distinctive movements within one to two hours. You should monitor your baby every day for the remainder of your pregnancy. Movements typically will change and feel different as the pregnancy progresses, but the number of movements should never become less frequent or stop. If you are concerned about your baby's movements or you do not feel the required movements within the typical time frame, you should call the office right away or go to Labor and Delivery Triage in the Women's Center at Medical Center of Arlington for your baby to be monitored. Remember you can reach us 24 hours a day at 817-468-3255.

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