Kontaj Mouvman Fetis

Konsènan mouvman fetis

Pwofesyonèl swen sante ou a ap di ou kilè pou ou kòmanse siveye mouvman fetis la, yo rele li tou kontaj kout pye. Li souvan kòmanse apati 7yèm mwa gwosès la. Li enplike konte kantite fwa bebe w la bouje nan 2 èdtan.

Bebe w la bouje natirèlman apresa li dòmi. Lè bebe w la ap bouje, ou ka santi tankou l ap bay kout pye, li tankou yon ti vag dlo (ondilasyon), l ap tòde, oswa l ap woule nan vant ou. A mezi bebe w la ap grandi, ou ka santi vant ou ap detire epi rale tou.

Konte mouvman bebe w la 1 oswa 2 fwa pa jou, jan pwofesyonèl swen sante w la di w fè sa. Aprè ou fin manje se souvan yon bon moman.

Kòman pou konte mouvman yo



1. Kouche sou bò goch ou oswa dwat ou.
2. Itilize yon revèy, mont, oswa telefòn entèlijan pou anrejistre lè a. Regle minitè a sou 2 èdtan.
3. Chak fwa bebe w la bouje, fè yon mak sou yon tablo oswa sou yon moso papye.

Kisa kontaj mouvman an vle di

- **Si bebe w la bouje 10 fwa oswa plis nan 2 èdtan,** bebe w la pwobableman an sante epi li byen.
- **Si bebe w la bouje mwens pase 10 fwa nan 2 èdtan,** rele pwofesyonèl swen sante w la oswa ale nan Inite Tranche ak Akouchman an.

Egzanp yon tablo:

Si w ap note mouvman yo sou papye, ou ka itilize yon tablo tankou sa ki nan egzanp sa a.

Dat	Mouvman Total	Dat	Mouvman Total
Egzanp: 2/2	𝍸 𝍸 I		

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Dokiman sa a se pou rezon enfòmasyon sèlman. Pale avèk founisè swen sante w la si w gen nenpòt kesyon sou swen ou.

Pou plis enfòmasyon sou sante, kontakte Library for Health Information nan 614-293-3707 oswa nan health-info@osu.edu.

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Fetal Movement Count

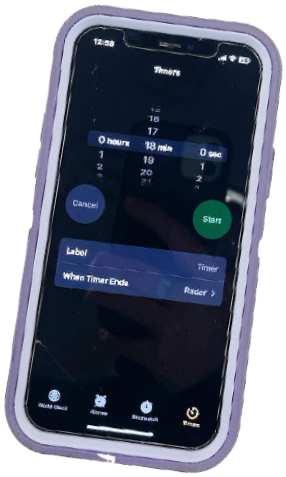
About fetal movement

Your healthcare provider will tell you when to start checking for fetal movement, also called kick counts. It often begins with the 7th month of pregnancy. It involves counting the number of times your baby moves in 2 hours.

Your baby naturally moves and then sleeps. When moving, your baby may feel like a kick, ripple, twist, or rolling in your abdomen. As baby gets bigger, you may also feel stretching and pulling.

Do kick counts 1 or 2 times a day as instructed by your healthcare provider. After you eat a meal is often a good time.

How to do kick counts



1. Lie down on your left or right side.
2. Use a clock, watch, or smartphone to record the time. Set the timer for 2 hours.
3. Each time your baby moves, make a mark in a chart or on a piece of paper.

What the kick counts mean

- **If your baby moves 10 times or more in 2 hours,** your baby is probably healthy and doing well.
- **If your baby moves less than 10 times in 2 hours,** call your provider or come to the Labor and Delivery Unit.

Sample chart:

If you are keeping track on paper, you can use a chart like this example.

Date	Total Movement	Date	Total Movement
example: 2/2	𝍸 𝍸 I		

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This resource is for informational purposes only. Talk with your healthcare provider if you have any questions about your care.

For more education, contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.