

CHAPTER 4: HAVING A HEALTHY PREGNANCY

Noticing Baby's Movement

For more information, see: *Pregnancy, Childbirth, and the Newborn* page 64.

Timing: Can be done any time after thirty-two weeks.

Fetal Movement Counting

Pick a standard time of the day to “tune into” your baby’s movements (it’ll work best about thirty minutes after eating). Each day, write your start time, then keep track of kicks, wiggles, or squirms. Once your baby has moved ten times, record your ending time, and total time.

Date	Starting Time	Record of movements	Time of 10th movement	Total time
June 8	1:15 PM	### ##	1:43 PM	28 minutes

Sleep and Activity Chart

Kathryn Barnard, in *Beginning Rhythms*, shows how women can track their babies’ movements during pregnancy and see emerging patterns of how their babies respond to their activities. These patterns may help you predict what your baby’s patterns will be after birth (if before birth, your baby’s kicks awaken you at 4:00 a.m. every day, then, after birth, your baby may wake up at 4:00 a.m.). Barnard suggests that women regulate their rhythm before birth by eating and sleeping at regular times, which may help their babies be more predictable after birth. Here’s a sample chart.

Key: → Shows mom is sleeping ☒ Shows when mom ate ★ Shows baby is active

Day	6 AM	7 AM	8 AM	9 AM	10 AM	11 AM	Noon	1 PM	2 PM	3 PM	4 PM	5 PM
Mon			☒	★			☒ ★		☒ ★			☒
Tues			☒ ★				☒					☒ ★
Wed			☒				☒	★				☒ ★
Thurs			☒	★			☒ ★		☒ ★			
Fri	★			☒ ★			☒	★				☒ ★

Day	6 PM	7 PM	8 PM	9 PM	10 PM	11 PM	Midnight	1 AM	2 AM	3 AM	4 AM	5 AM
Mon	★			☒	★						★	
Tues				☒ ★							★	
Wed				☒								
Thurs	☒ ★										★	
Fri					☒ ★						★	

