



AT-HOME FETAL MOVEMENT COUNT

What you need to know

Are you pregnant and feeling that your baby is moving less than usual? Here is some relevant information to help you do a home assessment.

The normal number of movements varies significantly from baby to baby, but in general a baby will move **at least six times in two hours**.

You can start to count your baby’s movements as of the **27th week of pregnancy**. If you’re worried that your baby isn’t moving enough, or if your doctor or nurse recommends it, you can use the following method to keep track of your baby’s movements.

Fetal movement count

Before you start counting, eat a snack that respects your dietary restrictions (e.g., juice, cookie, fruit, or other food likely to get your baby moving).

Then, for a maximum of two hours:

1. Lie on your left side;
2. Place both hands on your stomach;
3. Count how many times you feel your baby move.

As soon as you reach six movements, you can stop counting—everything is normal.

If you do not feel your baby move at least six times in two hours, call the birthing unit where you are scheduled to deliver.

Contact information

Hôpital Anna-Laberge
200 boulevard Brisebois, Châteauguay
Birth pavilion | [450-699-2463](tel:450-699-2463)

Hôpital du Suroît
150 rue Saint-Thomas, Salaberry-de-Valleyfield
Mother-child centre | [450-371-9920](tel:450-371-9920), ext. 2148

Our mission

To maintain, improve, and restore the health and well-being of the Québec population by making accessible an array of integrated and quality health and social services, while contributing to the social and economic development of Québec.

Our vision

Accessible and efficient health care and services that adapt to the needs of Québécois.

Our goals

The CISSS de la Montérégie-Ouest achieves its goals through its innovative approaches and stands apart through:

- its exemplary offer of care and integrated services based on interdisciplinarity, accessibility, and adaptability to the needs of its population;
- its willingness to question and improve its professional, clinical, and administrative practices;
- its appreciation of its personnel and the implementation of human resource management practices;
- its strong relationships with its partners.

Our values

Our actions are guided by five equal and interconnected values: compassion, collaboration, commitment, confidence and consistency.