

Checking baby's wellbeing by

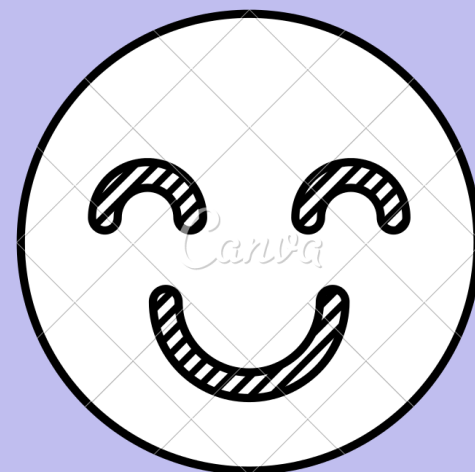
COUNTING MOVEMENTS

 **Count
movements
for 1 hour**

10+

0-9

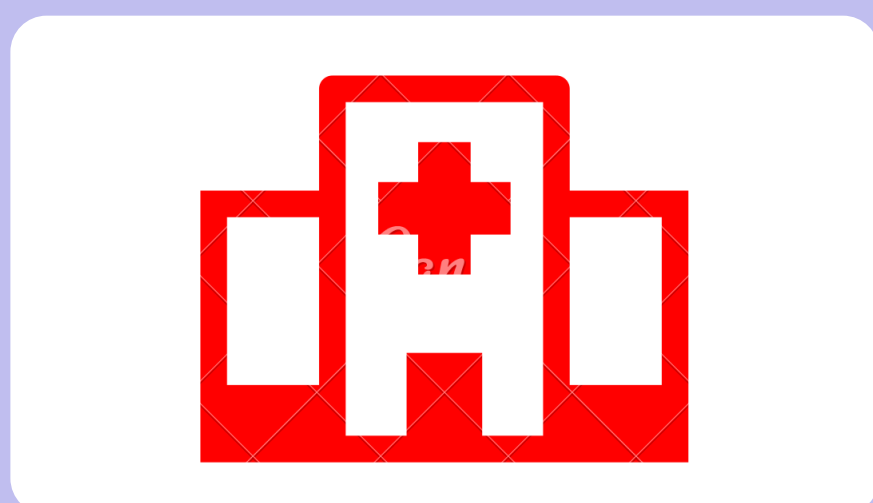
 **Move around
and drink
something**



 **Count again
for 1 hour**

10+

0-9



Checking baby's wellbeing by counting movements

- Baby's movements in the womb are a sign of the wellbeing of the baby.
- The expecting mother can usually feel baby's movements around halfway of the pregnancy and should feel movements until giving birth.
- Count the baby's movements only if you are worried about baby's wellbeing

How to count baby's movements:

1. Lie on your left side
2. Count all the movements you feel for one hour. If you get more than 10 movements, you can stop counting. Everything is ok with the baby.
3. If you get less than 10 movements, count again for one hour. You should move around and drink something before you count the movements again.
4. If you still get under 10 movements, go to the hospital for a check-up.

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