

Recording your baby's movements at home

Please record your baby's movements each day, at about the same time.

Recording your baby's movements is an important way to check your baby's health.

Follow these steps to record your baby's movements:

- Get into a comfortable position.
- Write down the time you start.
- Mark on this form each time the baby moves.
- Wait until you feel the baby move six times.
- Write down the time you stopped.

If 2 hours go by before you feel 6 movements, please call the hospital right away.

- During the day, please call your doctor or midwife.
- During the night or on a weekend, please come to the Labour and Delivery Assessment Unit. Hospital staff cannot give you medical advice over the phone. Please call before coming to the hospital, so that we can get ready for you.

The telephone number of the hospital is 905-521-2100

For the Labour and Delivery Unit, call 905-521-5050

For the 4B1 Clinic, call 905-521-2644

My baby's movements

Date	Start	Movements						Finish
		1	2	3	4	5	6	
Example: June 1, 2015	8:00 am	✓	✓	✓	✓	✓	✓	9:15 am