

# Fetal Movement Count

One way to check your baby's health before birth is to count the number of times he or she moves in a certain period each day. This number is the fetal movement count. Babies do not move constantly. They may sleep and then wake up and move.

## How to Record Fetal Movements

- Choose the time of day when your baby is most active.
- Rest on your left or right side. Get in a comfortable position.
- You may want to eat or drink something before counting fetal movements. Food can make your baby more active.
- Your baby may be more active if you move around shortly before doing counts.
- **Do not smoke.** Smoking is harmful to you and your baby. Smoking may make your baby less active for up to 90 minutes.
- Count all of your baby's movements—kicks, rolls, and big and little movements. Sometimes you can see a ripple or little bump on your abdomen when the baby changes position. Some women describe the movements as rolling, stretching or pushing. Each feeling of movement counts as one movement.
- If you cannot feel your baby moving on the inside, place your hands lightly on your belly and watch for movement.
- Look at a clock and write down the time you start counting.
- Each time the baby moves make a mark on the paper.

# Bonbon ekijien an mokitkit Ninnin Ilowa

Juon Wawin ekajet elane ej emon an mour Ninnin eo nejom mokta jen an lotak, ej bwe jen bonbon jette alin ladrik eo ak ledrik eo ej mokitkit ilo juon Jonok en ilo aolep ran. Bonbon in ej Bonbon ekijien an mokitkit Ninnin Ilowa (fetal movement count). Ninnin ro rejab emokitkit ilo aolep Awa. Rej maron kiki inem tokailik ruj im bar mokitkit.

## Wawin ar jeje Bonbon ekijien an mokitkit Ninnin Ilowa

- Kwon kalet Iien eo Ninnin eo nejem ej elap tata an kain mokitkit.
- Kwon babu Ulul anmiin ak anmoon. Kotlok enbwinom ilo an kakije im bukot juon Wawin bwe enjab ake enbwinom.
- Kwoj maron konan mone ak idak dren mokta jen am bonbon mokitkit ko an Ninnin eo Ilowa. Mone ej maron kommon bwe en elap lok an Ninnin eo mokitkit.
- Ninnin eo nejom ej maron elaplok an mokitkit elane kwonaj barainwot kamokoti jidik enbwinom mokta jen am jino Bonbon.
- **Kwon Jab Kabatbat.** Kabatbat enaj kokure Enbwinom im Ninnin eo nejom. Kabatata ej maron kommon bwe en ralok mokitkit ko an Ninnin eo nejom iomin 90 minot.
- Boni aolep mokitkit ko an Ninnin eo — bwijbwij kin neen, jabwilbwil, im Mokitkit ko rej elap im Mokitkit Jidrikdrik ko barainwot. Ilo jet Iien komaron lo juon no ak juon Boboj ioon Lojom ilo an mokitkit Ninnin eo Ilowa. Jet Kore rej kemeleleik Wawin in ainwot mokitkit in no; ej kankan im bar elok mojol ko ak ej iuun lok Lojom jen Ilowa. Kajojo mokitkit ko kwonaj enjake rej bonbon ainwot bar juon Mokitkit an Ninnin eo.
- Elane kwoj jab maron enjake an mokitkit Ninnin eo Ilowa, en mera am lelok Beim ion Lojom im kalmijiki bwe kwonaj maron lo an Beim mokitkit.
- Kwon lale Awa eo (clock) im je ilo juon Peba jette Awa eo kwoj jino bonbon.
- Kajojo Iien Ninnin eo ej mokitkit kwon kakole lok Peba eo am.

- **When you have counted 10 movements in an hour, stop counting.**
- If the baby moved fewer than 8-10 times in an hour, count the movements for another hour.
- **Call your doctor or nurse** if there are still less than 8-10 movements in that hour.

Call your doctor or nurse **right away** if you notice a big change in movement. Tell him or her when you last felt your baby move and if the movement changed slowly or suddenly. Your nurse or doctor may use other ways to check the baby such as listening to the baby's heart rate or monitoring the heart rate pattern over time.  
**Talk to your nurse or doctor if you have any questions or concerns.**

- **Elane edredre lok am bonbon 10 mokitkit ko iumin juon Awa, kabojrak am bonbon.**
- Elane Ninnin eo ekar mokitkit edrik lok jen 8-10 alin iumin juon Awa, inem bar bonbon aolep mokitkit ko iumin bar juon Awa.
- **Kir lok Takto ak Noj eo** elane ej drik lok wot jen 8-10 mokitkit ko ilo Awa en.

Kir lok Takto ak Noj eo **Kio Kio Wot** elane elap an ukokdak Wawin an Ninnin eo mokitkit. Kwalok non Armij eo naat eo eliktata kwar enjake An mokitkit im elane Wawin an mokitkit ekar ukoktak ilo an jidik kake ak elane elap an mokaj an ukoktak. Noj eo am ak Takto eo am rej maron kajerbal ailon bar jet Wawin Lale Adjri eo ainwot ronjake lok ainikin Menono (Heart) en an ak barainwot rej maron bar bonbon jete alin an Menono (Heart) en jermal ilo jidik Iien. **Konono iben Noj eo am ak Takto eo am elane ej wor am Kajitok, Ueta, ak Inebata.**

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