

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.

Tirada Dhaq-dhaqaaqa Uur ku Jirta

Hal si oo lagu hubiyo caafimaadka ilmahaagu inta uusan dhalan waa in la tiriyo tirada inta goor ee asagu ama ayadu ay dhaq-dhaqaan waqtiyo cayiman oo maalin kasta ah. Tiradaan waa tirada dhaq-dhaqaaqa uur ku jirka. Ilmuhu si joogto ah uma dhaq-dhaqaaqaan. Waxaa laga yaabaa in ay hurdaan ka dibna ay kacaan oo dhaqaaqaan.

Sidee loo Diiwaan Geliyaa Dhaq-dhaqaaqyada Uur ku Jirta

- Doorro waqtiga maalintii markaasoo uu ilmahaagu ugu fir-fircoon yahay.
- U seexo dhinacaaga bidix ama midig. Boos raaxo leh isu dhig.
- Waxaa laga yaabaa in aad dooneyso in aad wax cunto ama wax cabto ka hor inta aadan tirin dhaq-dhaqaaqyada uur ku jirka. Cuntada ayaa ilmahaaga mid aad u fir-fircoon ka dhigi kara.
- Ilmahaagu waxaa laga yaabaa in uu aad u fir-fircoonaado haddii aad xoogaa soo soc-socoto ka hor inta aadan tirinta sameyn.
- **Sigaar ha cabbin.** Sigaar cabiddu waxay waxyeello u geysaneysaa adiga iyo ilmahaaga. Sigaar cabiddu ilmahaaga waxay ka yeeli kartaa mid aan fir-fircooneyn ilaa iyo 90 daqiiqadood.
- Tiri dhammaan dhaq-dhaqaaqyada ilmahaaga—haraatida, is rogidda, iyo dhaq-dhaqaaqyada yar-yar iyo kuwa waaweynba. Mararka qaarkood waxaad arki karaysaa soo kuusasho ama soo buurasho calooshaada ah marka uu ilmuhu boos beddesho. Haweenka qaarkood waxay dhaq-dhaqaaqyada ku sharraxaan is rogid, iskala fidin ama riixid. Dareen kasta oo dhaq-dhaqaaq waxaa loo tirinayaa hal dhaq-dhaqaaq.
- Haddii aadan gudaha ka dareemi karin dhaqaaqa ilmahaaga, gacanta caloosha si tartiib ah u saar ka dibna dhowr dhaq-dhaqaaqa.
- Saacadda eeg ka dibna qor waqtiga aad tirinta billowday.
- Waqti kasta oo uu ilmuhu dhaqaaqo warqad ku calaamadee.

- **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.

- **Marka aad tiriso 10 dhaq-dhaqaaq saacad gudaheed, jooji tirinta.**
- Haddii uu ilmuhu dhaqaaqo wax ka yar 8-10 goor saacada gudeheeda, tiri dhaq-dhaqaaqyada saacad kale.
- **Wac takhtarka ama kalkaalisada** haddii weli ay jiraan wax ka yar 8-10 dhaq-dhaqaaq saacaddaas.

Isla markiiba wac takhtarka ama kalkaalisada haddii aad ogaato isbeddel weyn oo ku yimid dhaq-dhaqaaqa. U sheeg asaga ama ayada markii ugu danbeysay ee aad dareentay ilmahaaga oo dhaq-dhaqaaqaya iyo haddii dhaq-dhaqaaqu uu si tartiib ah ama lama filaan ah isu beddelay. Kalkaalisadaada ama takhtarku waxaa laga yaabaa in ay isticmaalaan siyaabo kale oo ay ku hubinayaan ilmaha sida dhegeysiga xaddiga garaaca wadnaha ilmaha ama daawashada qaabka xaddiga garaaca wadnaha ilaa waqti.

La hadal kalkaalisadaada ama takhtarka haddii aad wax su'aalo ama walaac ah qabtid.

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