

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.
- 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.
- Use a piece of paper and a pen to mark down movements.
- Rest on your left or right side. Get in a comfortable position.
- Look at a clock and write down the time you start counting.
- Each time your 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-dhaqaaqaan 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

- Dooro waqtiga maalintii markaasoo uu ilmahaagu ugu firfircoon yahay.
- 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 firfircoon ka dhigi kara.
- Ilmahaagu waxaa laga yaabaa in uu aad u firfircoonaado 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 firfircoon ilaa iyo 90 daqiiqadood.
- Isticmaal jeex warqad iyo qalin si aad u calaamadayso dhaqdhaqaaqyada
- U seexo dhinacaaga bidix ama midig. Boos raaxo leh isu dhig.
- Fiiri saacad oo qor wakhtiga aad bilowdo tirada.
- Wakhti kasta oo ilmahaagu dhaqaaqo calaamad ku same waraaqda.

- 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 your 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.
- **When you have counted 10 movements in two hours, stop counting.**

When to Call Your Doctor

Call your doctor or nurse if you:

- Have less than 10 movements in two hours.
- Notice a big change in movement. Tell your doctor or nurse when you last felt your baby move and if the movement changed slowly or suddenly. He or she may use other ways to check your baby such as listening to the baby's heart rate or monitoring the heart rate pattern over time.
- Have any questions or concerns.

- 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 ilmahaagu 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.
- Waqtigii kasta ee uu ilmahaagu dhaqaaqo warqad ku calaamadee.
- **Markaad tiriso 10 dhaq-dhaqaaq 2 saacdood gudahood jooji tirinta.**

Waqtiga la wacayo dhakhtarka

Wac dhakhtarkaaga ama kalkaalisadaada haddii aad:

- Haddii uu leeyahey wax ka yar 10 dhaqdhaqaaq wax ka yar.
- Ogow haddii isbadala wayni ku yimaado dhaqdhaqaaqa. U sheeg dhakhtarkaaga ama kalkaalisadaada makrii kuugu dabaysay dhaqaaqa ilmahaaga iyo haddii uu dhaqdhaqaaqu si qunyar qunyar ama si lama filaana isku badalayey. Dhakhtarka ama dhakhtarada ayaa waxaa laga yaabaa inuu hubiyo ilmahaaga sida xawaare dhagaysiga wadnaha ilmahaag ama ka warhaynta qaabka xawaaraha waqtiba waqtiga ka danbeeya.
- Haddii aad hayso wax su'aalo ah ama cabashooyin

Isla markiiba wac takhtarka ama kalkaalisada.

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Fetal Movement Count. Somali.