

If you are worried about your baby, regardless of reason, you should seek advice and help from your doctor or midwife. If you are concerned because your baby is less active as the weeks go by, you should bring the kick count form to your next pregnancy check-up.

In some cases, you should contact the maternity unit directly:

- if your baby does not kick one day (you should never wait until the next day); or
- if your baby kicks progressively less during the day/days and you feel decreased activity.

If you are in doubt about what low activity is, you should know that a healthy baby rarely kicks fewer than 10 times within a 2-hour period when you know the baby is usually active. If you feel that the baby has kicked scarcely the whole day, you should contact the maternity unit. If you are unsure of your baby's activity on a given day before you have started that day's counting, you should be alert. Make sure you count again within the next 12 hours, and contact the maternity unit if alarming results are repeated.