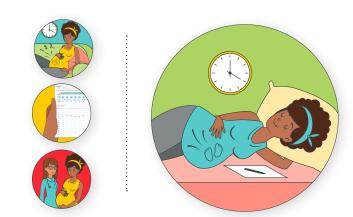
## Start at 28 weeks!

## Get ready to count!

- Count baby's movements every day, once a day, near the same time each day.
- Time how long it takes your baby to get to 10 movements. After a few days, you will know what is normal for your baby.
- Call your provider right away if there is a change in what is normal for your baby.



#### • Make sure to have a clock or watch near you.

- Have a pencil or pen near you, too.
- Lie on your side or sit with your feet up.
- Have your chart ready to mark.

# Counting kicks is easy

#### Use one chart each week

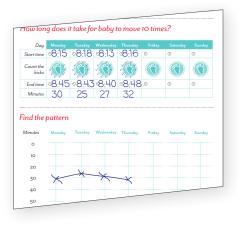
- Write the week of your pregnancy and the date at the start of the week at the top.
- 2. When you feel your baby move one time, write down the time.
- 3. Kicks, rolls and jabs count. *Hiccups do not count.*

low lon	g does i	t take fo	or baby t	o move	10 time	s?	
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Start time	°8:15	0	0	0	0	©	0
Count the kicks	3	$\bigcirc$	0	0	0	0	Ø
End time	0	0	0	0	0	0	©
Minutes							
	pattern <sub>Monday</sub>	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

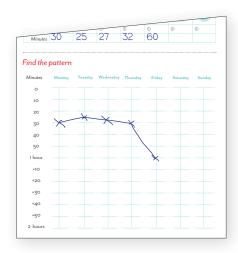
- 4. Tick each time you feel your baby move.
- 5. Write down the time at the 10th movement.
- 6. Write how many minutes it took for your baby to move 10 times.



- 7. Put an X on the number of minutes it took for baby to move 10 times.
- 8. Draw a line between each X to help you see a pattern.



 If the line changes, call your healthcare provider. Call right away!





Bring this chart to every appointment and review it with your provider. Make counting even easier! Download the FREE Count the Kicks app today!







Week #: \_\_\_\_\_

#### Start Date: \_\_\_\_\_

#### How long does it take for baby to move 10 times?

Day	Monday			Thursday			
Start time	0	0	0	0	0	0	0
Count the kicks			C	C		C	
End time	0	0	0	0	0	0	0
Minutes							

#### Find the pattern

Minutes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0							
10							
20							
30							
40							
50							
1 hour							
+10							
+20						······	
+30						······	
+40						······ <u>·····</u> ···	
+50						·····	
2 hours							

#### Week #: \_\_\_\_\_

#### Start Date: \_\_\_\_\_

### How long does it take for baby to move 10 times?

Day	Monday						
Start time	0	0	0	0	0	0	0
Count the kicks	C	C	C	C			
End time	0	0	0	0	0	0	0
Minutes							

### Find the pattern

Minutes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0							
10							
20							
30							
40							
50							
1 hour							
+10							
+20							
+30							
+40							
+50							
2 hours							



Count the Kicks is a campaign of Healthy Birth Day, Inc., a 501(c)(3) organization dedicated to the prevention of stillbirth and infant death through education, advocacy and support. This information is for educational purposes only and is not meant for diagnosis or treatment. Use of this information should be done in accordance with your healthcare provider.



Print this page 6 times to count weeks 28-40!

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