

Kick Counts

Healthy babies move many times a day.

Active babies are healthy babies!

Start kick counts in your seventh month, or at 28 weeks.

Ask your medical provider for your start date:

How to do kick counts:

- Try just after you eat. Your baby is most active then.
- Sit, or lie down on your left side.
- Check what time you start.
- Put your hands on your belly.
- Count how many times your baby moves.
A “move” is any kick, wiggle, twist, turn, roll, or stretch.
- Count up to 10 moves.
- If your baby moves 10 times in the first hour, you can stop counting.

If your baby doesn't move 10 times in the first hour, don't worry.

Your baby may be sleeping. Here's what you can do:

- Eat or drink something.
- Walk around for 5 minutes.
- Then repeat kick counts for another hour.

Call your medical provider right away if:

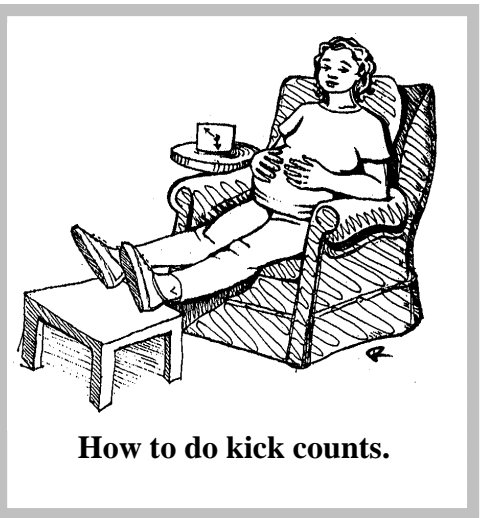
- You do not feel 10 moves in the second hour.
- You feel the baby kick, twist, or turn a lot more than usual.

Your medical provider will tell you what to do.

Medical provider's phone number: _____

When we are closed, call: _____

This handout belongs to: _____



"Yesterday morning I did kick counts for two hours and didn't feel my baby move. I called my doctor and told her. She called the emergency room to tell them I was coming to get my baby checked.

When I got to the hospital, they told me my baby was having trouble. They said it was a good thing I came in. They saved my baby and now I have my healthy son."

-- Sylvia, 25 years old

Practice here.

Sunday

Start time 9:30

- kick 1
- kick 2
- kick 3
- kick 4
- kick 5
- kick 6
- kick 7
- kick 8
- kick 9
- kick 10

End time 9:40

Monday

Start _____

- kick 1
- kick 2
- kick 3
- kick 4
- kick 5
- kick 6
- kick 7
- kick 8
- kick 9
- kick 10

End _____

Kick Counts

This handout belongs to:

Fill in dates for the week. For each day, fill in the time you start. Make a check each time you feel a kick. Fill in the time you end. Show this chart to your medical provider at each visit.

Week of:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start time _____	Start _____	Start _____	Start _____	Start _____	Start _____	Start _____
__ kick 1	__ kick 1	__ kick 1	__ kick 1	__ kick 1	__ kick 1	__ kick 1
__ kick 2	__ kick 2	__ kick 2	__ kick 2	__ kick 2	__ kick 2	__ kick 2
__ kick 3	__ kick 3	__ kick 3	__ kick 3	__ kick 3	__ kick 3	__ kick 3
__ kick 4	__ kick 4	__ kick 4	__ kick 4	__ kick 4	__ kick 4	__ kick 4
__ kick 5	__ kick 5	__ kick 5	__ kick 5	__ kick 5	__ kick 5	__ kick 5
__ kick 6	__ kick 6	__ kick 6	__ kick 6	__ kick 6	__ kick 6	__ kick 6
__ kick 7	__ kick 7	__ kick 7	__ kick 7	__ kick 7	__ kick 7	__ kick 7
__ kick 8	__ kick 8	__ kick 8	__ kick 8	__ kick 8	__ kick 8	__ kick 8
__ kick 9	__ kick 9	__ kick 9	__ kick 9	__ kick 9	__ kick 9	__ kick 9
__ kick 10	__ kick 10	__ kick 10	__ kick 10	__ kick 10	__ kick 10	__ kick 10
End time _____	End _____	End _____	End _____	End _____	End _____	End _____

Week of:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start time _____	Start _____	Start _____	Start _____	Start _____	Start _____	Start _____
__ kick 1	__ kick 1	__ kick 1	__ kick 1	__ kick 1	__ kick 1	__ kick 1
__ kick 2	__ kick 2	__ kick 2	__ kick 2	__ kick 2	__ kick 2	__ kick 2
__ kick 3	__ kick 3	__ kick 3	__ kick 3	__ kick 3	__ kick 3	__ kick 3
__ kick 4	__ kick 4	__ kick 4	__ kick 4	__ kick 4	__ kick 4	__ kick 4
__ kick 5	__ kick 5	__ kick 5	__ kick 5	__ kick 5	__ kick 5	__ kick 5
__ kick 6	__ kick 6	__ kick 6	__ kick 6	__ kick 6	__ kick 6	__ kick 6
__ kick 7	__ kick 7	__ kick 7	__ kick 7	__ kick 7	__ kick 7	__ kick 7
__ kick 8	__ kick 8	__ kick 8	__ kick 8	__ kick 8	__ kick 8	__ kick 8
__ kick 9	__ kick 9	__ kick 9	__ kick 9	__ kick 9	__ kick 9	__ kick 9
__ kick 10	__ kick 10	__ kick 10	__ kick 10	__ kick 10	__ kick 10	__ kick 10
End time _____	End _____	End _____	End _____	End _____	End _____	End _____

Week of:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start time _____	Start _____	Start _____	Start _____	Start _____	Start _____	Start _____
__ kick 1	__ kick 1	__ kick 1	__ kick 1	__ kick 1	__ kick 1	__ kick 1
__ kick 2	__ kick 2	__ kick 2	__ kick 2	__ kick 2	__ kick 2	__ kick 2
__ kick 3	__ kick 3	__ kick 3	__ kick 3	__ kick 3	__ kick 3	__ kick 3
__ kick 4	__ kick 4	__ kick 4	__ kick 4	__ kick 4	__ kick 4	__ kick 4
__ kick 5	__ kick 5	__ kick 5	__ kick 5	__ kick 5	__ kick 5	__ kick 5
__ kick 6	__ kick 6	__ kick 6	__ kick 6	__ kick 6	__ kick 6	__ kick 6
__ kick 7	__ kick 7	__ kick 7	__ kick 7	__ kick 7	__ kick 7	__ kick 7
__ kick 8	__ kick 8	__ kick 8	__ kick 8	__ kick 8	__ kick 8	__ kick 8
__ kick 9	__ kick 9	__ kick 9	__ kick 9	__ kick 9	__ kick 9	__ kick 9
__ kick 10	__ kick 10	__ kick 10	__ kick 10	__ kick 10	__ kick 10	__ kick 10
End time _____	End _____	End _____	End _____	End _____	End _____	End _____