



# 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: My start date is: \_\_\_\_\_

### 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.



### What 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.

“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

### What if your baby doesn't move 10 times in the second hour?

#### Call your medical provider right away.

Your medical provider will tell you what to do.

Medical provider's phone number: \_\_\_\_\_

When we are closed call: \_\_\_\_\_

This handout belongs to: \_\_\_\_\_

### 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 time \_\_\_\_\_

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

End time \_\_\_\_\_



### Kick Counts

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 the chart to your medical provider at each visit.

Week of: \_\_\_\_\_ This handout belongs to: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start time _____	Start time _____	Start time _____	Start time _____	Start time _____	Start time _____	Start time _____
___ 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 time _____	End time _____	End time _____	End time _____	End time _____	End time _____

Week of: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start time _____	Start time _____	Start time _____	Start time _____	Start time _____	Start time _____	Start time _____
___ 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 time _____	End time _____	End time _____	End time _____	End time _____	End time _____

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___ 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 time _____	End time _____	End time _____	End time _____	End time _____	End time _____