



## Kick Count Card

### How to Use Your Kick Count Card

The best time to count kicks is whenever your baby is typically the most active. Do you feel your little one moving around a lot at a certain time each day? If your baby doesn't have a predictable pattern, after dinner is a good time to try.

#### To fill out your card, follow these steps

1. Lie down on your side or relax in a comfortable chair.
2. Make a note of the time.
3. Pay attention only to your baby's movements. Count any movement that you can feel (except hiccups). Any twist, kick, or turn is 1 movement.
4. After you count 10 movements, check the time and record on the card how many minutes it took.

#### If your baby does not kick or move within 1 hour do some or all of these things and then try again

- Eat or drink something, like fruit or juice.
- Lie on your left side.
- Walk around for 5 minutes.

#### Call us right away if your baby

- Has not moved 10 times by the end of 2 hours.
- Has a sudden decrease in normal activity.

If we think something might be wrong, we'll give you a simple test to make sure everything is OK.

Week							
	S	M	T	W	T	F	S
10min							
20min							
30min							
40min							
50min							
1hr							
1.5hrs							
2hrs							