Date	Start Time	Kicks	End Time

Date	Start Time	Kicks	End Time

Date	Start Time	Kicks	End Time

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MAKING THE KICKS COUNT

Counting your baby's movements is a safe, non-invasive, and easy way to monitor his or her progress through pregnancy. The American College of Obstetrics and Gynecology recommends beginning to count your baby's movements at your 28th week, or at 26 weeks if you are high risk or pregnant with multiples.

Why Kick Counts are Important

Tracking your baby's movement is a way to monitor his or her welfare during the third trimester. Changes in movement patterns may help identify possible problems before the baby's health is affected.

How to Use the Kick Count Form

- Try to count movements at the same time every day.
- Choose a time when your baby is typically more active. Active times are usually after you have been walking, after a meal, or after eating or drinking something cold.
- To begin your kick count, sit with your feet up or lie down.
- Write down the date and the time of the first movement. Count the number of times your baby moves; this includes kicks, turns, twists, rolls, and jabs.
- Check off one box for each movement, and then record the time of the tenth movement as the end time.
- Remember that babies do have sleep cycles. If your baby does not kick, kicks less than usual, or has less than ten movements in two hours, try waking your baby up by drinking cold water or taking a five-minute walk.
- After waking your baby, repeat the count process.
- If you find that your baby still has less than ten kicks in two hours—or you see a significant decrease in fetal movement—contact your doctor.

Date	Start Time	Kicks	End Time

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