

WHAT ARE KICK COUNTS???

Kicking is how your baby lets you know it's "OK". Uncomfortable at times, but always reassuring. It means your baby is active and growing.

If your health care provider hasn't explained what **KICK COUNTS** are or how important it is for you to monitor them daily, be sure to ask about **KICK COUNTS** at your next checkup.

Counting kicks is simple and costs nothing to do. You can track your baby's activity by using the chart on the other side of this brochure.

HOW DO I COUNT MY BABY'S KICKS?

Every day at the same time, preferably just after you've eaten, take time to be aware of your baby's movements.

If you haven't felt at least 7 to 10 movements by the end of four hours, you'll want to redo the count, this time lying down on your side and focusing on just counting movements.

We call them "kicks" but punches, rolls and swooshes count if it is a definite movement.



For more information call the Family Health Line 1-800-451-2229
www.hscmd.org

If, after redoing the kick count, you do not detect movements within 2-4 hours it's time to call your health care provider.

If you detect a sudden decline in movement call your health care provider immediately.

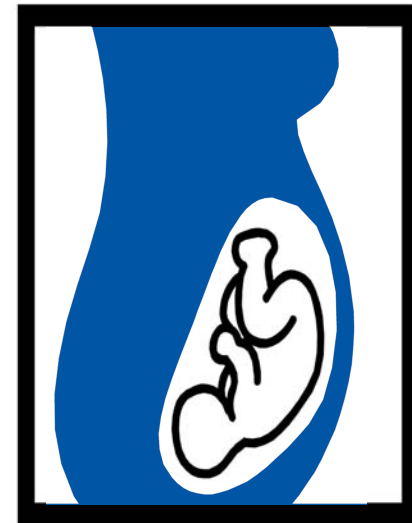
As a Mother, your job is to protect your Baby..... so pick up the phone and call. Don't wait until morning.



www.hscmd.org
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KICKS



COUNT

