



KNOW THE WARNING SIGNS COUNT THE KICKS

WHY IS IT IMPORTANT TO TRACK MY BABY'S MOVEMENTS?

Counting your baby's kicks (and jabs and rolls!) is important because a change in movement in the third trimester is often the earliest sign of distress in a baby. When moms know what is normal for their baby, then they are more alert to potential red flags. We frequently hear from moms whose babies were saved because they noticed a change in their baby's movement pattern and alerted their healthcare provider.

COUNTING KICKS IS WHAT MOM SHOULD DO. IT'S IMPORTANT AND EASY TOO!

Here's How: Starting at the 3rd trimester, begin counting.



Track your baby's movements with the FREE *Count the Kicks* app or download a *Count the Kicks* paper chart (link at bottom of page).



Count your baby's movements every day — preferable at the same time.



Time how long it takes your baby to get to 10 movements.



After a few days, you will begin to see an average length of time it takes to get to 10.



Call your provider right away if you notice a change in strength of movements or how long it takes your baby to get to 10 movements.



Also call your provider if you notice any sudden, wild surge of movement.

TRUST YOUR INSTINCTS!

Don't hesitate to contact your provider or go to the hospital if you notice a change in what's normal for your baby. Your provider will want to hear from you with any concerns during your pregnancy.



For more information, visit
www.countthekicks.org



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