



healthy pregnancies in the past.  
 Kick counting is important even if you have had  
 notice a decrease in the amount of movements.  
 • Helps you know when to call your doctor if you  
 personally of your baby.  
 • Helps you know the movement patterns and  
 • Helps you and your partner bond with your baby.  
 Other benefits include:  
 baby's health and reduce the chances of stillbirth.  
 period is an *easy* and *effective* way to monitor your  
 Counting the number of kicks you feel in a 2-hour  
**Why should you count your baby's kicks?**

You should be able to get to know your baby's  
 movement patterns within a week or two of counting  
 kicks every day. **If at any time you notice a  
 decrease in the number of kicks, call your  
 doctor,** it may be a sign that there is a problem.  
 At least 10 "kicks" (these can be twists, flutters, turns,  
 stretches, rolls, or jabs) should be felt within a 2-hour  
 period. Most mothers can feel their baby's  
 movement patterns by 24 weeks, so it is a great idea  
 to begin kick counting around this time.

**Goal:**

to get to know what is normal for *your* baby.

kick counting helps a mother monitor her baby's overall health by tracking her baby's movements.  
 Major decreases in a baby's movement may be a sign that there is a problem. Doctors recommend that  
 when counting kicks, a mother should feel at least 10 kicks in 2 hours. Many women will feel 10 kicks  
 before 2 hours are up, but each baby is different. By tracking your baby's kicks, you will be able

**What is Kick Counting?**

# Kicks Count!



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<http://www.infantmortalitynetwork.org>

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**Text BABY  
 to 511411**  
 & get **FREE** messages  
 on your **cell phone** to  
 help you through your  
 pregnancy & your  
 baby's first year.

A Free service of the  
 National Health & Mother, Healthy Babies Coalition  
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# Kicks Count!

## How it works:

- Choose a time of day that your baby is usually active and count around the same time every day.
- Get in a comfortable position (sitting in a chair with your feet up or lying on your left side)
- Write down the date and time that you start counting your baby's movements, and count until you reach 10 movements, or "kicks," and then write down the "stop" time.
- Write how long it takes you to reach 10 kicks.
- If you notice an increase in the length of time it takes to reach 10 kicks or if your baby has not moved 10 times in two hours, call your doctor. Do not wait to call!

**What if my baby is asleep? To wake your baby, drink some water, eat a meal, or walk around for a few minutes. If that doesn't work, wait an hour or so and then try again!**

EXAMPLE	Sun	Mon
Date	8/2	8/3
Start Time	3:15	3:00
Stop Time	4:05	3:45
Minutes to reach 10	50	45

Week 24	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Date							
Start Time							
Stop Time							
Minutes to reach 10							

Week 25	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Date							
Start Time							
Stop Time							
Minutes to reach 10							

Week 26	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Date							
Start Time							
Stop Time							
Minutes to reach 10							

Week 27	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Date							
Start Time							
Stop Time							
Minutes to reach 10							

Week 28	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Date							
Start Time							
Stop Time							
Minutes to reach 10							

Week 29	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Date							
Start Time							
Stop Time							
Minutes to reach 10							

Week 30	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Date							
Start Time							
Stop Time							
Minutes to reach 10							

Week 31	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Date							
Start Time							
Stop Time							
Minutes to reach 10							

Week 32	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Date							
Start Time							
Stop Time							
Minutes to reach 10							

Week 33	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Date							
Start Time							
Stop Time							
Minutes to reach 10							

Week 34	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Date							
Start Time							
Stop Time							
Minutes to reach 10							

Week 35	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Date							
Start Time							
Stop Time							
Minutes to reach 10							

Week 36	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Date							
Start Time							
Stop Time							
Minutes to reach 10							

Week 37	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Date							
Start Time							
Stop Time							
Minutes to reach 10							

Week 38	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Date							
Start Time							
Stop Time							
Minutes to reach 10							

Week 39	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Date							
Start Time							
Stop Time							
Minutes to reach 10							

Week 40	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Date							
Start Time							
Stop Time							
Minutes to reach 10							

Week 41	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Date							
Start Time							
Stop Time							
Minutes to reach 10							

Week 42	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Date							
Start Time							
Stop Time							
Minutes to reach 10							