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[HealthyWomenDE.com](http://HealthyWomenDE.com)  
for more information.



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health  
Center for Family Health Research and Epidemiology



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

# Every Kick Counts!

Counting kicks is a simple and effective way to monitor your baby's health and may reduce the risk of stillbirth.



Performing a kick count at the same time every day beginning at 24 weeks helps you and your health care provider monitor your baby's health.

### Instructions on how to count kicks

- Pick your baby's active time, which is usually after a meal.
- Count kicks at the same time every day.
- Empty your bladder before you start.
- Find a quiet place away from distractions like the TV or other family members.
- Lie on your left side if you can, or just sit up if that's easier.
- Write down the start time and the end time in this *Kicks Count* tracker booklet.
- When you count 10 kicks, you're done!

**The goal for you is "10 in 2!"** You'll notice there are 10 boxes for each day of the week. Mark a box with an "X" every time you feel your baby kick (or move) until you have a total of 10.

If you don't feel 10 kicks in 2 hours, call your health care provider right away and go to the labor and delivery unit at your hospital, no matter what time of day it is or what day of the week. Tell them, **"My baby isn't moving."**

SAMPLE

WEEK 24					
Start Time: <u>8:00 pm</u>		End Time: <u>9:10 pm</u>			
DAY 1	X	X	X	X	X
	X	X	X	X	X
Start Time: <u>7:50 pm</u>		End Time: _____			
DAY 2	X	X	X	X	X
	X	X			
Start Time: _____		End Time: _____			
DAY 3					

End



WEEK 24					
Start Time: _____	End Time: _____				
DAY 1	<table border="1"><tr><td></td><td></td><td></td><td></td></tr></table>				
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DAY 2	<table border="1"><tr><td></td><td></td><td></td><td></td></tr></table>				
Start Time: _____	End Time: _____				
DAY 3	<table border="1"><tr><td></td><td></td><td></td><td></td></tr></table>				
Start Time: _____	End Time: _____				
DAY 4	<table border="1"><tr><td></td><td></td><td></td><td></td></tr></table>				
Start Time: _____	End Time: _____				
DAY 5	<table border="1"><tr><td></td><td></td><td></td><td></td></tr></table>				
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DAY 6	<table border="1"><tr><td></td><td></td><td></td><td></td></tr></table>				
Start Time: _____	End Time: _____				
DAY 7	<table border="1"><tr><td></td><td></td><td></td><td></td></tr></table>				

WEEK 25					
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DAY 2	<table border="1"><tr><td></td><td></td><td></td><td></td></tr></table>				
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DAY 3	<table border="1"><tr><td></td><td></td><td></td><td></td></tr></table>				
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DAY 4	<table border="1"><tr><td></td><td></td><td></td><td></td></tr></table>				
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DAY 5	<table border="1"><tr><td></td><td></td><td></td><td></td></tr></table>				
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DAY 6	<table border="1"><tr><td></td><td></td><td></td><td></td></tr></table>				
Start Time: _____	End Time: _____				
DAY 7	<table border="1"><tr><td></td><td></td><td></td><td></td></tr></table>				

## WEEK 26

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## WEEK 27

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## WEEK 28

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## WEEK 29

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# WEEK 30

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# WEEK 31

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# WEEK 32

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## WEEK 34

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## WEEK 35

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## WEEK 36

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## WEEK 37

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## WEEK 38

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## WEEK 41

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## WEEK 42

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