



Dear Health Care Provider:

Every year, more than 25,000 families nationwide experience the stillbirth of a baby—with more than 50 percent of those deaths occurring during the last trimester. In Delaware, a number of women were interviewed recently following a stillbirth that occurred after 24 weeks' gestation. Approximately 70 percent of those women reported that they were **not** educated on fetal movement and there was **no** documentation of education on fetal movement in their medical records. The good news is that health experts have developed a strategy that may reduce the risk of stillbirth: a simple way for women to monitor their baby's health during the last part of pregnancy. **Counting and tracking significant changes in a baby's movement patterns may help identify potential problems with a pregnancy.**

The Delaware Division of Public Health, Delaware Healthy Mother and Infant Consortium, and the Child Death, Near Death and Stillbirth Commission have combined efforts to educate expectant parents and their health care providers about the importance of kick counting in monitoring a baby's health beginning at 24 weeks. Kick counting is recommended by the American College of Obstetrics and Gynecology.

*Kicks Count* is a statewide awareness campaign dedicated to improving the chances of delivering a healthy baby by reducing stillbirth rates, which occur in approximately one out of every 150 pregnancies nationwide.

This tool kit contains materials that will help your patients learn to track kick counts. Included in this package are patient education brochures, a *Kicks Count* tracker pocket booklet for recording a baby's daily movements, an office poster and a reorder form that you can fax back to us. All of the materials are provided in English and Spanish.

There are not many campaigns that have an immediate potential to save lives. Please participate in one that does. Share these materials with your office staff to ensure that your patients receive them. See the attached sheet to learn how to get the *Kicks Count* program started in your practice.

Sincerely,

A handwritten signature in black ink, reading "Karyl T. Rattay MD".

Karyl T. Rattay, MD, MS, FAAP, FACPM  
Director, Delaware Division of Public Health