

## **Count to Ten Method**

You should count how long it takes your baby to kick 10 times, starting with the first kick (so you know your baby is awake).

All movements count as a "kick" but don't count hiccups. Several movements at the same time count as one "kick." The quickest way to count kicks is to relax, lie or sit down and concentrate on feeling for kicks. It will take most mothers less than 15 minutes to count kicks this way.

### **When to contact your care provider:**

- If your baby has not moved for an entire day, contact your care provider right away – do not wait until the next day.
- If your baby kicked less and less in the course of a day/days, or if you feel too little activity
- If you felt less than ten kicks in 2 hours at a time of the day when your baby is usually active.

### **Kick Count Apps for iPad or iPhone**

- SmileyApps Baby Kicks
- DeltaWorks Pregnancy Tracker
- Maxwell Software Baby Kicks Monitor

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### **Notification to Users**

*These algorithms are designed to assist the primary care provider in the clinical management of a variety of problems that occur during pregnancy. They should not be interpreted as a standard of care, but instead represent guidelines for management. Variation in practices should take into account such factors as characteristics of the individual patient, health resources, and regional experience with diagnostic and therapeutic modalities. The algorithms remain the intellectual property of the University of North Carolina at Chapel Hill School of Medicine. They cannot be reproduced in whole or in part without the expressed written permission of the school.*

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