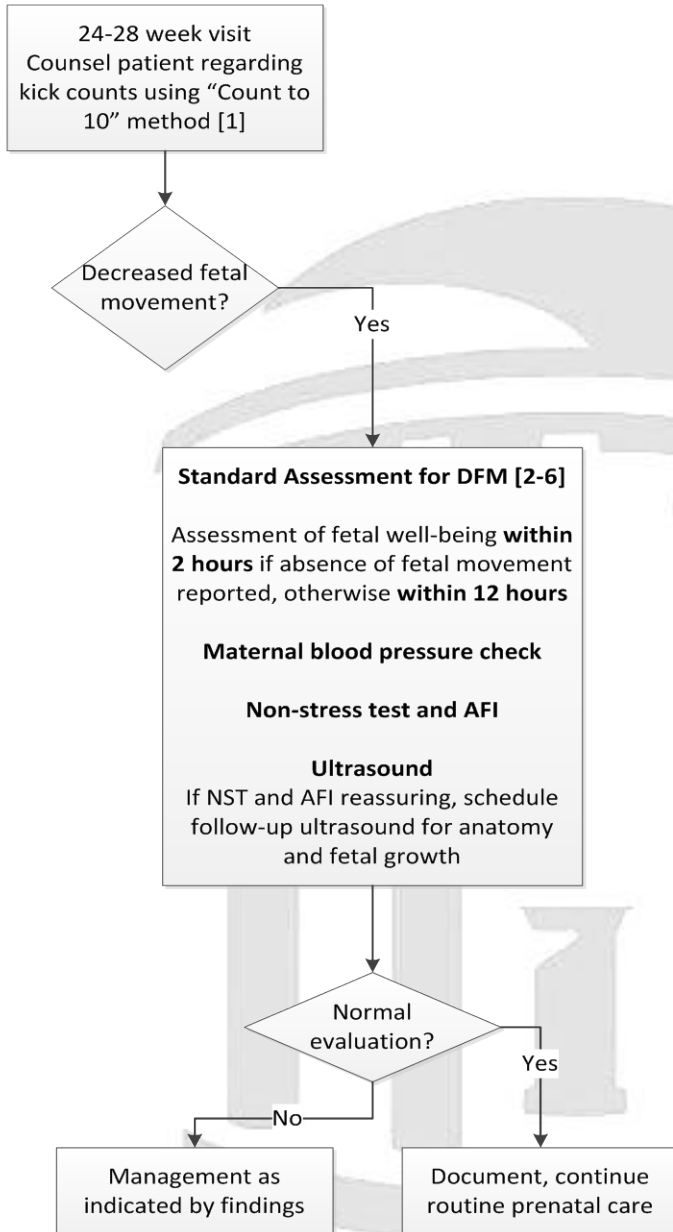




Fetal Activity Monitoring



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 do this 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 – 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

Android

Baby Kick Count Card
Baby Kick Tracker
Baby Bump Pro

iOS

Baby Kicks
Fetal Activity Monitor
Baby Kick Country
iPregnant Pregnancy Tracker
Baby Bump Pregnancy Pro

Kick counting chart

<http://www.countthekicks.org/>
<http://bit.ly/WHbqnU>



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Revised April 2013.

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.

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<http://www.mombaby.org>