



Counting Kicks is What You Should Do. It's Important and Easy Too!

Here's How: Starting at the 3rd trimester, begin counting.



Monitor your baby's movements with the FREE *Count the Kicks* app or web counter. Or, visit CountTheKicks.org to download a paper movement monitoring chart.



Count your baby's movements every day – preferably at the same time. Try to pick a time when your baby is normally active.



Time how long it takes your baby to get to 10 movements, and rate the strength of your baby's movements.



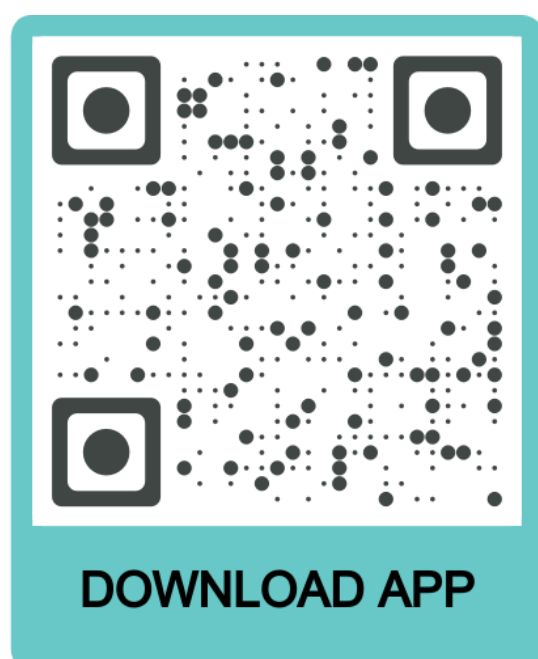
After a few days, you will begin to see an average length of time it takes to reach 10 movements.



Call your provider right away if you notice a change in strength of movements or how long it takes your baby to get to 10 movements.



Don't Delay! Download the FREE *Count the Kicks* app in the app store today!



- Helps you monitor baby's movement patterns and strength of movement
- Empowers you to **SPEAK UP** if you notice a change in your baby's normal movement patterns
- Promotes early bonding
- Helps reduce anxiety
- Available in 20+ languages

CountTheKicks.org