

KICK COUNT INSTRUCTIONS

From about 20 weeks on, a simple way to check your baby's well-being is to pay attention to how much your baby is moving. If baby has been actively moving throughout the day, baby is fine. If you are not sure, do the following:

- Eat something before you count.
- Lie on your left side.
- Focus on your baby's movements: roll, kicks or flutters. Any movement of the baby count as one time.

You may stop counting after your baby has moved ten (10) times within an hour.

If your baby does not move at least ten(10) times in one hour after you ate a small meal or if there is a significant decrease in movement, go to Maternity for evaluation.

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