

“ Definitely pay attention to Count the Kicks®. It’s important. Had I not paid attention, Nahla wouldn’t be here. ”

- Dana, Nahla’s mom



Pyper

Liam

Chesney

Nahla

To read more stories of babies saved by Count the Kicks®, please visit [www.countthekicks.org](http://www.countthekicks.org).

**Helpful Tip:** Always sleep on your left side. Research shows this is the best position for mom and baby.\*

Count the Kicks® is a campaign of Healthy Birth Day, Inc.®, a 501(c)(3) organization dedicated to the prevention of stillbirth and infant death through education, advocacy and support.

This information is for educational purposes only and is not meant for diagnosis or treatment. Use of this information should be done in accordance with your healthcare provider. \*Please visit [CountTheKicks.org](http://CountTheKicks.org) for research citations.



Download the **FREE**  
**Count the Kicks®** app today!

Our free app helps you remember to **Count the Kicks®** every day in the 3rd trimester.

- Easy-to-read graphs that show your baby’s normal movement history.
- Choose from 12 languages.
- Track movements for single babies and twins.
- Download your sessions to share with your provider or family.
- Daily reminders so you never forget to count your baby’s kicks.

More than 100,000 moms can’t be wrong! Don’t delay! Download the **FREE** Count the Kicks® app today!

 [countthekicks.org](http://countthekicks.org)



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# 3rd trimester?

## Start Counting!



**Count  
the Kicks®**

# Counting kicks is what moms should do.

## It's important and easy too!

### Here's How:

Starting at the 3rd trimester, begin counting.

- 1 Track your baby's movements with the FREE Count the Kicks® app or download a Count the Kicks® chart at [countthekicks.org](http://countthekicks.org).
- 2 Count kicks every day—preferably at the same time.
- 3 Time how long it takes your baby to get to 10 movements.
- 4 After a few days, you will begin to see an average length of time it takes to get to 10.
- 5 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.

**Why is it important to count kicks?**  
Counting kicks, jabs, pokes and rolls is a free, noninvasive way to check on your baby's well-being. It's also a great way to bond with your baby during pregnancy. A change in movement, whether a decrease or rapid increase, is sometimes the earliest or only indication that baby should be checked by your provider. Pay attention to the strength of your baby's movements and notify your provider if your baby's movements become weaker.

**What is considered normal?**  
Every baby is different. Knowing the average amount of time it takes your baby to get to 10 movements is key. Notify your provider immediately if there is a change in what's "normal" for your baby.

**When should I count my baby's movements?**  
You should begin counting your baby's movements every day starting in the 3rd trimester. Recent studies show the best time to count your baby's movements is in the evening. So put your feet up, mom, and count those kicks, jabs, pokes and rolls!

**When should I contact my healthcare provider?**  
Call your provider if there is significant change in the strength of your baby's movements or how long it takes your baby to get to 10 movements. **DO NOT WAIT!** Trust your instincts. When in doubt, contact your provider.



### MYTHS

**I can just use my home Doppler device to monitor my baby's health.**

NO! Only trained professionals should use a Doppler device. A change in the baby's heartbeat is one of the last things that occurs when a baby is in distress. By the time the heartbeat slows it may be too late. Moms often mistake their own heartbeat for their baby's.

**My baby moves a lot, so I don't need to count kicks.**

Counting baby's kicks every day helps you establish how long it typically takes your baby to get to 10 movements. Knowing what's "normal" for your baby will help you notice if there are any significant changes. Pay attention to the strength of your baby's movements and alert your provider if kicks, jabs and rolls become weaker.

**Babies run out of room, so they move less.**

Babies don't run out of room at the end of pregnancy. They should move up to, and even during, labor.

**Don't Delay!**  
*Latest research shows that a sudden, wild surge of movement is another indication to call your provider.\**

