



Every Kick Counts!

Counting kicks is a simple and effective way to monitor your baby's health and may reduce the risk of stillbirth.



Performing a kick count at the same time every day beginning at 24 weeks helps you and your health care provider monitor your baby's health.

Instructions on how to count kicks

- Pick your baby's active time, which is usually after a meal.
- Count kicks at the same time every day.
- Empty your bladder before you start.
- Find a quiet place away from distractions like the TV or other family members.
- Lie on your left side if you can, or just sit up if that's easier.
- Write down the start time and the end time in this *Kicks Count* tracker booklet.
- When you count 10 kicks, you're done!

The goal for you is “10 in 2!” You'll notice there are 10 boxes for each day of the week. Mark a box with an “X” every time you feel your baby kick (or move) until you have a total of 10.

If you don't feel 10 kicks in 2 hours, go to the labor and delivery unit at your hospital, no matter what time of day it is or what day of the week. Tell them, **“My baby isn't moving.”**

SAMPLE

WEEK 24

Start Time: 8:00 pm End Time: 9:10 pm

DAY 1

X	X	X	X	X
X	X	X	X	X

Start Time: 7:50 pm End Time: _____

DAY 2

X	X	X	X	X
X	X			

Start Time: _____ End Time: _____

DAY 3

End



WEEK 24

Start Time: _____ End Time: _____

DAY 1

--	--	--	--

Start Time: _____ End Time: _____

DAY 2

Start Time: _____ End Time: _____

DAY 3

Start Time: _____ End Time: _____

DAY 4

Start Time: _____ End Time: _____

DAY 5

Start Time: _____ End Time: _____

DAY 6

Start Time: _____ End Time: _____

DAY 7

WEEK 25

Start Time: _____ End Time: _____

DAY 1

--	--	--	--

Start Time: _____ End Time: _____

DAY 2

Start Time: _____ End Time: _____

DAY 3

Start Time: _____ End Time: _____

DAY 4

Start Time: _____ End Time: _____

DAY 5

Start Time: _____ End Time: _____

DAY 6

Start Time: _____ End Time: _____

DAY 7

WEEK 26

Start Time: _____ End Time: _____

DAY 1

Start Time: _____ End Time: _____

DAY 2

Start Time: _____ End Time: _____

DAY 3

Start Time: _____ End Time: _____

DAY 4

Start Time: _____ End Time: _____

DAY 5

Start Time: _____ End Time: _____

DAY 6

Start Time: _____ End Time: _____

DAY 7

WEEK 27

Start Time: _____ End Time: _____

DAY 1

Start Time: _____ End Time: _____

DAY 2

Start Time: _____ End Time: _____

DAY 3

Start Time: _____ End Time: _____

DAY 4

Start Time: _____ End Time: _____

DAY 5

Start Time: _____ End Time: _____

DAY 6

Start Time: _____ End Time: _____

DAY 7

WEEK 28

Start
Time: _____

End
Time: _____

DAY 1

--	--	--	--	--

Start
Time: _____

End
Time: _____

DAY 2

Start
Time: _____

End
Time: _____

DAY 3

Start
Time: _____

End
Time: _____

DAY 4

Start
Time: _____

End
Time: _____

DAY 5

Start
Time: _____

End
Time: _____

DAY 6

Start
Time: _____

End
Time: _____

DAY 7

WEEK 29

Start
Time: _____

End
Time: _____

DAY 1

--	--	--	--	--

Start
Time: _____

End
Time: _____

DAY 2

Start
Time: _____

End
Time: _____

DAY 3

Start
Time: _____

End
Time: _____

DAY 4

Start
Time: _____

End
Time: _____

DAY 5

Start
Time: _____

End
Time: _____

DAY 6

Start
Time: _____

End
Time: _____

DAY 7

WEEK 30

Start Time: _____ End Time: _____

DAY 1

--	--	--	--	--

Start Time: _____ End Time: _____

DAY 2

Start Time: _____ End Time: _____

DAY 3

Start Time: _____ End Time: _____

DAY 4

Start Time: _____ End Time: _____

DAY 5

Start Time: _____ End Time: _____

DAY 6

Start Time: _____ End Time: _____

DAY 7

WEEK 31

Start Time: _____ End Time: _____

DAY 1

--	--	--	--	--

Start Time: _____ End Time: _____

DAY 2

Start Time: _____ End Time: _____

DAY 3

Start Time: _____ End Time: _____

DAY 4

Start Time: _____ End Time: _____

DAY 5

Start Time: _____ End Time: _____

DAY 6

Start Time: _____ End Time: _____

DAY 7

WEEK 32

Start
Time: _____

End
Time: _____

DAY 1

Start
Time: _____

End
Time: _____

DAY 2

Start
Time: _____

End
Time: _____

DAY 3

Start
Time: _____

End
Time: _____

DAY 4

Start
Time: _____

End
Time: _____

DAY 5

Start
Time: _____

End
Time: _____

DAY 6

Start
Time: _____

End
Time: _____

DAY 7

WEEK 33

Start
Time: _____

End
Time: _____

DAY 1

Start
Time: _____

End
Time: _____

DAY 2

Start
Time: _____

End
Time: _____

DAY 3

Start
Time: _____

End
Time: _____

DAY 4

Start
Time: _____

End
Time: _____

DAY 5

Start
Time: _____

End
Time: _____

DAY 6

Start
Time: _____

End
Time: _____

DAY 7

WEEK 34

Start Time: _____ End Time: _____

DAY 1

--	--	--	--	--

Start Time: _____ End Time: _____

DAY 2

Start Time: _____ End Time: _____

DAY 3

Start Time: _____ End Time: _____

DAY 4

Start Time: _____ End Time: _____

DAY 5

Start Time: _____ End Time: _____

DAY 6

Start Time: _____ End Time: _____

DAY 7

WEEK 35

Start Time: _____ End Time: _____

DAY 1

--	--	--	--	--

Start Time: _____ End Time: _____

DAY 2

Start Time: _____ End Time: _____

DAY 3

Start Time: _____ End Time: _____

DAY 4

Start Time: _____ End Time: _____

DAY 5

Start Time: _____ End Time: _____

DAY 6

Start Time: _____ End Time: _____

DAY 7

WEEK 36

Start Time: _____ End Time: _____

DAY 1

Start Time: _____ End Time: _____

DAY 2

Start Time: _____ End Time: _____

DAY 3

Start Time: _____ End Time: _____

DAY 4

Start Time: _____ End Time: _____

DAY 5

Start Time: _____ End Time: _____

DAY 6

Start Time: _____ End Time: _____

DAY 7

WEEK 37

Start Time: _____ End Time: _____

DAY 1

Start Time: _____ End Time: _____

DAY 2

Start Time: _____ End Time: _____

DAY 3

Start Time: _____ End Time: _____

DAY 4

Start Time: _____ End Time: _____

DAY 5

Start Time: _____ End Time: _____

DAY 6

Start Time: _____ End Time: _____

DAY 7

WEEK 38

Start
Time: _____

End
Time: _____

DAY 1

Start
Time: _____

End
Time: _____

DAY 2

Start
Time: _____

End
Time: _____

DAY 3

Start
Time: _____

End
Time: _____

DAY 4

Start
Time: _____

End
Time: _____

DAY 5

Start
Time: _____

End
Time: _____

DAY 6

Start
Time: _____

End
Time: _____

DAY 7

WEEK 39

Start
Time: _____

End
Time: _____

DAY 1

Start
Time: _____

End
Time: _____

DAY 2

Start
Time: _____

End
Time: _____

DAY 3

Start
Time: _____

End
Time: _____

DAY 4

Start
Time: _____

End
Time: _____

DAY 5

Start
Time: _____

End
Time: _____

DAY 6

Start
Time: _____

End
Time: _____

DAY 7

WEEK 40

Start Time: _____ End Time: _____

DAY 1

Start Time: _____ End Time: _____

DAY 2

Start Time: _____ End Time: _____

DAY 3

Start Time: _____ End Time: _____

DAY 4

Start Time: _____ End Time: _____

DAY 5

Start Time: _____ End Time: _____

DAY 6

Start Time: _____ End Time: _____

DAY 7

WEEK 41

Start Time: _____ End Time: _____

DAY 1

Start Time: _____ End Time: _____

DAY 2

Start Time: _____ End Time: _____

DAY 3

Start Time: _____ End Time: _____

DAY 4

Start Time: _____ End Time: _____

DAY 5

Start Time: _____ End Time: _____

DAY 6

Start Time: _____ End Time: _____

DAY 7

WEEK 42

Start

Time: _____

End

Time: _____

DAY 1

Start

Time: _____

End

Time: _____

DAY 2

Start

Time: _____

End

Time: _____

DAY 3

Start

Time: _____

End

Time: _____

DAY 4

Start

Time: _____

End

Time: _____

DAY 5

Start

Time: _____

End

Time: _____

DAY 6

Start

Time: _____

End

Time: _____

DAY 7



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