



Kick
Kick-Kick

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Do
Your
Kick
Counts!

For more information about your pregnancy
and baby, call your local Healthy Start
office or contact the MomCare program.

- ◆ Auburndale 863-965-5400
- ◆ Bartow 863-519-7916
- ◆ Haines City 863-421-3204
- ◆ Lake Wales 863-678-4144
- ◆ Lakeland 863-413-2620
- ◆ Sebring 863-386-6040
- ◆ Wauchula 863-773-4161
- ◆ MomCare Program 863-298-4481
1-866-796-0871

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Every baby deserves a
Healthy Start!



Take care of yourself
and your baby.



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Healthy Start Coalition of Hardee,
Highlands & Polk Counties, Inc.
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Feel your baby roll and bounce around? It's a good thing when your baby kicks and moves! After your 7th month of pregnancy a healthy baby usually moves about 10 times in 2 hours. All babies are different and this is just a guideline.

Your Doctor or Midwife will probably ask you to check your baby's health by doing daily "kick counts" when you reach your 28th week of pregnancy. All babies have their own time for activity and rest. Learn your baby's patterns.



How do I do Kick Counts?

- ◆ Pick a time each day to write down your baby's kick.
- ◆ Lie or sit down and get comfortable.
- ◆ Put your hands on your belly.
- ◆ Write down the time you start.
- ◆ Count how many times your baby kicks, turns, wiggles or rolls.
- ◆ When your baby has moved 10 times, write down the time
- ◆ Do "Kick Counts" every day. Try to do them at the same time every day.
- ◆ If your baby does not move ten times in two hours, call your doctor, nurse or midwife right away for further instructions.



When do I do Kick Counts?

- ◆ During your baby's most active time.
- ◆ After you eat, or after you drink something cold or sweet.
- ◆ After you have been active; walking or moving for 5 minutes.

Help protect your baby's health.

Do a kick count once a day.

Day Date	SUN	MON	TUES	WED	THU	FRI	SAT
Start Time							
Stop Time							
Min to reach 10K							

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