



Kick Chart

Keep a kick chart to note baby's movements

Week

How to use:

1. Count ten movements (a kick, roll, swish, or press) in a 2-hour period
2. Write the time you start
3. Write the time you feel the tenth kick, that's the end time

Sitting or lying down will help you feel baby's movements easier. Baby kicks more after you eat.

Spinning Babies® bonus: Use the extra columns to note baby's position.

Your Name:			Baby's Name or Nickname:		
Date	Start Time	End Time	Were the kicks on the left?	Were the kicks on the right?	Other position notes

Babies often have a regular active time each day and evening. When baby is active, expect 10 movements within a 2-hour period. Baby's active times should remain approximately the same time each day or within a couple hours.

Baby will be somewhat still when napping, but may startle with loud noises.

If it's past the usual end time on your chart and baby has not had ten movements: Drink juice, sit back, and feel your belly for movement. If you were active, you may have walked baby to sleep.

Sing a song, tell a story or verse, or invite another loved one to talk to baby during your kick counting time. Babies love repetition, hearing your voice, and feeling your emotion.

Call a doctor or midwife if baby hasn't had ten kicks, wiggles, or moves in or near the usual 2-hour period. Go find out how your baby is doing. Don't wait, it's better to check baby's health than wonder.