

My First Medical Record

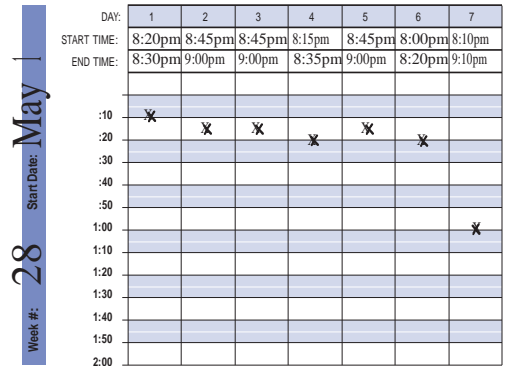
Baby Name _____



INSTRUCTIONS:

- Count the time it takes for your baby to make 10 movements which include kicks, turns, twists, swishes, rolls and jabs. Your baby should move 10 times in less than usual, or have less than 10 kicks in 2 hours. If so, wake up the baby by Repeat the kick count.
- Jot down the time of the baby's first kick (movement) and the time of the 10th kick.
- Since healthy babies have sleep cycles, Repeat the kick count.
- CONTACT YOUR PROVIDER** if your baby still has less than 10 kicks in 2 hours or if there is a decrease or significant change in the fetal movement.
- DO NOT WAIT 24 HOURS.**

Sample Chart

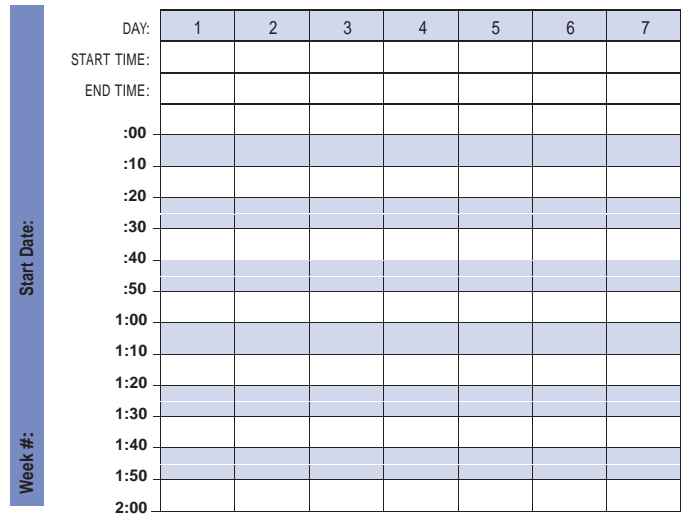
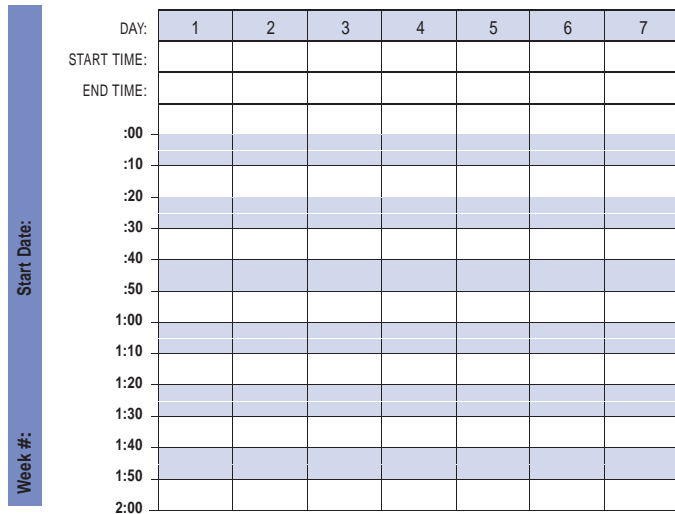


PLEASE BRING THESE CHARTS TO EVERY APPOINTMENT & REVIEW WITH YOUR PROVIDER.

Mother's Name: _____

Mother's DOB: _____

Comments: _____



www.countthekicks.org

Count the Kicks is a project of:



www.healthybirthday.org