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KICK COUNTING

The amount of kicking your baby does is a good indicator of the health of a your baby. Once each day after you eat, lay down on your left side and count how many times your baby moves in an hour. Your baby should move at least 4 to 5 times. If you count 4 to 5 movements before 1 hour is up you do not need to count anymore that day. If your baby moves less than 4 to 5 times in an hour, do another kick count at another time during that same day after you eat. Choose a time that your baby usually moves. The meal you eat should be a full meal, like a sandwich and juice or milk (not a diet drink). Your baby will move less often at certain times of the day and when he or she is sleeping or if and when you smoke or use drugs.

Call our office at **901-4013** if you have any of these warning signs. The doctor may want to examine you and your baby as soon as possible.

- Your baby’s movements suddenly decrease.
- Your baby’s movements suddenly increase and then decrease.
- Your baby moves less than 4 to 5 times in 1 hour, 2 different times in the same day.
- You notice a change in the usual way your baby moves.

Week		Start Time	1	2	3	4	5	Finish Time
	Mon.							
	Tues.							
	Wed.							
	Thu.							
	Fri.							
	Sat.							
	Sun.							
	Week		Start Time	1	2	3	4	5
Mon.								
Tues.								
Wed.								
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Sun.								

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	Week		Start Time	1	2	3	4	5
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OB-04-0869