

AM / PM

Daily Session Start Time

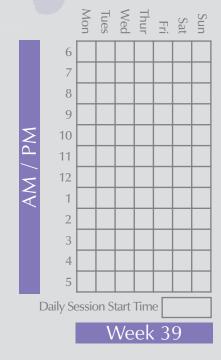
Week 37

		Mon	Tues	Wed	Thur	Fri	Sat	Sun
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	7							
	8							
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Daily Session Start Time								
Week 38								

Week 34

Mon

Sun Sat Fri Thur Wed Tues



Mon Tues

Daily Session Start Time

Week 35

/ PM

AM /

Sun Sat Fri Thur Wed

Mon Sun Sat Fri Thur Wed Tues AM / PM Daily Session Start Time Week 36

		Mon	Tues	Wed	Thur	Fri	Sat	Sun	
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AM / PM	7	24							
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	11					1			
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	1								
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	5								
Daily Session Start Time									
Week 40									

www.countthekicks.org.uk



Pocket Movement Monitoring Chart



"normal" and regular for YOUR baby. much, but soon you will notice patterns and learn what is difficult in the early weeks as baby's movements vary so making notes every tew days from around 20 weeks. It's throughout your pregnancy. It can be as easy and simple as movements gives you reassurance and confidence Your baby's movements indicate its well being. Monitoring

but Hiccups however are NOT classed as movements. Movement can be punches, kicks, swooshes, flips and turns,

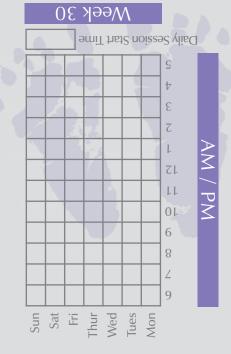
entering the number in the relevant box. mark down the number of movements telt in that session, indicate on your chart what time your session starts, then have a wriggle at a certain time each night! Remember to useful to note how active your baby is at night, they may lunch and dinner, then after dinner to bed time. It is also between breakfast and lunch, then for a few days between the first few days, record how many movements you feel We suggest at the beginning to monitor in sessions, so for

lying in a certain position. perhaps cold or fizzy drinks, certain tood, driving or perhaps Also try to make a note of what triggers your baby to move,

as you will be able to quickly trigger baby to move. This will help to reassure you it you ever become worried,

normal for your baby, it will help them and save them a lot are able to offer them accurate information about what is to report this to your healthcare provider, and because you If your baby's regular movements do change it is essential

Remember - If you're worried at all - Make that Call!





For additional information on Movement

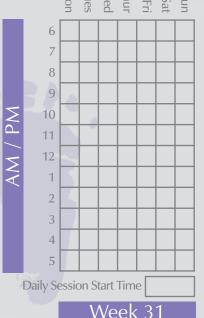
Monitoring and other important ways to monitor your pregnancy, please visit our website at:



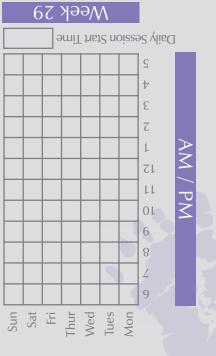
www.countthekicks.org.uk

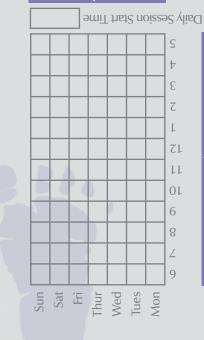


Find it difficult keeping track of your baby's Movements throughout your busy day? Try our simple Movement Monitoring Wristbands - Just £3.50 each available from our website.



Mon	Tues	Wed	Thur	Fri	Sat	Sun
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Daily Session Start Time

Week 32

PS

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Sun Sat Fri Thur Wed Wed Mon

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PM

Week 28