

GET TO KNOW YOUR BABY!

You have come so far into your pregnancy that you might have already felt your baby kick. Your pregnancy check-up will help you keep an eye on your baby's well-being, but you the mother are the one who can "know" your baby best before it is born. What the baby is telling you with its kicks is important!

After the birth you will be spending a lot of time caring for your baby. We encourage you to devote a little time each day during your pregnancy to get to know your baby by its movements. Here you will find information about what kicks mean as well as some tips on how you can check your baby's well-being.

It's a good habit to set aside time to get to know your baby!

WHAT DO THE KICKS SAY ABOUT WELL-BEING?

Your baby gets everything it needs from you through the placenta. As long as the supplies are good the baby will kick. If the placenta does not supply enough or the baby becomes ill, it must save energy to continue to grow, so there are fewer kicks. If you smoke, both the placenta and your baby are affected, and there will be less kicking. If the placenta becomes very weak, growth is inhibited, and your baby could become seriously ill or injured. Your baby also may have trouble during birth. This seldom happens, though, if your baby is kicking normally!

Sometimes your baby is calm. It is important that you notice, though, when it kicks much less than usual. When you feel the normal life rhythm in there, that is a sign your baby is fine. By feeling for the kicks you are connecting with your baby. That's why it's good to count kicks!

That's why we count kicks!



When it kicks in the womb - what does this mean?

WHAT IS YOUR BABY DOING IN THERE?

Your baby will be active during the entire pregnancy. Mostly, it makes movements to expand its lungs. Your baby is practicing for life outside the womb. From time to time it will have hiccups, which you will feel as small twitches.

Your baby also will make minor and more pronounced movements in your womb. You probably will not feel small gripping movements, or when your baby sucks its thumb or bends and stretches its fingers and toes. However, you will feel most of your baby's kicks and nudges inside you during the last part of the pregnancy. More pronounced body movements also are easy to notice and can come, for example, when you change from a sitting to a lying position. When you shift and need to adjust a little bit, so does your baby.

SOMETIMES IT'S JUST CALM...

Your baby will sleep many times in the course of a day. During these times it does not move at all. Its periods of sleep last longer as the pregnancy goes on, but even as you approach the expected date of delivery your baby will seldom sleep more than an hour at a time. Most babies are especially active in the evening, though some prefer moving around early in the morning.

There can be great variations among healthy babies as to how often and how hard they "kick." Kicking includes all types of movements. Research shows girls kick as often as boys. Babies who kick a lot in the womb are also more active after birth.

Some mothers have more trouble feeling the kicks than others. If the placenta is on the front side of the womb, or if you are overweight, you will feel the kicks less. You can practice feeling for kicks when you check to see if your stomach moves. You feel the kicks best when you are lying down, and least when you stand, walk or are busy.

Photo: Per Oscar Skjellnan • www.peroscar.no

Design: Marianne Bratt Ricketts • www.mariannedesign.no



If you have any questions, go to www.telltrivselen.no

KICKS COUNT

Feeling for kicks every day is a good habit. Filling out the kick count form is an easy way to give you and your midwife/doctor an overview of your baby's kicking. The form makes it easier to see what is normal for your baby. Even though kicking is important for all expectant mothers, the kick count form is most helpful starting in the 28th week of pregnancy for mothers carrying one child, not multiples.

If you fill in the form and submit it after giving birth, you will be contributing to important research on how doctors can recognize pregnancies that need extra help on the basis of kicks. You will find information on how to take part in this research on the back page.

HOW DO YOU COUNT?

Start counting the kicks in the 28th week of your pregnancy. Write in the date you start keeping count and your expected delivery date on the form.

You should count how long it takes your baby to kick 10 times, starting with the first kick (so you know your baby is awake). All movements count as a "kick" but don't count hiccups. Several movements at the same time count as one "kick." The quickest way to do this is to relax, lie or sit down and concentrate on feeling for kicks. If your baby is asleep, you can wake it with a little clapping or gentle push on your stomach or by drinking something cold.

When you're finished counting record the time in the boxes provided on the form.

Count at approximately the same time of day every day - if you can. Choose a time of day when you know you have time to spare and when your baby usually is active - preferably in the morning before you get up. Start counting within the same two-hour period every day and be sure to write on the form whatever hours you choose.

It will take most mothers less than 15 minutes to count kicks this way.

How much should the baby kick - and what if the number of kicks declines?

After having used the kick count form for a week or two, you will probably see that the kicking varies from day to day, but that for the most part the days appear to be similar. This will continue to be the case for a child who has good well-being, even if the way you feel the movements changes during the pregnancy. The most important thing is to note when there is a major and lasting reduction in the normal activity of your baby. The kick count form will help you see this.

If you are worried about your baby, you should ask for help and advice regardless of the reason. If you are worried because your child gradually kicks less as the weeks go by, you should take your kick count form to your next pregnancy check-up.

In some cases you should contact the maternity ward directly:

- If your baby does not kick one day. If this happens NEVER wait till the next day.

How to fill in the form:

Use a black/blue pen to mark the box to show how long it took before you counted 10 kicks.

For example: If 30 minutes went by before you counted 10 kicks, you mark the box 26-30 minutes.

If it took 1 hour and 5 minutes until you counted 10 kicks, mark the box for 61-65 minutes.

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|--------------|-------|-------|-------|-------|-------|-------|-------|
| 0-5 | | | | | | | |
| 6-10 | | | | | | | |
| 11-15 | | | | | | | |
| 16-20 | | | | | | | |
| 21-25 | X | | | | | | |
| 26-30 | | X | | | | | |
| 31-35 | | | | | | | |
| 36-40 | | | | | | | |
| 41-45 | | | | | | | |
| 46-50 | | | | | | | |
| 51-55 | | | | | | | |
| 56-60 | | | | | | | |
| 61-65 | | | X | | | | |
| 66-70 | | | | | | | |
| 71-75 | | | | | | | |
| 76-80 | | | | | | | |
| 81-85 | | | | | | | |
| 86-90 | | | | | | | |
| 91-95 | | | | | | | |
| 96-100 | | | | | | | |
| 101-105 | | | | | | | |
| 106-110 | | | | | | | |
| 111-115 | | | | | | | |
| 116-120 | | | | | | | |
| Over 2 hours | | | | | | | |

- If your baby kicks less and less in the course of a day/days and you feel "too little activity."

If you are in doubt as to what constitutes "too little activity", it may be helpful to know that very rarely does a healthy child kick fewer than 10 times in the course of two hours when it is usually active. If you feel it has kicked very little the whole day, you should contact the maternity ward. If you are unsure of your baby's activity on a given day, recount within 12 hours and contact the maternity ward if the result is repeated.

You can use the folder as a holder for your "helsekort for gravide".
The "Helsekort" as well as any loose papers can be fastened here.

Note: Tick the box with a pen

I start counting today (date, dd.mm.yy)

My due date is (dd.mm.yy)

I normally count between (time): and

| WEEKDAYS | Day 7 | Day 6 | Day 5 | Day 4 | Day 3 | Day 2 | Day 1 |
|--------------------|-------|-------|-------|-------|-------|-------|-------|
| START COUNTING 0-5 | | | | | | | |
| 6-10 | | | | | | | |
| 11-15 | | | | | | | |
| 16-20 | | | | | | | |
| 21-25 | | | | | | | |
| 26-30 | | | | | | | |
| 31-35 | | | | | | | |
| 36-40 | | | | | | | |
| 41-45 | | | | | | | |
| 46-50 | | | | | | | |
| 51-55 | | | | | | | |
| 56-60 | | | | | | | |
| 61-65 | | | | | | | |
| 66-70 | | | | | | | |
| 71-75 | | | | | | | |
| 76-80 | | | | | | | |
| 81-85 | | | | | | | |
| 86-90 | | | | | | | |
| 91-95 | | | | | | | |
| 96-100 | | | | | | | |
| 101-105 | | | | | | | |
| 106-110 | | | | | | | |
| 111-115 | | | | | | | |
| 116-120 | | | | | | | |
| Over 2 hours | | | | | | | |

5 minutes per box

5 minutes per box

MINUTES

WEEK 34

WEEK 33

WEEK 32

WEEK 31

WEEK 30

WEEK 29

WEEK 28

WEEKDAYS

MINUTES

NB. Make a cross in the square using a pen When you have filled in the form send it or hand it in to:

| | 0-5 | 6-10 | 11-15 | 16-20 | 21-25 | 26-30 | 31-35 | 36-40 | 41-45 | 46-50 | 51-55 | 56-60 | 61-65 | 66-70 | 71-75 | 76-80 | 81-85 | 86-90 | 91-95 | 96-100 | 101-105 | 106-110 | 111-115 | 116-120 | Over 2 hours | |
|-------|-----|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------|---------|---------|---------|--------------|--|
| Day 7 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 6 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 5 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 4 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 3 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 2 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 1 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 7 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 6 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 5 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 4 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 3 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 2 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 1 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 7 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 6 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 5 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 4 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 3 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 2 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 1 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 7 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 6 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 5 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 4 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 3 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 2 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 1 | | | | | | | | | | | | | | | | | | | | | | | | | | |



WEEK 42



WEEK 41



WEEK 40



WEEK 39



WEEK 38



WEEK 37



WEEK 36



WEEK 35

... Kicks are more than just bonding ...



www.kickscount.no

