



Sample Lesson Plan for Childbirth Educators

Lesson Plan:

(1 minute) Introduce the *Count the Kicks* Campaign using the [How-To Video](#). Also available in [Spanish](#).

(5 minutes) Discussion on the importance of kick counting and risk of stillbirth, using *Count the Kicks*' FAQ.

(1 minute) Demonstrate how to access the *Count the Kicks* App, which is available at CountTheKicks.org and in app stores (iOS and Google Play app stores in 12+ languages).

(5 minutes) Class downloads app and creates profile.

(5 minutes) Review the process of *Count the Kicks*:

- Starting at 28 weeks count your baby's movements every day, preferably at the same time.
- Pick your time based on when your baby is usually active.
- To get started, sit with your feet up or lie on your side. Count each of your baby's movements (kicks, rolls, pokes or jabs – but not hiccups, as those are involuntary) as one kick and tap the footprint on the *Count the Kicks* app. Keep counting and tapping until you count 10 movements. The app is timing how long it takes your baby to get to 10 kicks.
- After you reach 10 movements, you will be asked to rate the strength of your baby's movements on a scale of 1 to 5, with 1 being "fluttery" and 5 being "fierce."
- Each baby is unique. Most babies will take 30 minutes or less, but others could take up to 2 hours.
- Create an account to save your kick counting sessions in the app to see your baby's movement history. After a few days you will begin to see what's normal for your baby (how long it takes your baby to get to 10 movements).
- Knowing what is a normal amount of time for your baby is key. If there is a change in the strength of your baby's movements or how long it takes them to reach 10 movements, this could be a sign of potential problems, and you should contact your provider right away.
- The app will record the amount of time it took to get 10 movements, or you can log your times into a *Count the Kicks* printable chart, available at www.CountTheKicks.org.
- Your kick counting history can be useful for visits with your healthcare provider, and can even be texted or emailed directly to them from the app.
- Keep counting every day!

Stress to parents to trust their instinct!
If they feel concerned or that
something isn't right, call the doctor.

OBJECTIVE:

To teach expectant parents the importance of and method for tracking fetal movement daily in the third trimester of pregnancy.

RESOURCES:

- Count the Kicks* How-To Video
- Count the Kicks* FAQ
- Count the Kicks* App
- Computer screen/LCD projector (if available)

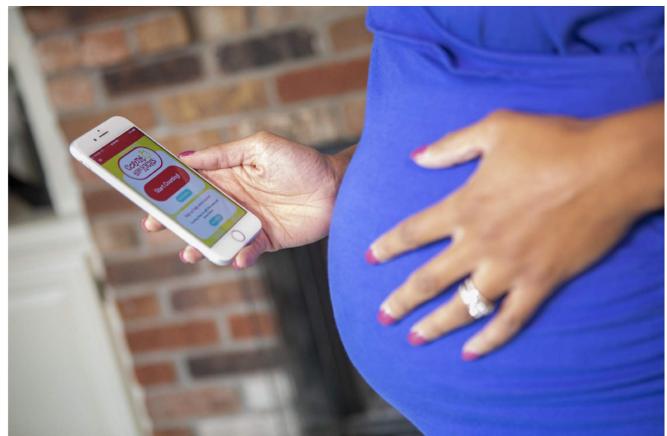
Resources are available at
www.CountTheKicks.org.

(5 minutes) Discussion – Pose several different scenarios for parents such as:

- What should you do if you don't feel your baby move during a 2-hour period?
- You've been counting kicks and know that it normally takes your baby 15-20 minutes to get 10 kicks, but today it has taken more than 2 hours to feel 10 kicks. What should you do?
- You notice a significant decrease in movement, but it is late at night, and you don't want to "bother" the doctor. What should you do?

(10 minutes) Q&A – Allow plenty of time for questions from parents.

(5 minutes) Conclude by showing parents the *Count the Kicks* website, www.CountTheKicks.org, where they can learn more and access the *Count the Kicks* App. Remind parents to always call their doctor with any concerns or questions





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Common Myths

I can just use my home Doppler device to monitor my baby's health.

Kick counting is recommended even if you are using a Doppler device under the guidance of your healthcare provider. A change in the baby's heartbeat is one of the last things that occurs when a baby is in distress, and by the time the heartbeat slows it may be too late.

My baby moves a lot, so I don't need to count kicks.

Counting baby's kicks every day helps you establish how long it typically takes your baby to get to 10 movements.

Knowing what's "normal" for your baby will help you notice if there are any significant changes. Pay attention to the strength of your baby's movements and alert your provider if kicks, jabs and rolls become weaker.

Babies run out of room, so they move less.

Babies don't run out of room at the end of pregnancy. They should move up to, and even during, labor.



Important Notes:

- Expectant parents should be paying attention to the strength of their baby's movements along with counting kicks.
- Share that sleeping/lying on their side is best for them and baby.
- If they notice a sudden, wild surge of movement to also contact to their doctor.