

Anza katika wiki ya 28!

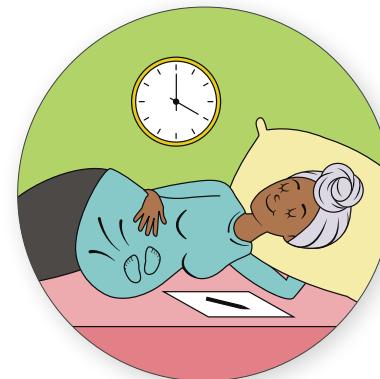
1 Hesabu kusonga kwa mtoto kila siku, mara moja kwa siku, karibu na wakati ule ule kila siku.



2 Muda inachukua muda gani mtoto wako kusonga mara 10. Baada ya siku chache, utajua ni nini cha kawaida kwa mtoto wako.



3 Piga simu kwa mto huduma wako mara moja ikiwa hali ya kawaida ya mtoto wako itabadilika.



Jitayarische kuhesabu!

- Hakikisha kuwa uko na saa karibu nawe.
- Pia, kuwa na penseli au kalamu karibu nawe.
- Lala kwa upande mmoja au ukae chini miguu yako ikiwa juu.
- Weka chati yako tayari ili kutia alama.

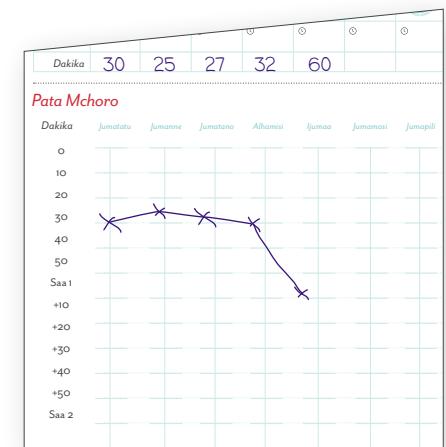
Counting kicks ni rahisi

Tumia chati moja kila wiki

- Andika wiki ya ujauzito wako na tarehe ya mwanzo wa wiki hapo juu.
- Ukihisi mtoto wako amesonga mara moja, andika wakati huo.
- Mateke, kuzunguka na mdukuo zinahesabiwa. *Kwikwi hazihesabiwi.*

Wiki ya: <u>28</u>	Tarehe ya Kuanza: <u>12/10/19</u>																																								
Inachukua muda gani kwa mtoto kusonga mara 10?																																									
<table border="1"> <thead> <tr> <th>Siku</th> <th>Monday</th> <th>Tuesday</th> <th>Wednesday</th> <th>Thursday</th> <th>Friday</th> <th>Saturday</th> <th>Sunday</th> </tr> </thead> <tbody> <tr> <td>Saa za Kuanza</td> <td>⌚ 8:15 ⚡</td> <td>⌚</td> <td>⌚</td> <td>⌚</td> <td>⌚</td> <td>⌚</td> <td>⌚</td> </tr> <tr> <td>Hesabu mateke</td> <td>👣</td> <td>👣</td> <td>👣</td> <td>👣</td> <td>👣</td> <td>👣</td> <td>👣</td> </tr> <tr> <td>Saa za kumiliaza</td> <td>⌚</td> <td>⌚</td> <td>⌚</td> <td>⌚</td> <td>⌚</td> <td>⌚</td> <td>⌚</td> </tr> <tr> <td>Dakika</td> <td>30</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		Siku	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Saa za Kuanza	⌚ 8:15 ⚡	⌚	⌚	⌚	⌚	⌚	⌚	Hesabu mateke	👣	👣	👣	👣	👣	👣	👣	Saa za kumiliaza	⌚	⌚	⌚	⌚	⌚	⌚	⌚	Dakika	30						
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