

# CELEBRITY BABY BLOG

November 28, 2007

## 34 Weeks Pregnant: Babykick KickTrack- Kick Counter

My little girl kicks up a storm in my tummy! Especially during movies with car chases like "Hot Fuzz" - a hysterical, but violent British comedy. I want to make sure everything is fine with her, so I've started counting kicks. The Babykick Kick Track Kick Counter makes it a lot easier and helps me keep track of them.

Did you know healthy babies move 10 times in less than 2 hours? Most babies will have 10 movements in 30 minutes.

According to the company, "the kickTrak™ kick counter is a handheld device with only two buttons, one for kick counting and the other for elapsed time, recall and setup. The display shows kick number, pregnancy duration and tracks the days until the due date." To use it, all I had to do is press the "kick" button each time I feel the baby make a movement. It records the elapsed time between movements 1 to 10. After movement #10, the kickTrak™ plays "Twinkle, Twinkle, Little Star. It will record 10 ten-kick groups. I found this so simple to use and really helped me to be even more aware of my unborn daughter's movements. It will count down from the last 99 days in your pregnancy. I also really liked knowing how many days I had left (41 as of today!!). You can also delete a kick counting session if you become distracted or you didn't finish the session (so it isn't counted).

The reason why it only counts 10 ten-kick groups is that, according to the company, "You and your obstetrical provider are looking for changes in fetal movement patterns. If you notice a sudden or significant change in your baby's movement pattern, call your obstetrical provider immediately."

This device was created by Dr. Diep Nguyen, a board-certified obstetrician and gynecologist and mother of three. The website says, "The American College of Obstetricians and Gynecologists (ACOG) recommends kick counting as one of the methods to monitor pregnancy health. More than four decades of worldwide, scientific research emphasizes that the kicks, jabs, rolls, twists, and turns felt by expectant mothers are excellent indicators of their baby's well-being. Dr. Nguyen based the development of the kickTrak™ on that research and on the understanding that moms know best. kickTrak is a safe, non-invasive, ergonomic, handheld device designed for busy mothers to simplify kick counting and to keep a reliable record of their baby's movements. Visualizing significant changes allows moms to promptly alert their doctors of potential problems thus reducing the risk of stillbirth."

The company is also giving back. A portion of your purchase is donated to First Candle/SIDS Alliance and the Babykick Foundation. Both are nonprofit organizations dedicated to reducing stillbirth and fighting against infant mortality.

I think this product is a smart idea to monitor your baby's movements.

To learn more about the device or to buy, go to <http://www.babykick.com>.

