

Sample Lesson Plan for Childbirth Educators



OBJECTIVE:

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

MATERIALS (available at www.countthekicks.org):

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

ACTIVITIES:

(1 minute) Introduce the Count the Kicks Campaign using the How-To Video.

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

(1 min) Demonstrate how to access the Count the Kicks App, available at www.countthekicks.org and via app stores for smartphones and tablets

(5 minutes) Class downloads app & 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, 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 ten movements. The app is timing how long it takes your baby to get to ten kicks.
- Each baby is unique. Some will take less than 30 minutes, but others could take up to 2 hours.

- 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 ten movements).
- Knowing what is a normal amount of time for your baby is key. If "normal" changes, call your healthcare provider – this could be a sign of potential problems.
- The app will record the amount of time it took to get ten movements, or you can log your times into a Count the Kicks chart, available at www.countthekicks.org.
- Your kick counting history can be useful for visits with your healthcare provider.
- Keep counting every day!

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

- What should you do if you don't feel your baby move during the two hour period?
- You notice that normally your baby has taken 15-20 minutes to get 10 kicks, but today it has taken over two 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. If time allows, play "Baby Ruby's Story", available under the "Videos" tab on the website. Remind parents to always call their doctor with any concerns or questions.

www.CountTheKicks.org



Count the Kicks is a program of Healthy Birth Day, Inc.

