

“My baby boy is alive today because I knew how important it was to do a “kick count” every day during my last trimester. One evening, he had only moved once in an hour’s time, so I called my doctor. Danny was delivered by emergency c-section three hours later with the cord wrapped around his neck four times... he survived. Thanks First Candle! Jennifer, Nebraska”

# Kicks Count!

What your baby’s kicks are telling you is important. . .

Kick counting is a safe, simple way for you and your partner to bond with your baby and help reduce the risk of stillbirth. Learn how at [www.firstcandle.org/new-expectant-parents](http://www.firstcandle.org/new-expectant-parents).



• Helping Babies Survive & Thrive •

1.800.221.7437 | [www.firstcandle.org](http://www.firstcandle.org)

