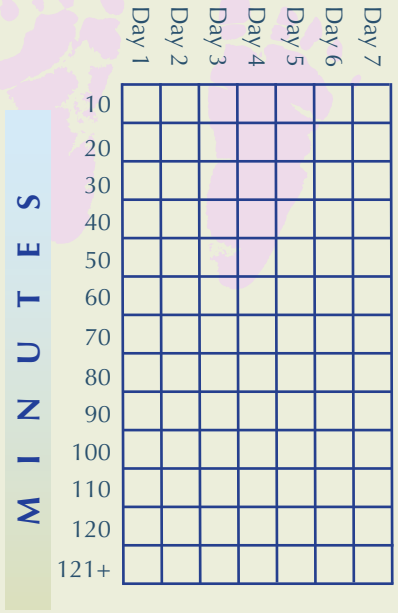
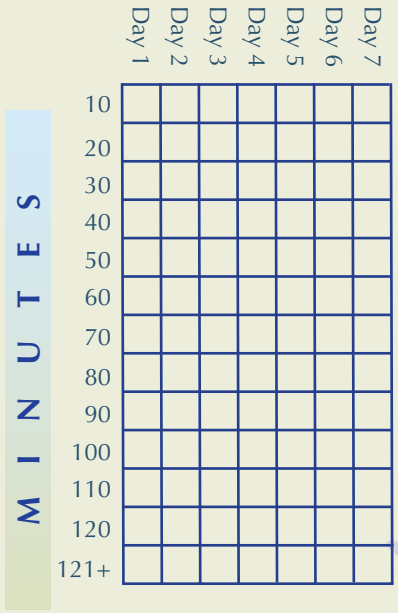


Week 33



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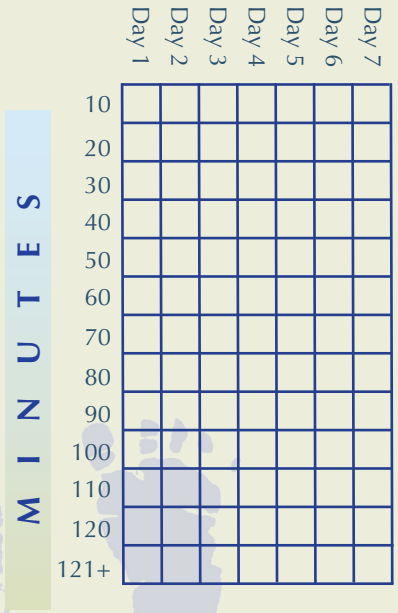

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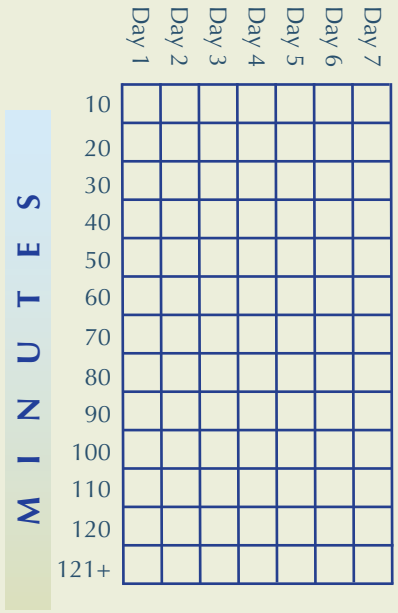

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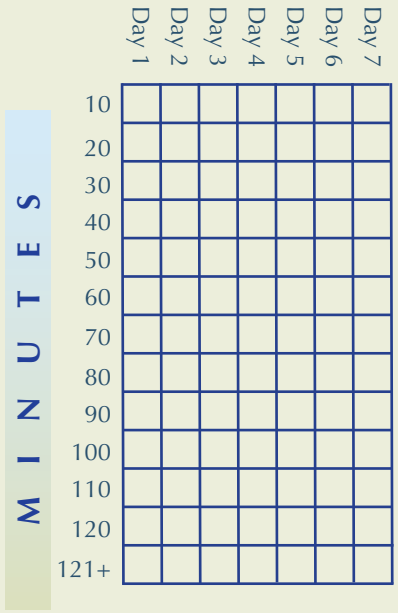
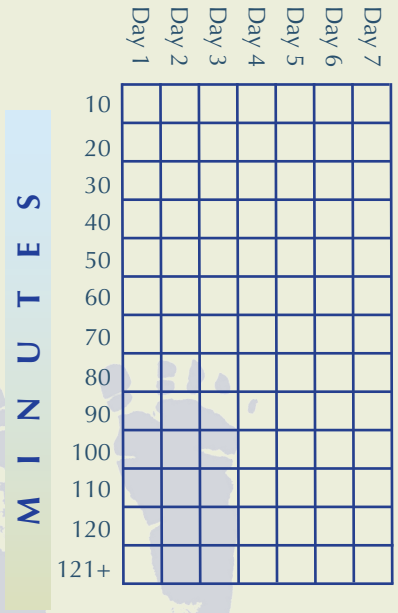


Week 37



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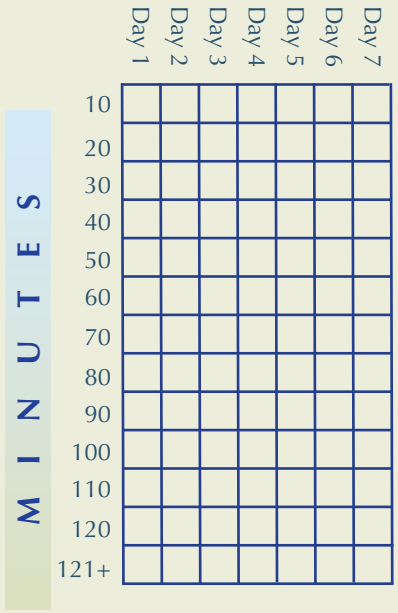
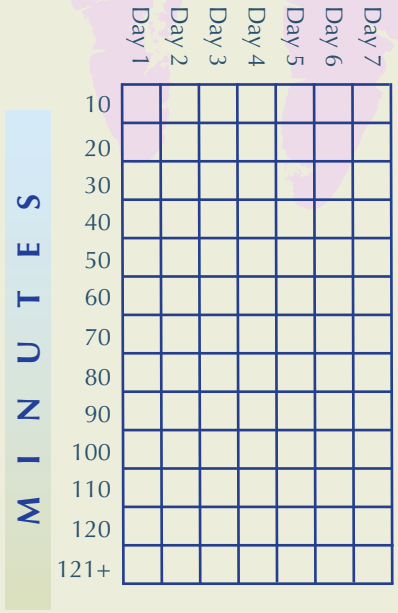
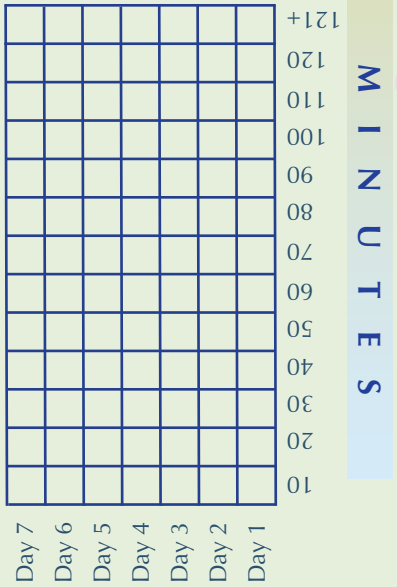


Week 39

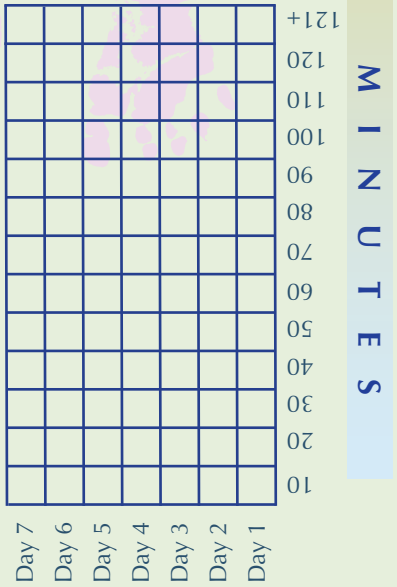


Week 40

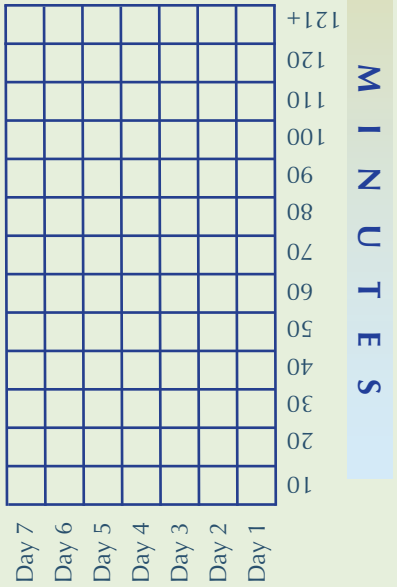
Week 32



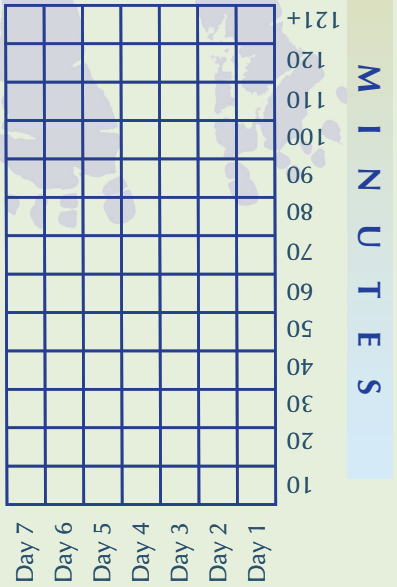
Week 31



Week 30



Week 29



See Me, Feel Me™
dedicated to stillbirth research & education

For additional information on kick counting and other important ways to monitor your pregnancy, please visit our website at:

www.seemefeelme.org

See Me, Feel Me is a project of The Star Legacy Foundation

is information is not intended to replace medical advice. Be sure to consult your doctor, midwife or health care team with any issues or concerns.

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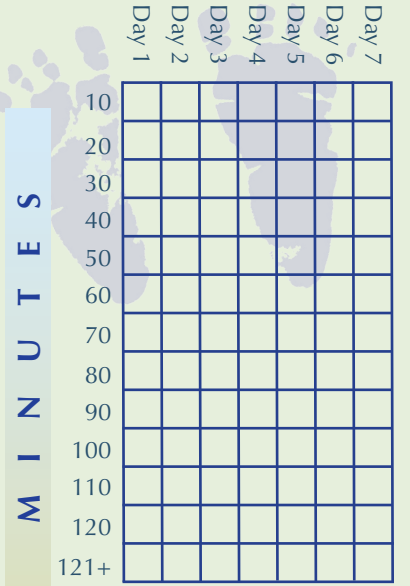
Kick Counting is one of the ways to effectively monitor your baby's well being. To tally "My Kicks Count™," be aware of and count each movement as you detect it. If you haven't felt at least 4 or 5 movements by the end of an hour, redo the count by lying on your side and begin counting the movements again. Include all movements such as punches, rolls and swooshes ~ any definite movement you feel other than hiccups! If, after redoing the kick count, you still don't detect 10 movements within 2 hours, you detect an unusual increase or decrease in your baby's activity level, or you notice any sudden changes in your baby's movement, call your doctor, midwife or health care team as it may mean your baby is in distress. If you cannot reach your doctor, midwife or health care team, a quick trip to the hospital to have your baby checked is the safest course of action.



Week 28