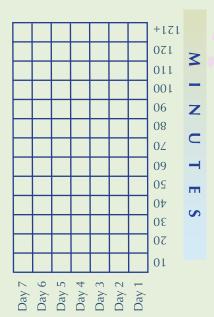
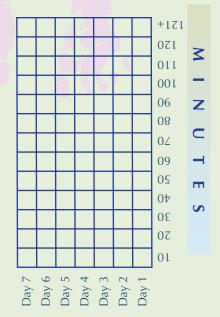


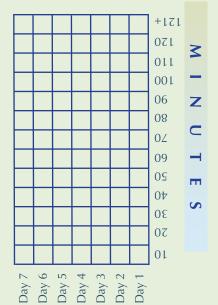
Week 31

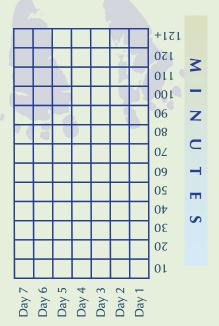
Meek 30

Week 29











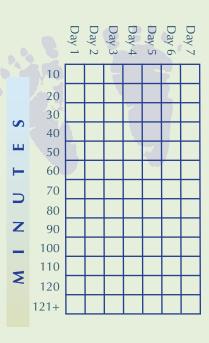
For additional information on kick counting and other important ways to monitor your pregnancy, please visit our website at:

www.seemefeelme.org

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Kick Counting is one of the ways to effectively monitor your baby's well being. To tally "My Kicks CountTM," 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 as it may mean your baby is in distress. If you can't reach your doctor, a quick trip to the hospital to have your baby checked is the safest course of action.



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Week 28