



November 7, 2007

Mommy Must Haves!

kickTrak

Count kicks for peace of mind!

One of the most wonderful parts of being pregnant is when you can feel your baby kick. And from a medical viewpoint, fetal movement is an excellent indicator of a baby's well-being. Kick counting is when a mother tracks and documents fetal movements during the third trimester. The babykick kickTrak is a non-invasive hand-held device to help expecting moms keep track of their baby's movements without the use of paper and pen or relying on memory.

Designed by an obstetrician, the kickTrack can help pregnant women record their baby's movements with just one click. Each tracking session is automatically stored and easily recalled helping you track the progress of your pregnancy. This is a great way for you to bond with your baby while he/she is still in your womb. kickTrak can help you maintain a reliable record of fetal movement. A decrease or change in fetal movements can indicate a potential problem and should be discussed immediately with your healthcare provider. The kickTrak also counts down the last 99 days of pregnancy and can time contractions when labor begins. kickTrak is recognized by the American Pregnancy Association as a safe and simple device for expectant women to track the health of their pregnancy and is bilingual in English and Spanish.

Mom Tip: Life can get busy and it's only going to get more hectic once you have the baby. Take the time each day to bond with your baby and keep track of fetal movements throughout your pregnancy. However, remember that each baby and every pregnancy are different and therefore kick counting can differ for the same mom. Contact your healthcare provider to learn more about kick counting or if you notice a change in your baby's fetal movement patterns.

Cost: \$59.95

