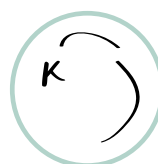
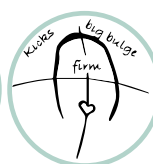
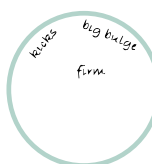
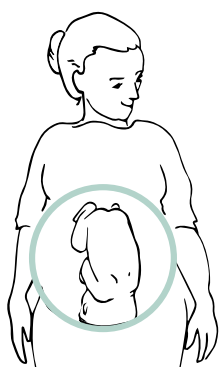




Estimating Baby's Position

from Gail Tully, creator of the Belly Mapping® Method



Feel your belly. Write what you feel on a map of your belly.

Kicks are right, back is left. Your belly button is center!

KEY PARTS TO FEEL FOR:

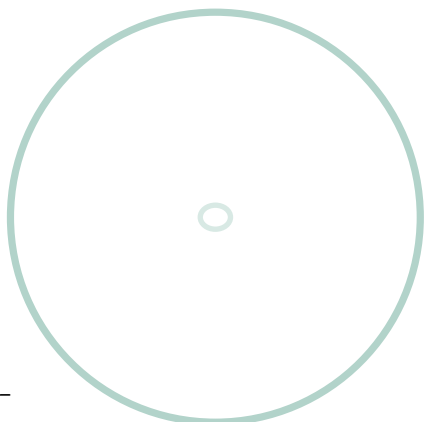
firm back, bulging bum, big kicks, little wiggles

ASK:

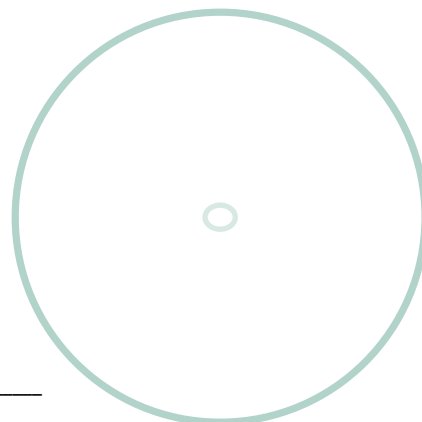
Where's the heartbeat?
Where's the head?

Now, it's your turn!

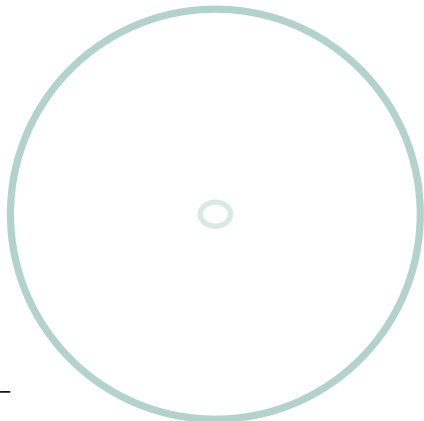
DATE:



DATE:



DATE:



DATE:

