



The Belly Mapping[®] Method Template

Position Name

1. _____ 2. _____ 3. _____

Date ____ / ____ / ____

**Here is what I
feel in my
upper right side**

**Here is what I
feel in my
upper left side**

Your navel may
be higher or
lower than the
center. This
depends on the
size of your
uterus.

**Here is what I
feel in my lower
right side**

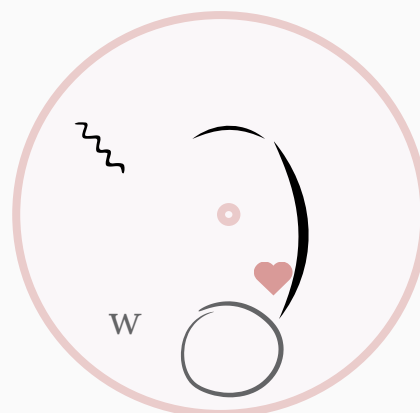
**Here is what I
feel in my
lower left side**

Make lines to show the parts of your baby
that you can feel. The left side of your belly
appears on the right side of your paper.

Step One: Map the Kicks and Wiggles

- 1. Draw a line for the firm, smooth back.
- 2. A curve for the bulge at the top.
- 3. A zigzag or letter “K” for a kick.
- W 4. A “w” for a wiggle (a softer “kick” area).
- ♥ 5. Place a heart in the area where you or
your caregiver hears the baby's heartbeat.
- 6. Make a circle for the baby's head.

Your caregiver can help you find the head.



A sample map. The large line on
the left marks baby's back (we see
it on our right). The kicks are in
the upper right. A “W” shows
where the hand wiggles. There is
a light gray, curved line for the
head that was felt deep in the
abdomen with the midwife's help.