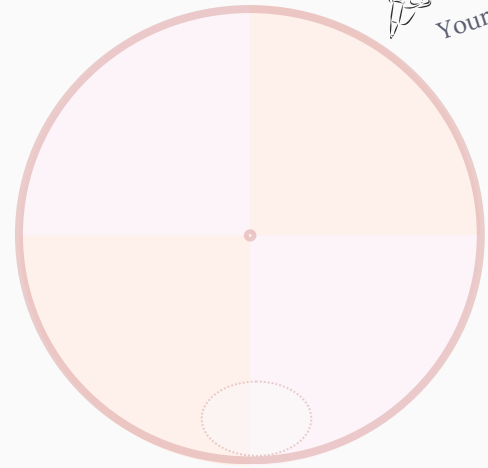
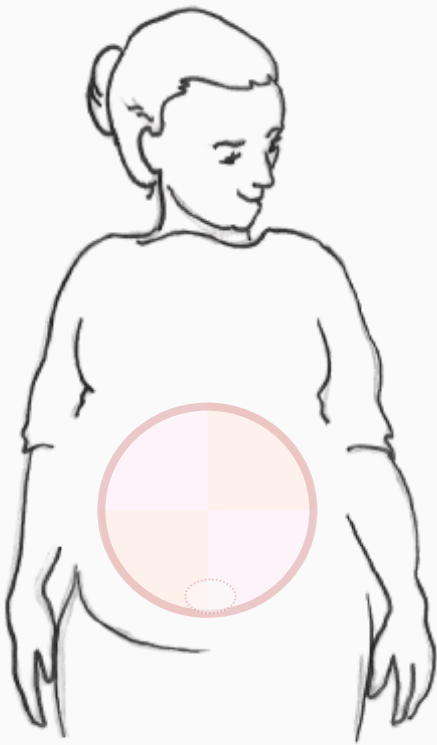
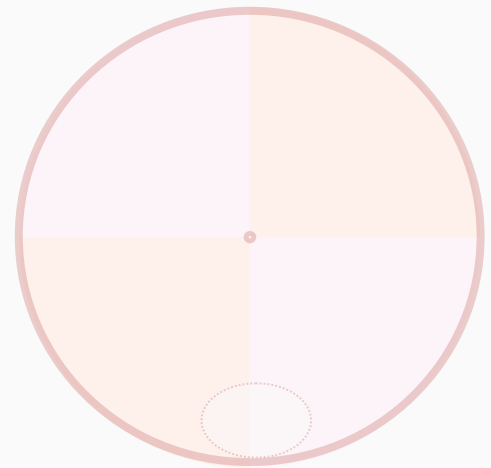


Tracking Baby's Position Changes

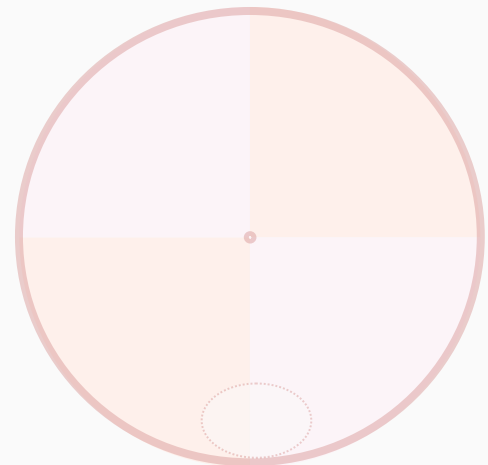
Compare your maps over time on this page. Taking time to make a series of maps can be a great help in **Step 2** (see page 37). The dates of your maps track position changes over time. Baby's position will not have changed significantly unless the back changes sides or head changes from top to bottom, for instance.



Date _____



Date _____



Date _____

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.
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.