

Your Turn

This template is for your first try. Scan to [download](#) and print a PDF.



These key questions are your primary guide to fill in your map.

1. Is one side of your baby harder, smoother?

Draw a line marking the outline of the edge of that firm, solid part of the baby.

2. Do you find a bulge at the top? The edge of your baby's body at the top? It may shift or slide occasionally, rising up. Where is it, now?

Draw a curve there.

3. Where do you feel your baby's feet?

Put "K's" for the strongest kicks.

4. Where do you feel your baby's hands?

Write little "W's" on the exact location(s). Do they go near the dotted circle?

5. Can you remember where you or your provider heard baby's heartbeat?

Draw a little heart on that location.

6. Do you know where your baby's head is?

Put a circle for the baby's head. The head may be under the dotted circle.

Try This Practice Map

Key to the Markings:

- (1. Draw a line for the firm, smooth back.
- 2. A curve for the bulge at the top.
- K 3. A zigzag or letter "K" for a kick.
You may have two areas for "K's"
- W 4. A "w" for a wiggle. Are there wiggles in the dotted circle?
- ♥ 5. Add a heart, if you know where it was heard.
- 6. If you find baby's head, make a circle there.

