

You could soon be receiving a survey from **Pregnancy Risk Assessment Monitoring System (PRAMS)** from Iowa HHS!

Your answers play an important role in helping Iowa moms and babies!





Count
the Kicks®

Tell Your Friends!

Now that your baby is here, you can help other expecting parents meet their babies too. Just share the power of *Count the Kicks*.

A change in a baby's movements in the third trimester is often the first indication that an expecting mother needs to seek medical help for her baby. By sharing the importance of counting kicks, you're educating parents—and helping to save babies.

Tell your friends about the free *Count the Kicks* app and encourage them to start counting kicks today.



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countthekicks.org