

Note: This is Online Appendix 2 of Dlamini TM, Dlamini S. Perspectives of pregnant women on maternal health information handouts at KwaZulu-Natal sub-district. *Afr J Prim Health Care Fam Med*. 2024;16(1), a4158. <https://doi.org/10.4102/phcfm.v16i1.4158>

Online Appendix 2: Handouts

Foetal kick count charts

Foetal Movement Chart (use only when indicated)

[illegible]

Foetal movements should be counted and recorded on the chart over a period of an hour per day after breakfast. The person should preferably rest on her side for this period.