



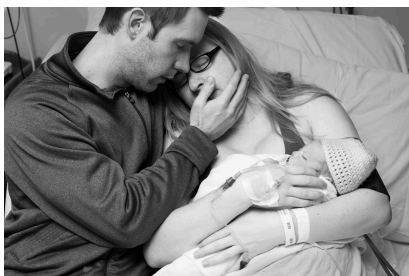
Pregnancy After Loss Support

5201 Overlook Dr.
Bloomington, MN 55437
PregnancyAfterLossSupport.org
info@pregnancyafterlosssupport.org

March 22, 2024
Health and Human Services Committee
Minnesota Senate Building
95 University Ave, St Paul, MN 55155

Dear Chair Wiklund and Esteemed Members of the Committee,

I am writing to earnestly request your steadfast support for SF 1303, which advocates for the implementation of a Count the Kicks pilot program in the state of Minnesota.



In 2012, my world shattered with the stillbirth of my first child, Nora, at 40 weeks and 4 days into an otherwise healthy pregnancy. In the harrowing hours preceding her birth, I noticed a change in Nora's movements—subdued and sporadic. Regrettably, I hesitated to seek medical assistance that night, influenced by the erroneous belief that fetal activity wanes before birth. Had I been educated about the Count the Kicks protocol during my pregnancy, perhaps Nora would be cradled in our arms today. This is why I passionately appeal to you to allocate funding for this crucial pilot program. Equipping

expectant parents with the knowledge to monitor fetal movement can prevent other families from enduring the anguish that we faced with Nora's untimely passing.

Since Nora's heartbreaking loss, I have transformed my personal tragedy into a professional mission. In 2014, I founded [Pregnancy After Loss Support](https://pregnancyafterlosssupport.org), a national non-profit dedicated to supporting those navigating subsequent pregnancies following a loss or infant death. We often collaborate with Count the Kicks in other states, where their preventative protocol has demonstrated significant reductions in stillbirth rates. Simultaneously, I pursued a career as a psychotherapist specializing in perinatal loss in Minneapolis. Through both my local therapeutic practice and national non-profit, I have witnessed the profound empowering impact of education—no matter how challenging the subject matter—on expectant parents.

Drawing upon my personal journey, professional endeavors, and national leadership, I implore you to champion SF 1303. By implementing a Count the Kicks pilot program in Minnesota, we can empower and safeguard hopeful families across our state as they embark on the profound journey of parenthood.

Thank you for your unwavering dedication to advancing maternal and infant health in Minnesota—a testament to our state's continued commitment to families.

Warm regards,

Lindsey M. Henke, MSW, LICSW
Bloomington, Minnesota
Nora's Mom
Executive Director of [Pregnancy After Loss Support](https://pregnancyafterlosssupport.org)