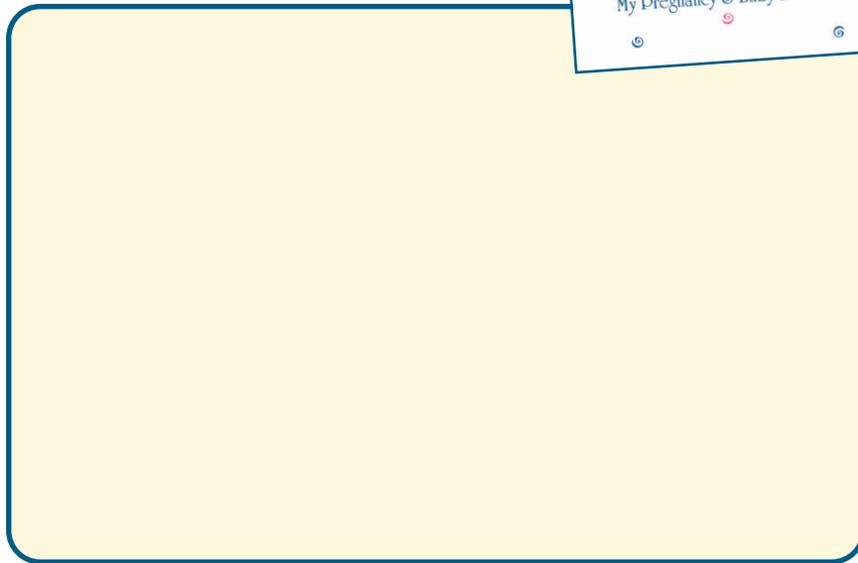
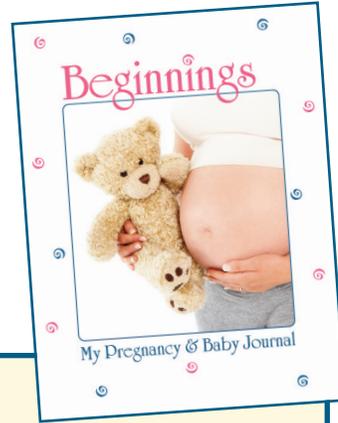


Beginnings



My Pregnancy & Baby Journal

This journal
belongs to:



Yes it's true...

I first thought I was pregnant when:

I found out for sure when:

The first people I told were:

I celebrated by:

I felt:

I'm expecting

My due date is:



Things that I notice...

My feelings:

My energy level:

My skin, hair & body:

Sickness (if any):

My appetite:

Food I am craving:

Food I can't stand:



Details about my progress...

When I first started to show:

When I had my ultrasound:

When I first felt the baby kick:

The first person I let feel the baby move:

Baby hiccups and other funny things:

Things that I had to get used to:

Early contractions:



Taking care of me...

What I do to pamper myself:

What I do to stay fit:

What I do to eat healthy:

My special treat:

How I am sleeping:

What I do to relax:

Who is helping me:



Labour of love...

Baby's name:

Date of birth:

Time of birth:

Hours in labour:

Weight:

Length:

Eye colour:

Hair colour:

Birthmarks:

Baby resembles:

How:

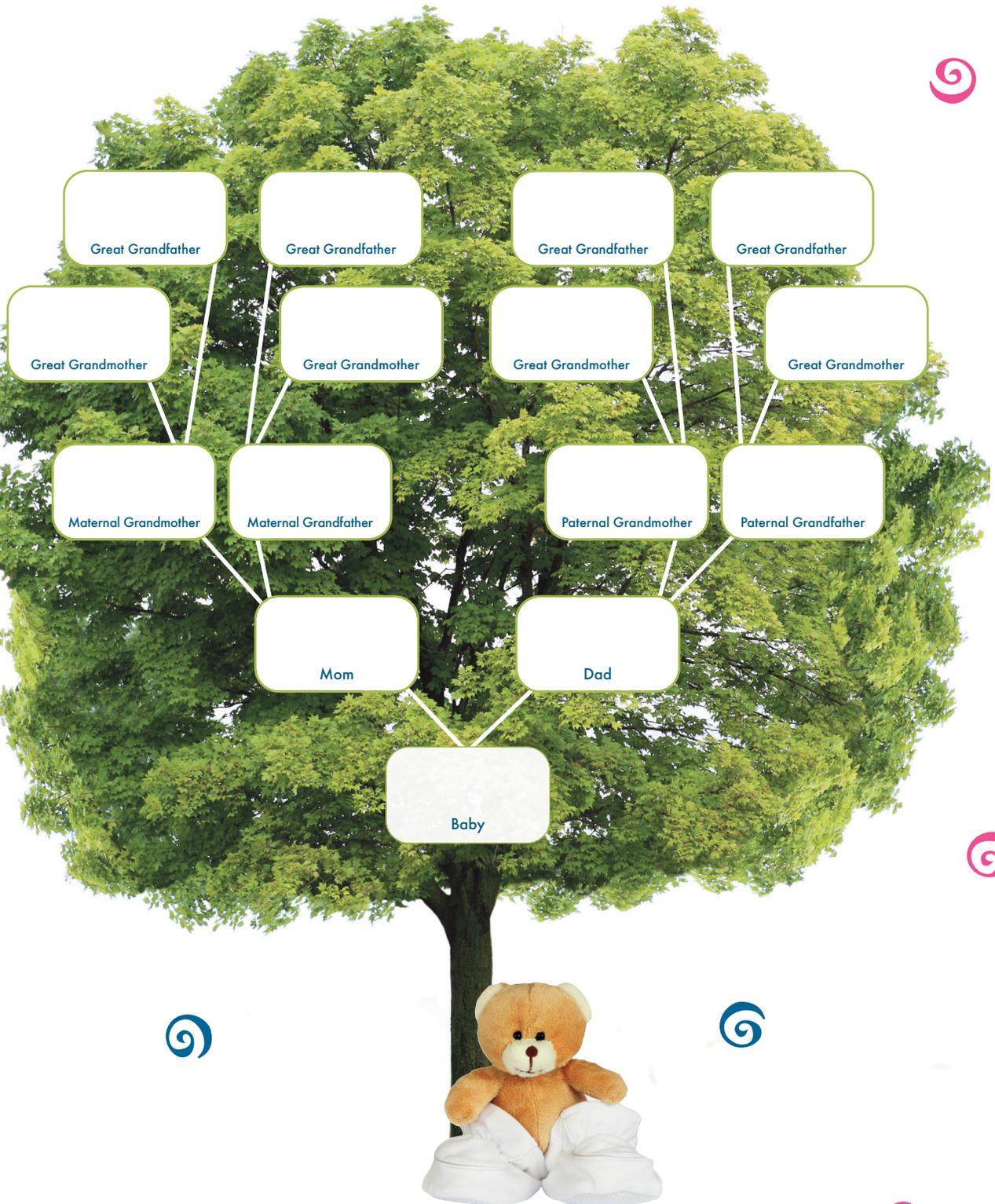
Who was with me:

Most memorable moment during labour:

I felt:



Our Family Tree...



Baby steps...



Our trip home:

Our first night at home went:

How we are all adjusting:

How mom and baby are adapting to breast feeding:

Memorable moments:

Baby's firsts...

Milestone	Date	Age	Comments
Umbilical cord falls off			
Smiles			
Sucks thumb			
Bath			
Sleeps through the night			
Plays with feet			
Rolls over			
Claps			
Drinks from a bottle			
Holds bottle on own			
Begins solid food			
Drinks from a cup			
Crawls or creeps			
Sits up alone			
Waves bye bye			
Stands up			
First steps			
Makes sounds			
First words			
First tooth			
Child Care			
Toilet trained			
Moved to big bed			
First play date			
Best Friend			
Started Kindergarten			



Things I want to tell my baby..

A large, empty rectangular box with a light yellow background and a dark blue border, intended for writing a message to a baby.



The End
(Just Another Beginning)



Compliments of

