

Memorable Moments From Pregnancy

How I First Found Out You Were in Mommy's Tummy:

How We Told Loved Ones About You:

What We Did to Prepare for You:

2

Special Gifts We Received for You:

My Favorite Part About Having You in Mommy's Tummy:

I First Felt You Move:



Names We Thought About Giving You:

Love at First Sight

Date of Your Birth: / /

Time of Your Birth:

Your Weight:

Your Height:

Where You Were Born:\_\_\_\_\_

Who Was Present at Your Birth:

My Thoughts and Feelings When I First Met You:



#### What I Remember Most From The First 24 Hours of Your Life:

Your First Feeding:

Your First Bath:

#### Your First Ride in the Car:

https://mamarissa.com/

6

Your First Time Being Held By Family Members:



Your Height:\_\_\_\_\_

Doctor Appointments:

What Your Eatin	g Was Like:	

Memorable Milestones:

## Challenging Moments:

#### 9



Your Height:

Doctor Appointments:

What You	r Eating Was Like:

Memorable Milestones:

## Challenging Moments:

#### 11



Your Height:

Doctor Appointments:

What Your	Eating Was Like		
		12	 

Memorable Milestones:

## Challenging Moments:

#### 13



Your Height:

Doctor Appointments:

What Your	Eating Was Like:
	14
	https://mamarissa.com/

Memorable Milestones:

## Challenging Moments:

#### 15



Your Height:

Doctor Appointments:

			 ,
What You	<b>Eating Was L</b>	Pike:	
		16	

Memorable Milestones:

## Challenging Moments:

#### 17



Your Height:

Doctor Appointments:

Julat Vous Sloop Julas Pilas

		· ·
What Yo	ur Eating Was Like:	
What Yo	ur Eating Was Like:	
What Yo	u <b>r Eating Was Like:</b> 18	

Memorable Milestones:

## Challenging Moments:

#### 19



Your Height:

Doctor Appointments:

What You	r Eating W	as Like:			
			20		

Memorable Milestones:

## Challenging Moments:

#### 21



Your Height:

Doctor Appointments:

 $9.11 \cdot 191 \cdot 01 \cdot 9.1 \cdot 9.1$ 

What Your	Eating Was Like:	
What Your	Eating Was Like:	

Memorable Milestones:

## Challenging Moments:

#### 23



Your Height:

Doctor Appointments:

 $9.11 \cdot 191 \cdot 01 \cdot 9.1 \cdot 9.1$ 

				·
				·
What You	a Eating Was	Like:		
What You	a Eating Was	Like:		
What You	a Eating Was	24	,	

Memorable Milestones:

## Challenging Moments:

#### 25



Your Height:

Doctor Appointments:

		,
		i
What You	Eating Was Like:	
What You	Eating Was Like:	
What You	Eating Was Like: 26	

Memorable Milestones:

## Challenging Moments:

#### 27



Your Height:

Doctor Appointments:

What You	r Eating Was L	Pike:	
		28	

Memorable Milestones:

## Challenging Moments:

#### 29



Your Height:

Doctor Appointments:

 $9.11 \cdot 191 \cdot 01 \cdot 9.1 \cdot 9.1$ 

				 	,
				 	,
What You	r Eating Wa	s Like:			
			30		

Memorable Milestones:

## Challenging Moments:

#### 31



Where We Celebrated:

Who We Celebrated With:



## The Gifts You Received:

Your Party Theme:

Your Favorite Part:



More Firsts to Remember

Your First Smile:

Your First Laugh:

Your First Coo: 34 https://mamarissa.com/

Your First Time Sitting Up:

Your First Time Crawling:

## Your First Time Pulling Up to Stand:

Your First Time Standing Unassisted:

35

Your First Steps:

Your First Tooth:

#### Your First Word:

36

#### Your First Illness:

Your First Vacation:

## Your First Time in a Restaurant:

Your First Time Away From Mommy:

Your First Holidays:

#### 38

## My favorite Memories From Your First Year







