

❖ YOU'RE HERE! ❖



I began going into labor

on this date _____ around this time _____

Where I was _____

How I realized it was happening _____

I headed to the hospital around _____

The labor lasted _____

Some stuff I did to keep distracted through
early labor _____

Some stuff I did to get through late labor _____

More memories about the birth experience _____

You were born at this time _____

on this date _____

Hospital name and place _____

You were _____ pounds, _____ inches long

Your head's circumference _____

Your eyes _____ and your hair _____

You reminded me of _____

The full name I gave you _____

And this was why I chose it _____

Some nicknames I had for you _____

People say you looked like _____

The doctor/midwife who delivered you _____

Some other helpful people _____

When I first met you, I thought _____



You looked _____

Your first visitors at the hospital _____

Other visitors _____

Some gifts they brought you _____

My first meal after giving birth _____

It tasted _____

You came home with me on _____

You wore _____

The first thing I did when I got home with you

Our first night home was _____

We slept _____

