



You're Having a Baby

Your Experience of Beginning a New Family

Immediately after the Birth (*Pregnancy, Childbirth, and the Newborn* [PCN] pages 264-71, *The Simple Guide to Having a Baby* [SG] pages 102-05)

What were your first thoughts and feelings after the birth? What was happening? _____

Baby's First Day

What did your baby look like? _____

What did your baby do? _____

What were the most challenging parts of the day? _____

The funniest? _____

The sweetest? _____

Introducing Your Baby to Your Community

Who were the first people you told about the birth? _____

Who were your baby's first visitors? _____

Were there gifts for you or your baby? _____

Introducing Your Baby to the World

What was it like going home for the first time? _____

