



You're Having a Baby

Your Experience of Finding Out about Your Baby

How did you find out you were pregnant? _____

Who did you tell first? How did they react? _____

Calculating your due date (*Pregnancy, Childbirth, and the Newborn* page 36, *The Simple Guide to Having a Baby* page 4.)

Standard Formula	Sample	Your Due Date
Date of first day of your last period (LMP)	April 15	
Minus 3 months	January 15	
Plus 7 days to get your due date	January 22	

Have you been given other due dates? (for example, from ultrasound dating) _____

It's normal for a baby to be born anywhere from two weeks before to two weeks after the due date. Write those dates here, so you remember that your baby might be born any time between _____ and _____.

Connecting to your baby

When did you first hear the heartbeat? (Typically occurs after twelve weeks with Doppler stethoscope.) _____

When did you first feel your baby move? (Typically occurs after eighteen weeks.) _____

When was the first time someone else could feel your baby move? _____

