

# All about me

Use this to write down information about your baby and his/her time in the NICU. Record your baby's milestones, people who visited the NICU, information about his/her family and more. Save these pages as a keepsake.

## My birth

My name \_\_\_\_\_

My name is special because \_\_\_\_\_

The hospital where I was born \_\_\_\_\_

My nickname \_\_\_\_\_

My eyes \_\_\_\_\_

My birth date \_\_\_\_\_

My hair \_\_\_\_\_

My time of birth \_\_\_\_\_

What I looked like \_\_\_\_\_

My birth weight \_\_\_\_\_

\_\_\_\_\_

My length \_\_\_\_\_

\_\_\_\_\_

My birth story \_\_\_\_\_

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## My family

My parents' names \_\_\_\_\_

My brothers' and sisters' names \_\_\_\_\_

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My grandparents' names \_\_\_\_\_

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## **My first days**

What they were like \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Who was with me \_\_\_\_\_

\_\_\_\_\_

Who I met \_\_\_\_\_

\_\_\_\_\_

## **Special people in the NICU**

Special nurses who took care of me \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Special doctors who took care of me \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Other special people I met \_\_\_\_\_

\_\_\_\_\_

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## Important moments during our NICU stay

What happened? \_\_\_\_\_

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## About me

Who I look like \_\_\_\_\_

What I like \_\_\_\_\_

\_\_\_\_\_

What I don't like \_\_\_\_\_

\_\_\_\_\_

What I do that makes my parents smile \_\_\_\_\_

\_\_\_\_\_

My favorite sound \_\_\_\_\_

My favorite story book \_\_\_\_\_

My favorite sight \_\_\_\_\_

My favorite toy \_\_\_\_\_

My favorite touch \_\_\_\_\_

My favorite neighbor \_\_\_\_\_

## Fabulous firsts

When I opened my eyes \_\_\_\_\_

When I looked at my parents \_\_\_\_\_

When I no longer needed (equipment) \_\_\_\_\_

When I no longer needed (medicine) \_\_\_\_\_

When I used a bottle to feed \_\_\_\_\_

When I breastfed \_\_\_\_\_

When I was held by my parents \_\_\_\_\_

When I did kangaroo care \_\_\_\_\_

When I had a bath \_\_\_\_\_

When I wore clothes \_\_\_\_\_

Other firsts \_\_\_\_\_

\_\_\_\_\_

I was in the NICU for \_\_\_\_\_ days

Special moments \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_