



Baby's full name: \_\_\_\_\_

Birth date: \_\_\_\_\_

Birth time: \_\_\_\_\_

Birth location: \_\_\_\_\_

Baby's birth weight: \_\_\_\_\_

Baby's birth length: \_\_\_\_\_

Baby's doctor: \_\_\_\_\_

Baby is loved by: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Hello baby! **You are precious to me already.**  
**I can't wait to meet you.**

Here is what I am eating so you can be strong:

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Here is what I am doing to be active every day:

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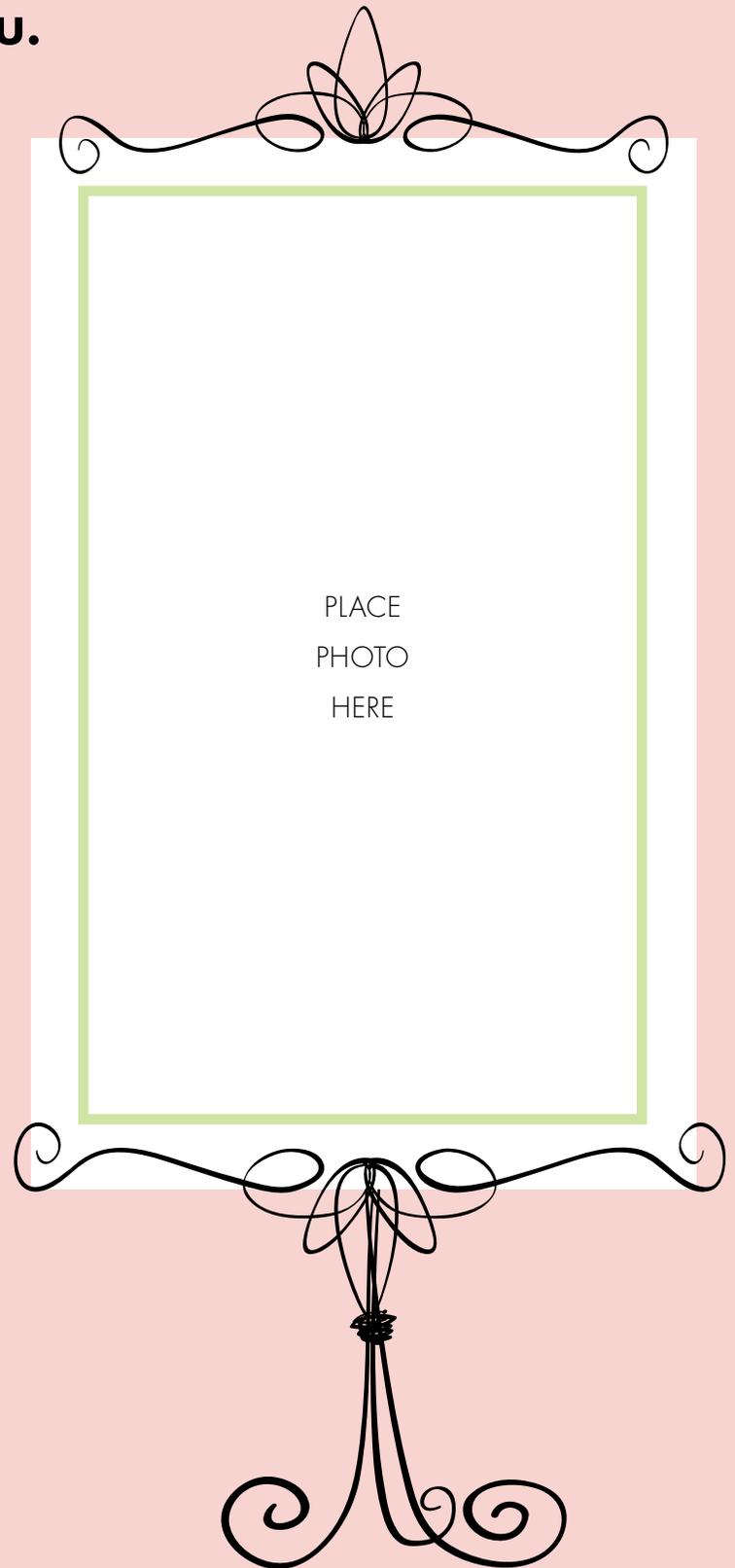
These foods are causing problems for me:

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These are the foods I crave:

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I know you will be very hungry when we first meet. Here is how I will feed you:

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I feel my weight gain is:

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Here is how I'm taking care of me so I can be a great mom for you:

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I am protecting you by avoiding these things:

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Here are memories I will always cherish about you at this age:

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Hello baby! **Our bond is getting stronger every day. I love the way you look at me when we are breastfeeding and hope you can feel my love for you.**

This is how I feel when we breastfeed:

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I know you are hungry when you:

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I know you are full when you:

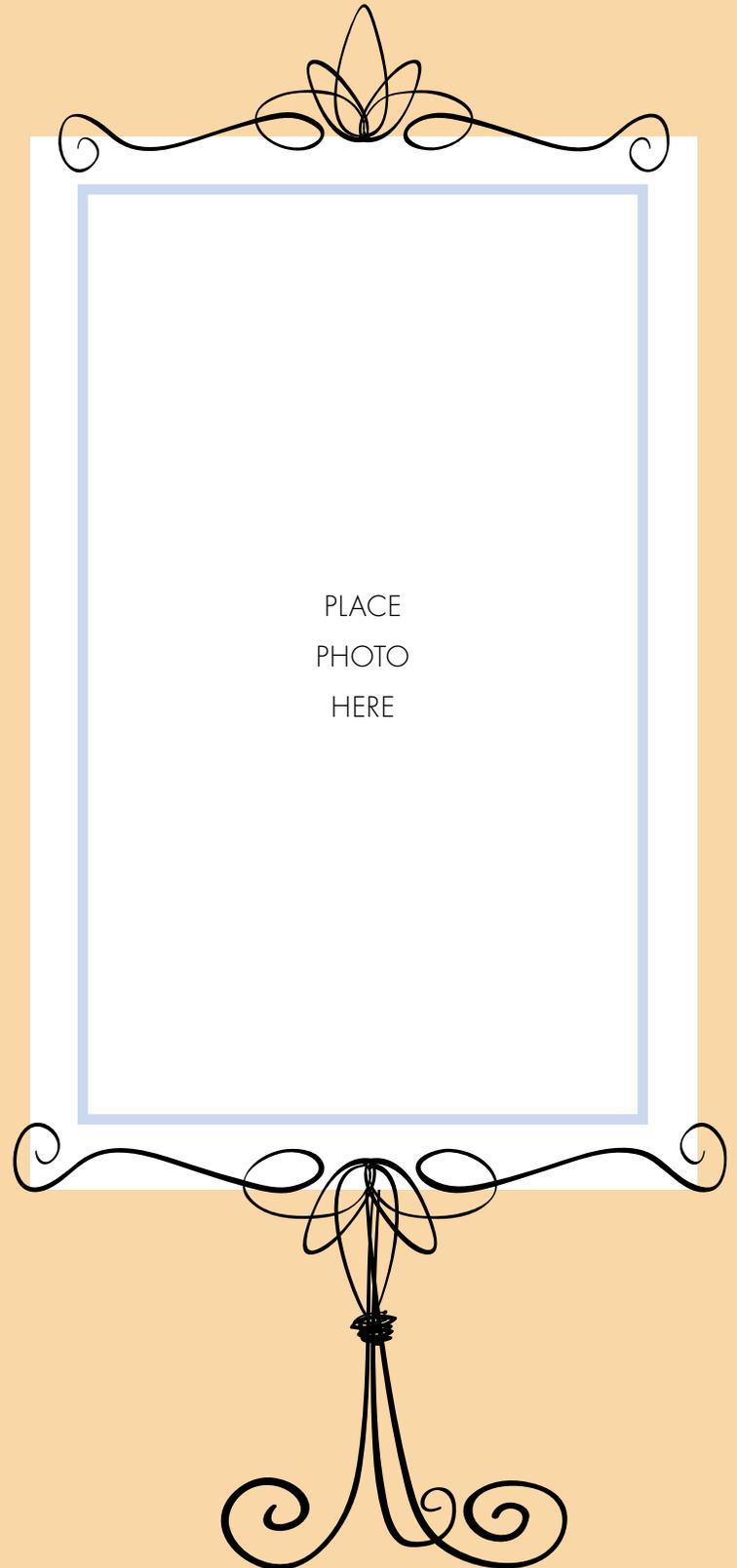
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We breastfeed \_\_\_\_\_ times per day.



I pump my breastmilk for you when I have to go to:

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These foods cause problems for you and me:

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I will give you other foods when you are:

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I protect you by avoiding:

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Here is what I am doing every day to be active:

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Here is how I'm taking care of me so I can be a great mom to you:

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Here is what I am eating so you can be strong:

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Here are memories I will always cherish about you at this age:

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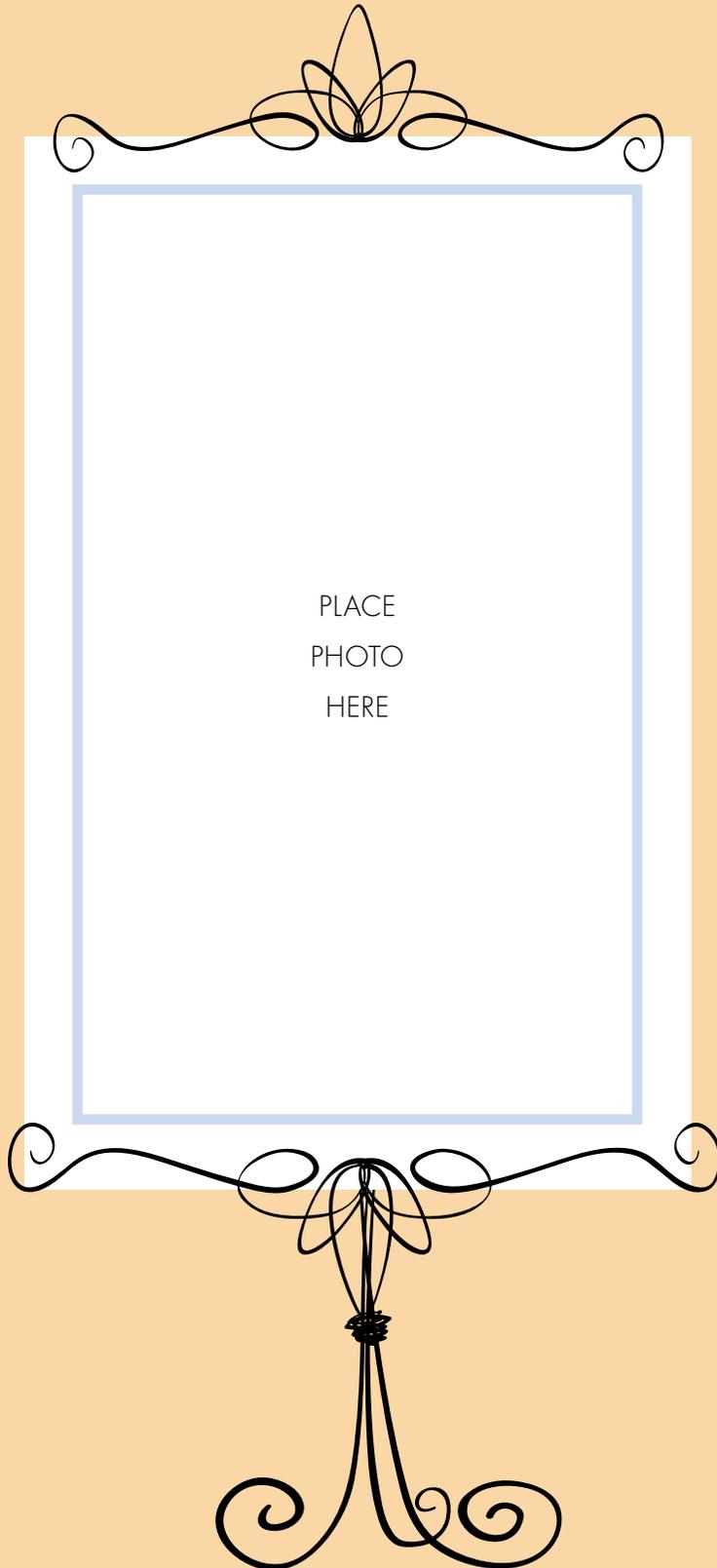
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Hello baby! **Our bond is getting stronger every day. I love the way you look at me when you are eating and hope you can feel my love for you.**



This is how I feel when I hold you to feed you:

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I know you are hungry when you:

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I know you are full when you:

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I feed you about \_\_\_\_\_ times per day.

This is the type of formula I give you:

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Here is what I am eating so I can keep up with you:

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I will give you other foods when you are:

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Here is how I'm taking care of me so I can be a great mom to you:

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Here is what I am doing every day to be active:

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Here are memories I will always cherish about you at this age:

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Hello baby! **You continue to amaze me! Your smiles touch my heart and make me love you even more.**

This is how I feel when I hold you to feed you:

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I know you are hungry when you:

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I know you are full when you:

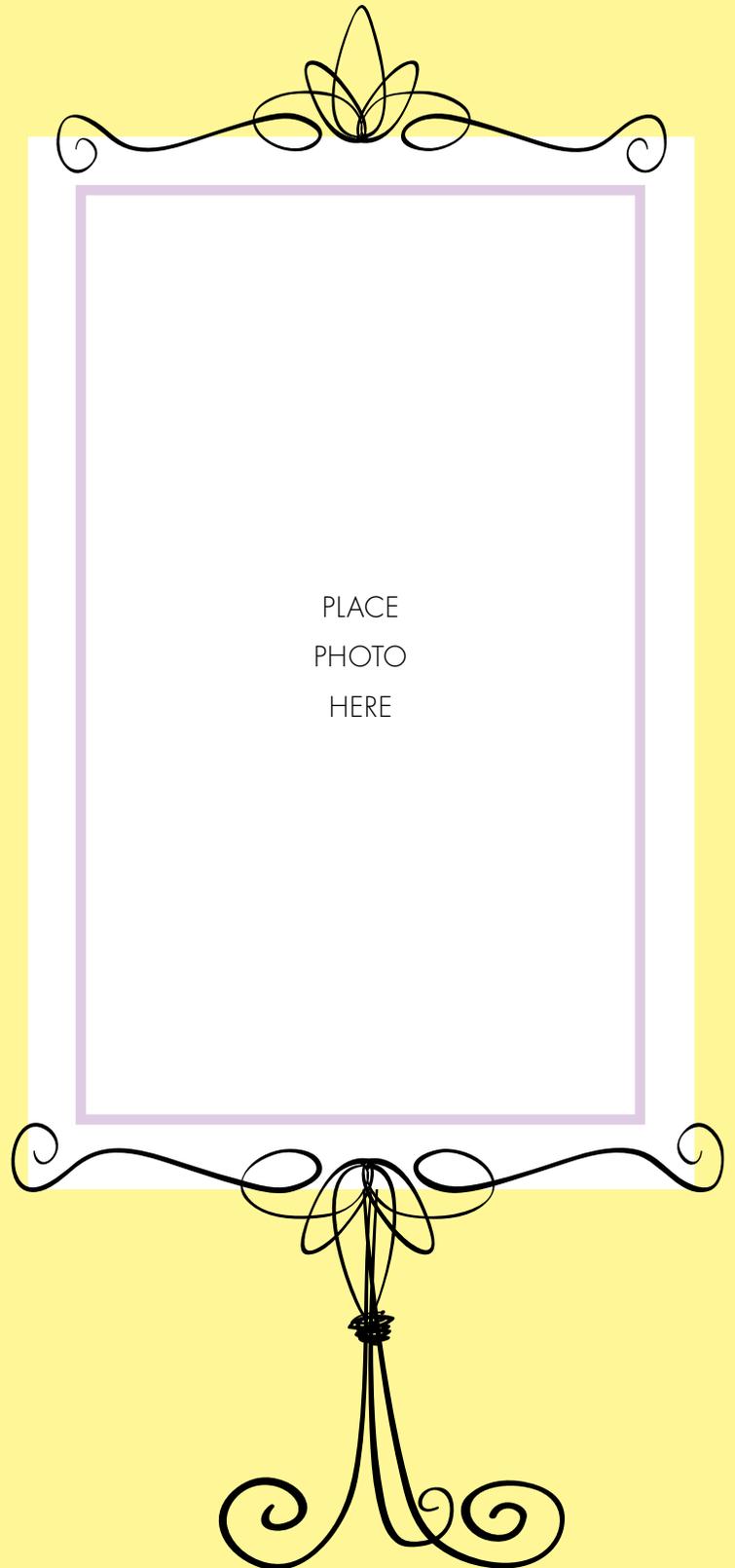
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I feed you about \_\_\_\_\_ times per day.



You are in for a big surprise soon! I will offer you cereal for the first time when I notice you can:

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Here is how I'm taking care of me so I can be a great mom to you:

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Here is what I am doing every day to be active:

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Here are memories I will always cherish about you at this age:

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Here is what I am eating so I can keep up with you:

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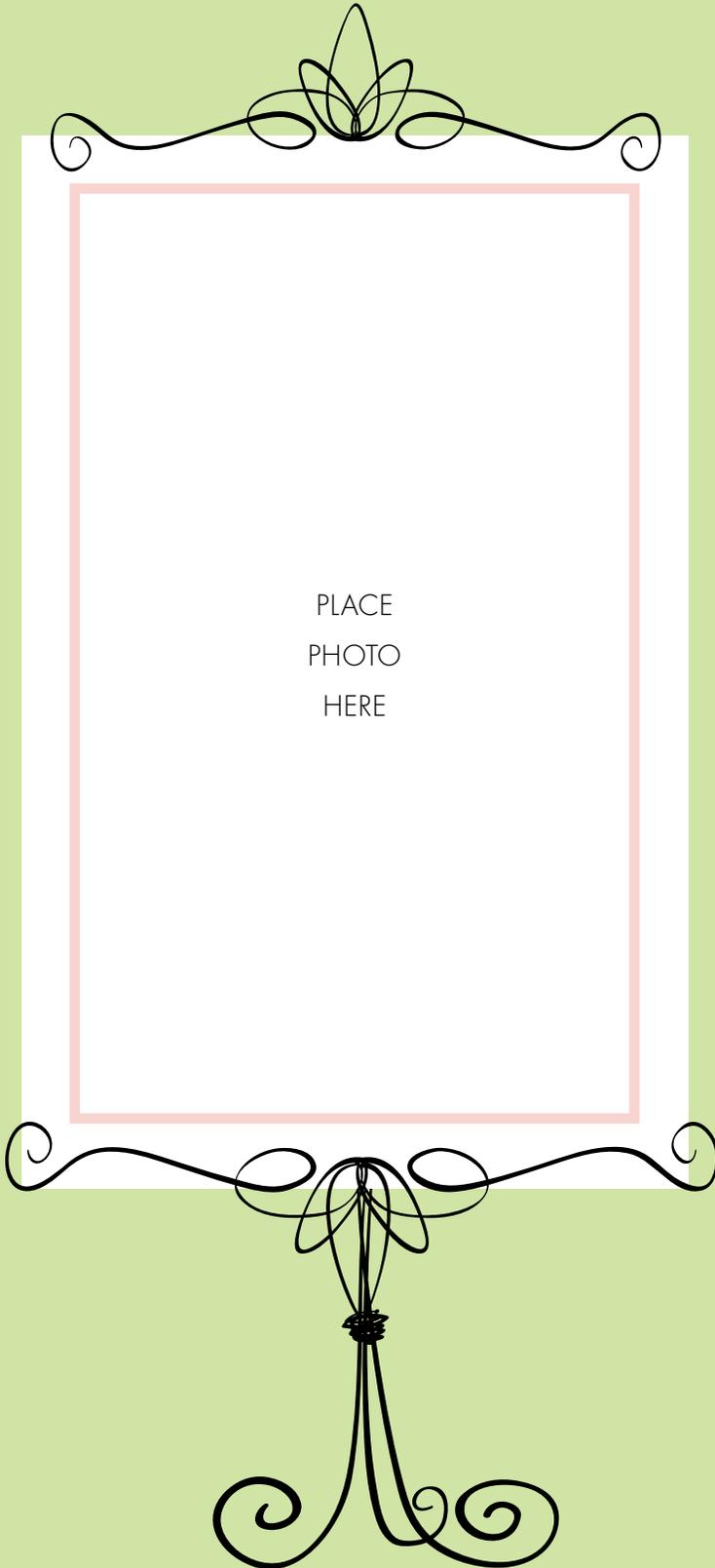
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Hello baby! **Our love is getting stronger everyday! Our feeding time is precious to me.**



Your reaction to eating cereal for the first time was:

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Here is what you thought of using a spoon for the first time:

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Here is how I know you are hungry:

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Here is how I know you are full:

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These are the new foods I offer you now that you have adjusted to eating rice cereal:

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You are eating these strained or pureed vegetables and fruits now:

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This is how you look when you are eating a new food for the first time:

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These people love to help me take care of you:

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I still give breastmilk or formula \_\_\_\_\_ times a day.

These are the new foods that I look forward to you trying in the next few months:

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Here is how I'm taking care of me so I can be a great mom for you:

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Here are memories I will always cherish about you at this age:

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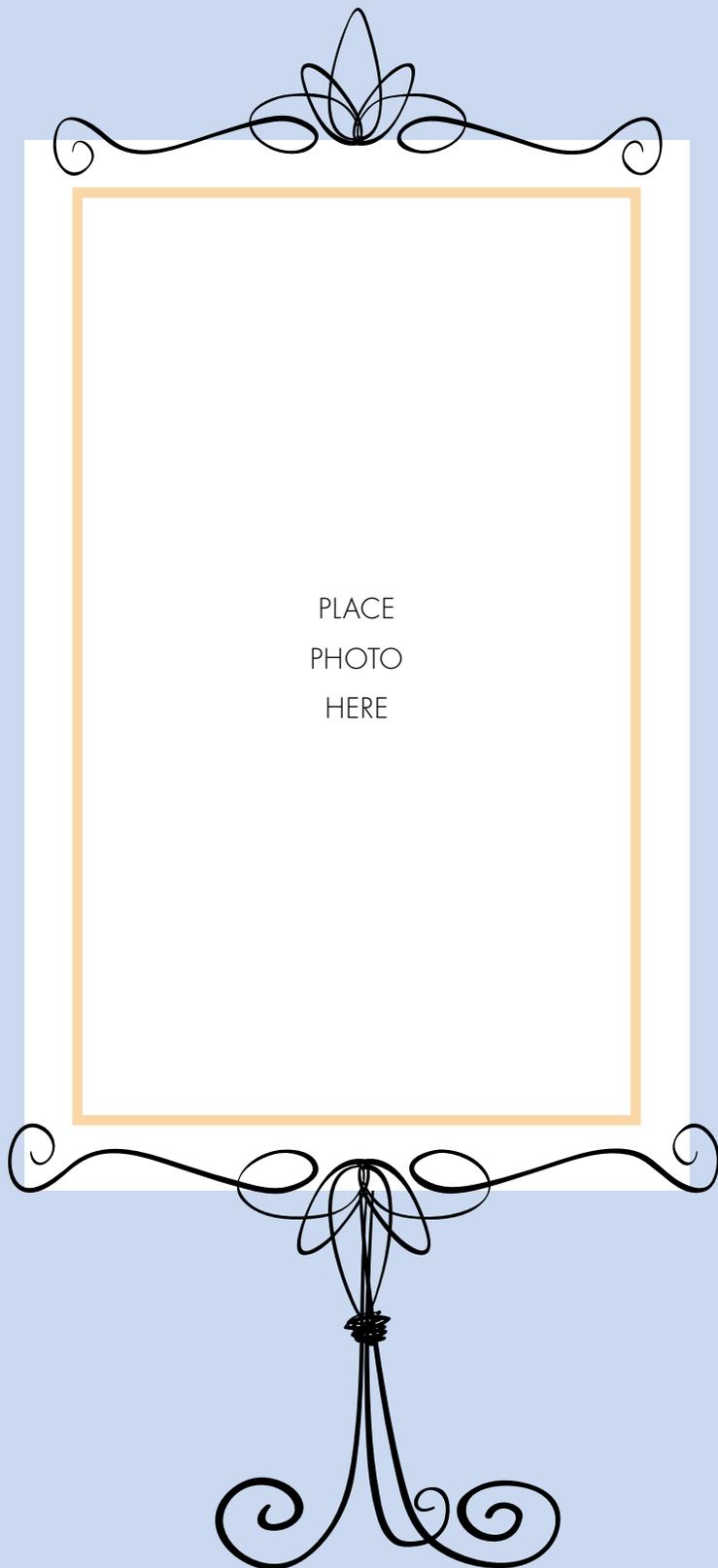
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Hello baby! **I am so proud of you and who you are becoming! I love to watch your personality unfold each day.**



Here is a list of your favorite foods:

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Here are foods you didn't like the first time:

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Here are your favorite snacks:

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You are now enjoying these protein (chicken, turkey, fish, beef, tofu, beans, and yogurt) foods:

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This is how you feel about breastmilk or formula:

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This is how I feel when we eat as a family:

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I continue to introduce foods slowly and will offer these foods soon:

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Here is how I'm taking care of me so I can be a great mom for you:

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These are new foods that I look forward to you trying when you are older:

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Here are memories I will always cherish about you at this age:

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This is what you do when we sit down to eat as a family:

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Hello toddler! **You are a powerhouse of activity!**  
**I am proud of you and love to see you grow and thrive. I love to watch you eat.**

This is how you feel about meat, fish, beans,  
and tofu:

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This is how you feel about vegetables:

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This is how you feel about fruit:

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This is how much milk you drink at meals:

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This is how much fruit juice you drink each day:

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This is how I feel when we eat as a family:

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Here are your favorite snacks:

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Here is what you weigh now: \_\_\_\_\_

This is your height: \_\_\_\_\_

Here is how you feel about drinking from a cup instead of a bottle:

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Here is how I'm taking care of me so I can be a great mom to you:

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This is what we do as a family to be sure you are active everyday:

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Here are memories I will always cherish about you at this age:

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