

Memories to Record

Special events you may want to remember

You may want to record special events in your baby's life in a journal or memory book. Here are some ideas of what to include:

- First time you heard your baby cry
- First time you saw a tear
- First time you were able to change a diaper
- First time your baby was able to wear clothes
- First time you were able to touch your baby
- First time you saw your baby without any tubes, tape, or other devices
- Nicknames you or NICU staff gave to your preemie
- The names of your NICU neighbors
- Breathing needs
- Surgeries
- Medicines
- Blood gases
- Vital signs or other monitoring
- X-rays, scans, or other tests
- Any type of graduation, such as from NICU to Grad Unit, isolette to crib, or feeding tube to bottle feeding or breastfeeding
- Dates your baby learned to suck, swallow, and breathe
- Temperature changes



A memory book is a good place to write down the special events you want to remember.

- How siblings responded to being in the NICU
- Where you stayed while your baby was in the NICU
- Hospital or NICU transfers
- APGAR score (a number that shows how the birth process affected your baby)
- Nutrition or feeding issues
- Brain and nervous system issues
- Heart issues
- Measurements, such as your baby's head size, body length, or weight
- Therapies
- Developmental progress and growth

This information is adapted from a list by Erin E. Taylor, author of *Preemie Book of Memories*, a hardcover, spiral-bound book for recording events in a preemie's early months.

Questions?

If there is something you do not understand, please ask questions. Every question you ask is important!

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