

UW Medicine

## Milestones and Mementos

*Records to keep*



**Baby's Name** \_\_\_\_\_

**Birth Date** \_\_\_\_\_

**Birth Time** \_\_\_\_\_

**Birth Place** \_\_\_\_\_

**Birth Weight** \_\_\_\_\_

**Birth Length** \_\_\_\_\_

**Delivered by** \_\_\_\_\_

**These people were present for the birth:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**ID Bands**

*Tape baby's ID band here*

*Tape parent's ID band here*

*Tape parent's ID band here*

**Crib Card**

For Safe Sleep,  
please follow the ABCs

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**A** **Alone in crib** Baby \_\_\_\_\_

**B** **Back to sleep** Date of Birth \_\_\_\_\_ Time \_\_\_\_\_

**C** **Close to your bed** Weight \_\_\_\_\_ Length \_\_\_\_\_



My due date was: \_\_\_\_\_.

I was born at \_\_\_\_\_ weeks gestation.



When I was first put skin to skin:

- I slept
- My eyes were closed
- My eyes were open
- I latched, or tried to latch



My first feeding was on: \_\_\_\_\_.

Memories about that feeding:

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The first time my mom and I spent a whole day and night together was:

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I first pooped on: \_\_\_\_\_ . \_\_\_\_\_  
changed my diaper.

I first peed on: \_\_\_\_\_ . \_\_\_\_\_  
changed my diaper.

