



# My Journal

Many pregnant women find they enjoy writing about their pregnancy. For many this is a surprising time, filled with new experiences and feelings. You may want to write down your thoughts, feelings, and dreams. If you like, keep your journal as a keepsake for your baby.

This image shows a blank 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.

**Maternity and Infant Center**  
**My Journal**



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## Questions ?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns. UWMC Clinic staff are also available to help at any time.

**Labor and Delivery**  
**206-598-4616**

**Postpartum**  
**206-598-5600**

**Maternity and Infant  
Care Clinic**  
**206-598-4070**

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