

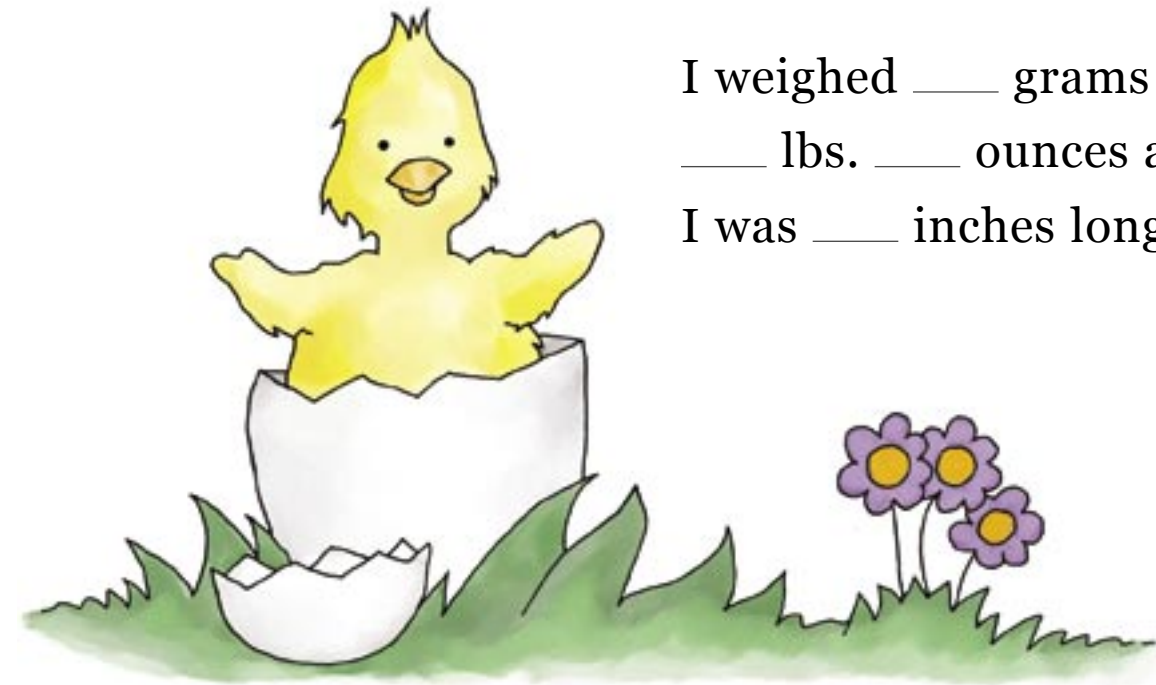
 my birthday 

On the My Birthday page, parents can record information about their baby's birth. In addition to standard details like birth date and weight, there are places to capture how many weeks early the baby arrived as well as mom and dad's initial observations about their newborn. You can even write down comments from the neonatologist.

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I was born on \_\_\_\_\_  
at \_\_\_\_\_ and I was delivered  
by Dr. \_\_\_\_\_.

I weighed \_\_\_\_ grams or  
\_\_\_\_ lbs. \_\_\_\_ ounces and  
I was \_\_\_\_ inches long.



I was due to arrive on \_\_\_\_\_, but  
I arrived early on \_\_\_\_\_ which made  
my gestational age about \_\_\_\_ weeks.

My admission nurse was \_\_\_\_\_.

# 🌻 my hospital stay 🌻

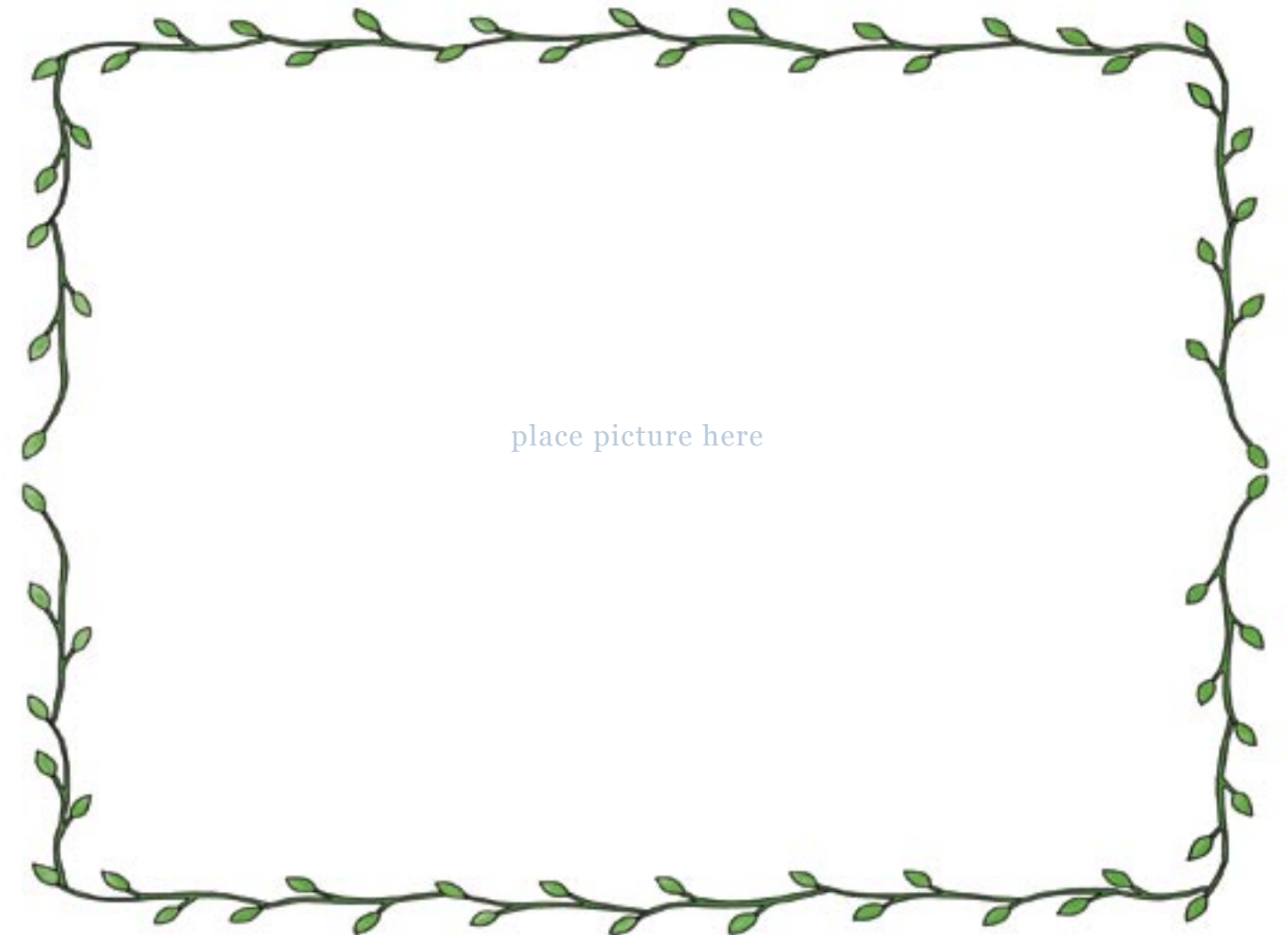


When I was in the hospital  
I had lots of beds.

On my arrival to the  
nursery, I was placed on  
a Radiant Warmer.

During a preemie's stay in the hospital, they will probably have one or more special-purpose beds. One of these is a radiant warmer, which is illustrated here on the My Hospital Stay page. Parents can attach a picture of their newborn on the radiant warmer on this page. There are additional pages devoted to other bed types like an isolette, including one celebrating that special day when the baby graduates to an open crib!

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place picture here



 my first cuddle 

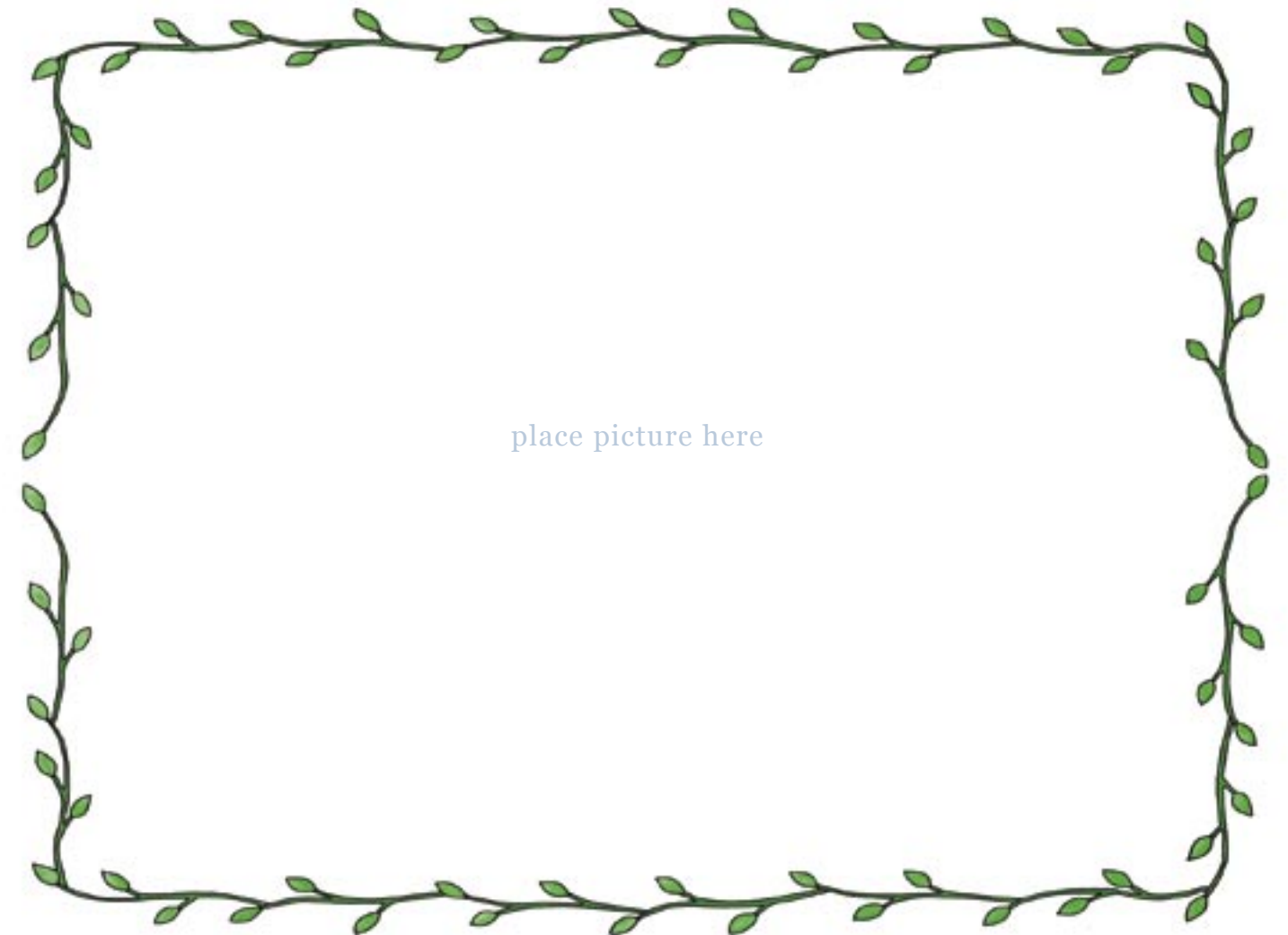


I was first held on \_\_\_\_\_.  
Kangaroo Care (skin to skin) was  
initiated on \_\_\_\_\_.

Cuddling or “Kangaroo” care where the preemie is held skin-to-skin with the mother and father is a significant bonding / developmental event for premature infants. Pictures of these precious moments can be placed on the My First Cuddle pages.

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Here’s a picture of my first cuddle



place picture here

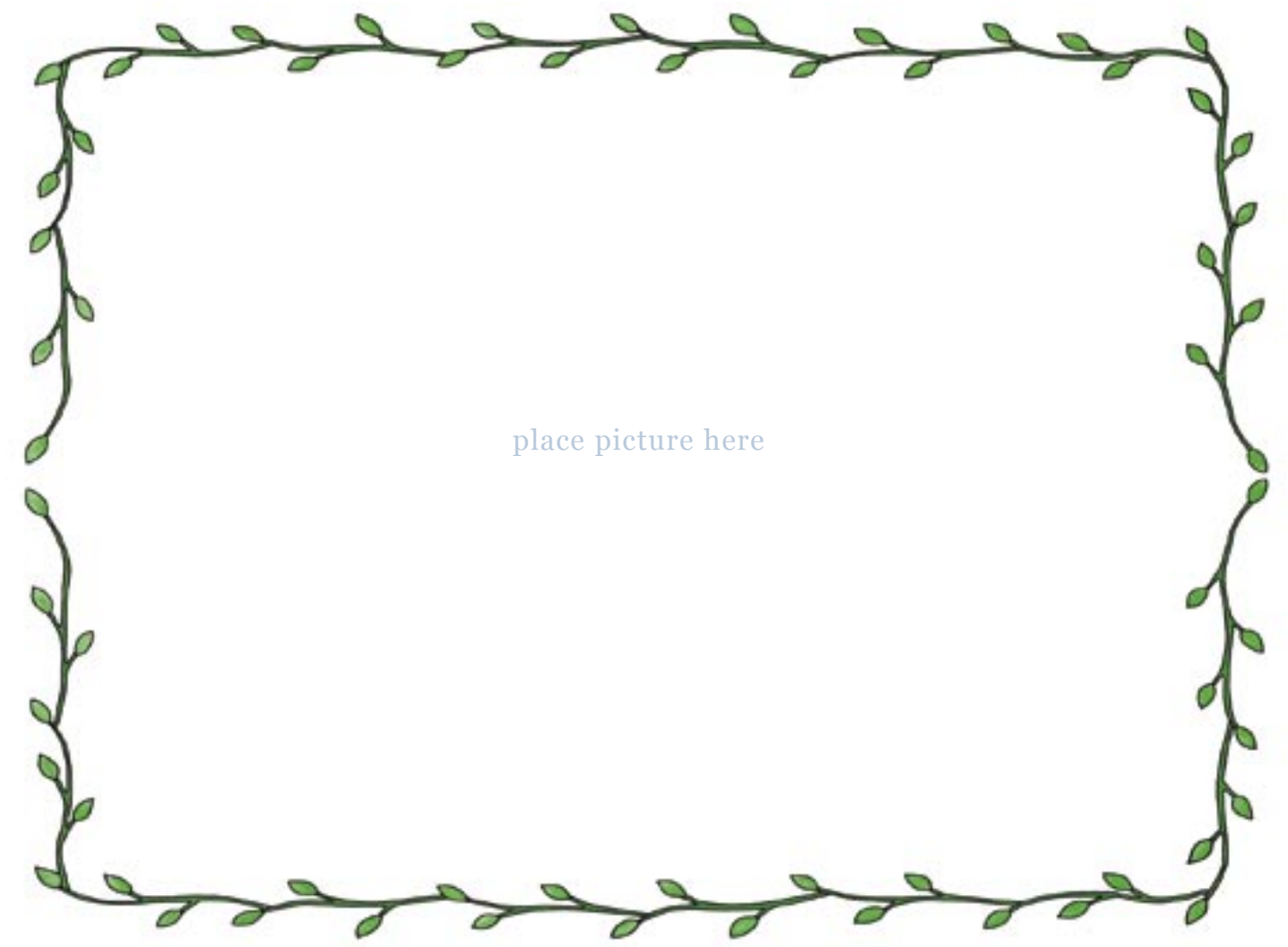
 my siblings' visit 

My siblings are \_\_\_\_\_

\_\_\_\_\_.



These are my siblings when they came to visit me.



place picture here

Having siblings visit their newborn brother or sister can be a joyous time. We've included spaces to insert pictures to capture this special time.

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 phototherapy 

Started on \_\_\_\_\_.

Sometimes premature infants need to spend time undergoing phototherapy to alleviate jaundice. Parents can document the progress during treatment and even attach the bilishades or sunglasses the baby wore! Other pages in the book are devoted to additional special care events, like oxygen therapy, and allow the parents to capture similar information.

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Lab Levels on

- date \_\_\_\_\_
- date \_\_\_\_\_
- date \_\_\_\_\_
- date \_\_\_\_\_
- date \_\_\_\_\_
- date \_\_\_\_\_



These are the bilishades I had to wear



# my daily weights



I began my life weighing

\_\_\_\_\_ pounds, \_\_\_\_\_ ounces, \_\_\_\_\_ grams

day 1 _____	day 16 _____	day 31 _____	day 46 _____
day 2 _____	day 17 _____	day 32 _____	day 47 _____
day 3 _____	day 18 _____	day 33 _____	day 48 _____
day 4 _____	day 19 _____	day 34 _____	day 49 _____
day 5 _____	day 20 _____	day 35 _____	day 50 _____
day 6 _____	day 21 _____	day 36 _____	day 51 _____
day 7 _____	day 22 _____	day 37 _____	day 52 _____
day 8 _____	day 23 _____	day 38 _____	day 53 _____
day 9 _____	day 24 _____	day 39 _____	day 54 _____
day 10 _____	day 25 _____	day 40 _____	day 55 _____
day 11 _____	day 26 _____	day 41 _____	day 56 _____
day 12 _____	day 27 _____	day 42 _____	day 57 _____
day 13 _____	day 28 _____	day 43 _____	day 58 _____
day 14 _____	day 29 _____	day 44 _____	day 59 _____
day 15 _____	day 30 _____	day 45 _____	day 60 _____

Preemies tend to weigh considerably less than their normal term counterparts. Progress is often measured in grams, not in pounds. To that end, we have included the My Daily Weights page, where parents can track their baby's weight on a daily basis. In addition, there is a handy conversion chart to allow moms and dads to use the more familiar pounds scale when figuring out their baby's overall weight.

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	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
0	0	28	57	85	113	142	170	198	227	255	284	312	340	369	397	425
1	454	482	510	539	567	595	624	652	680	709	737	765	794	822	851	879
2	907	936	964	992	1021	1049	1077	1106	1134	1162	1191	1219	1247	1276	1304	1332
3	1361	1389	1418	1446	1474	1503	1531	1559	1588	1616	1644	1673	1701	1729	1758	1786
4	1814	1843	1871	1899	1928	1956	1985	2013	2041	2070	2098	2126	2155	2183	2211	2240
5	2258	2296	2325	2353	2381	2410	2438	2466	2495	2523	2552	2580	2608	2637	2665	2693
6	2722	2750	2778	2807	2835	2863	2892	2920	2948	2977	3005	3033	3062	3090	3119	3147
7	3175	3204	3232	3260	3289	3317	3345	3374	3402	3430	3459	3487	3515	3544	3572	3600
8	3629	3657	3686	3714	3742	3771	3799	3827	3856	3884	3912	3941	3969	3997	4026	4054
9	4082	4111	4139	4167	4196	4224	4253	4281	4309	4338	4366	4394	4423	4451	4479	4508
10	4536	4564	4593	4621	4649	4678	4706	4734	4763	4791	4820	4848	4876	4905	4933	4961
11	4990	5018	5046	5075	5103	5131	5160	5188	5216	5245	5273	5301	5330	5358	5387	5415
12	5443	5472	5500	5528	5557	5585	5613	5642	5670	5698	5727	5755	5783	5812	5840	5868
13	5897	5925	5954	5982	6010	6039	6067	6095	6124	6152	6180	6209	6237	6265	6294	6322
14	6350	6379	6407	6435	6464	6492	6521	6549	6577	6606	6634	6662	6691	6719	6747	6776
15	6804	6832	6861	6889	6917	6946	6974	7002	7031	7059	7088	7116	7144	7173	7201	7229

OUNCES

 i'm growing up 

Premature infants often continue to experience ups and downs even after they are discharged from the hospital. To help parents celebrate accomplishments as well as describe challenges, there are twelve I'm Growing Up sections, one for each month during the first year. Growth metrics, like weight and length, can also be documented.

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 My Third Month: Weight \_\_\_\_\_ Length \_\_\_\_\_

Accomplishments \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Challenges \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

 My Fourth Month: Weight \_\_\_\_\_ Length \_\_\_\_\_

Accomplishments \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Challenges \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_