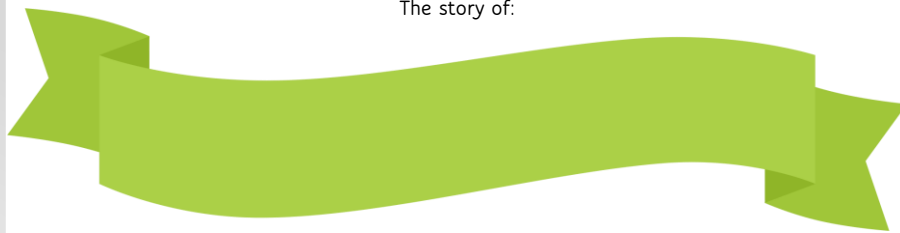




OUR BABY'S NICU JOURNEY

The story of:



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*Content and Layout by www.curiousandcozy.com (we also
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Days to Subtract for My
Adjusted Age:

Dear New Mom/Dad

I know how incredibly hard and scary what you're going through right now is. I've been there. I send you love and prayers and I mean that sincerely.

This humble gift to you is to help you record your precious little one's journey through the NICU and also to help you keep track of some of the important information that you might need along the way.

Here are some of my tips to help you on this journey:

- The "My Preemie" app is a wonderful way to record weight and growth. I continue to use the app 4 years after my preemie was born to keep track of it. There are many more wonderful features in the app and I highly recommend it.
- Write everything down. Get a notebook, journal, or if you bring a laptop with you, create a spreadsheet. I know it seems like you will remember, but there is a lot to remember.
- Many hospitals offer support groups - ask your nurses! There are also support groups on Facebook. You don't have to be alone.
- Write your questions down for when the doctor attends.
- There will be highs and lows. Don't lose hope.





is in the Little Things



My Full Name:

What does my name mean?

How did you pick my name?

My Nickname(s):

My Hair:

My Eyes:

What did I look like the first time you
saw me?



My Birth!



Add Baby Photo Here

Welcome little Honeybee!

My Due Date:

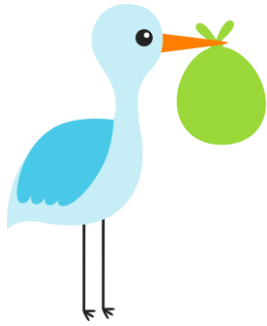
My Birth Date and Time:

My Gestational Age when Born:

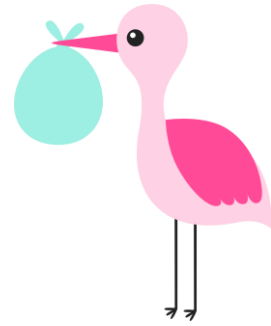
My Weight:

My Length:

Where I Was Born:



More About My Birth-day



Who was there when I was born?

During My Delivery I...

After My Delivery I...

My Parents Feelings During My Delivery...

My Parents Feelings After Delivery...

The NICU(s) Where I Was Cared For...

My Family



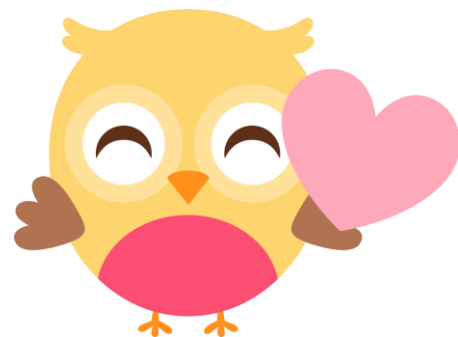
Add Family Photo Here

My parent's names

My brothers' and sisters' names

My grandparents' names

Other important family, friends, and people



Our Room



First room number:

New room numbers:

What did it look like?

What was my bed like?

Did I have roommates?

Add Photo Here



More About Me!



Who I look like

I Like it When...

I Don't Like...

My parents are proud of me because

When I do this, my parents smile

What my parents love about me



Favorites



Sound

Activity

Lullabye

Sight

Story book

Toy

People

Position to lay in

Other special favorites



My Firsts & Triumphs

When I opened my eyes

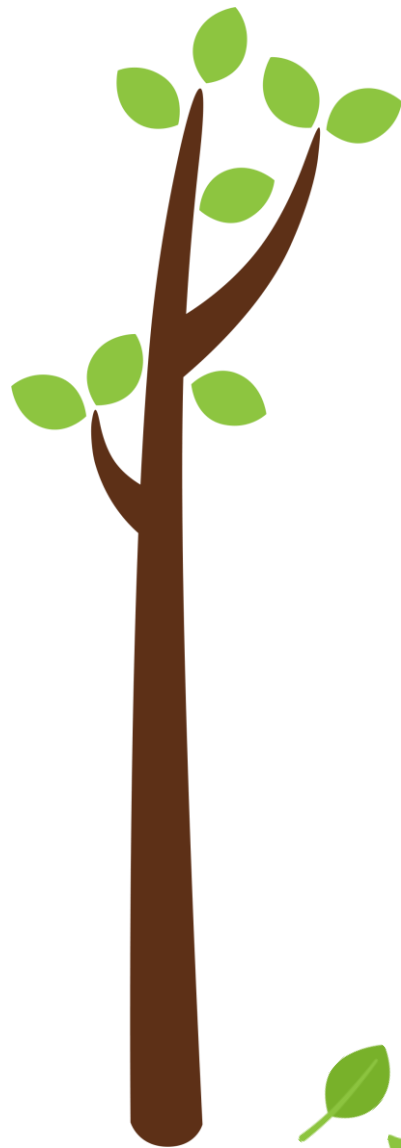
When I looked at my parents

When I cried and could be heard

First time I was held by my
parents

First Time We Kangaroo'ed:

First bath



When I no longer needed
(equipment)

When I no longer needed
(medicine)

First Time I Nursed/Sucked on a
Bottle:

First wore clothes

Other Firsts:





Who cared for me?

What did they do?

Special nurses who took care of me

Special doctors who took care of me

Other special people I met

*Add Baby
Photo Here*





What happened?

Who spoke to my family?

How my parents felt



Who was with me?

What did we celebrate?

How did I feel?

How my parents felt



My Parents Dreams for Me

I hope that you...

I hope that you aren't afraid...

I hope that you love...

I hope you get...

I hope you laugh...

I hope you never forget...

I hope some day to take you to...

I hope you ignore...

I hope you become...

I hope you respect...

I hope to show you...

I hope you grow...

I want you to know...



Height and Weight Charts



Messages from Visitors and NICU Staff







Important Dates



Graduation Certificate

This certificate is to celebrate that

Has graduated on this day of _____ after
_____ days in the NICU. Congratulations!

We wish you a lifetime of love and good health!

Theodore Edward Bear



Home Day



Date: _____

NICU Prayer

Dear Heavenly Father,

Thank you for this tiny miracle that you have put in our lives. We love them so much that our heart is overfilled with gratitude and love. You know our needs more than we do as well as our struggles and challenges. Please watch over and shield our little one. Please heal and strengthen them. Bless them and protect them from all harm. Thank you for our caregivers and doctors. Please give them knowledge and foresight in the care of our baby and the other precious little ones in their care. Give us courage, hope, and strength and let us feel your loving presence and peace on this journey.

In Jesus Name, Amen.





Recommendations for Use:

- Photos look really cute attached with washi tape. Double sided tape works well too.
- These pages are best when bound with a spiral binder, but can be stapled together or put into a ring binder. If using a ring binder, be sure to get one with pocket dividers to store mementos like badges and crib cards!
- Print on heavier paper – the pages are designed to be double sided.
- Print off a few extra copies of the “notes and thoughts” page to journal what’s happening and for notes taken during care team meetings.
- Pages 1 and 38 are cover pages and are best printed on cardstock. The backs of those pages are left white.
- Mark “Home Day” on your calendar as a special event each year to commemorate when your baby came home.

How to Calculate Adjusted Age:

- Subtract Gestational Age at birth from 40 weeks (280 days).
- Take the number you get from that equation and subtract it from current birth age. So if your baby was born at 29 weeks 1 days that would be 204 days.
- $280 - 203 = 77$ days early.
- If your baby is 5 months old (150 days old), their adjusted age is $150 - 77$, which would be 73 days old (2 months, 1 week, 6 days old).

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Welcome
little one!