

## 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. One of our alumni parents has created journals for our NICU parents to use. If you would like one, please ask your baby's nurse.

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



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

- Dates your baby learned to suck, swallow, and breathe
- Temperature changes
- 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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