

Pregnancy



PLANNER

I Just Found Out I'm Pregnant!

When?

Where?

How I Knew

*How I told our
Family*

*How I told my
Husband*



Baby Names

Boy

This image shows a full page of light green, textured paper. It features ten horizontal dashed lines spaced evenly down the page, providing a guide for handwriting practice. The paper has a slightly mottled appearance, typical of recycled or handmade paper.

Girl

This image shows a full page of handwriting practice paper. It features ten sets of horizontal dashed lines spaced evenly down the page. The background has a mottled, watercolor-like texture in shades of light green and off-white. There are no margins, text, or other markings on the page.

Nursery Themes

Girl Themes

Boy Themes



CANT
WAIT
TO
MEET
YOU



Nursery Decor Ideas

Theme

Colors

Wallpaper

Flooring

Furniture

Lighting

Supplies



Registry List

Baby Care

Healthcare set
Monitor
Humidifier
Thermometer
Cleaning products

Clothing.

Onesies
Mittens
Socks

Bath & Diapering.

Bath Tub

Towels and wash
cloths

Baby bath products

Changing pad

Diapers and wipes

Diaper ointment

Feeding.

Breastpump and accessories

Bottles

Bottle drying rack

Burp cloths

Bibs

Nursing Pillow

Nursing Bras

Bowls and spoons

Nursery & Sleep

Crib and Mattress
Bedding
Bassinet or
Sleeper
Swaddles
Sound Machine

Gear

Infant carseat and base
Stroller
Bouncer or seat
Carrier
High chair or Booster
Playmat
Swing
Travel bed
Walker

Others

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. At the bottom of the page, there is a large, faint, light-green circular mark that appears to be a watermark or a stain. The overall appearance is that of a clean, unused piece of stationery.

Baby Shower Plans

the details

DATE : _____

TIME : _____

PLACE : _____

theme:

budget:

activities:

guestlist

food and drinks:

invitations and decor:

others

Birth Plan

NAME: _____

DUE DATE: _____

INTENDED PLACE OF BIRTH

NAMES OF SUPPORT PEOPLE

LABOR

POSITIONS

STANDING ☐
SITTING ☐
SQUATTING ☐
KNEELING ☐
MOVING ☐
LYING ☐

OTHER: _____

ATMOSPHERE

MUSIC ☐
QUIET ☐
DIM LIGHTS ☐
OTHER: _____

PAIN MANAGEMENT

PLEASE DON'T OFFER ME PAIN MEDICATIONS ☐
PLEASE OFFER ME PAIN MEDICATIONS ☐
TO BE IN PAIN ☐

I AM OPEN TO TRYING ☐
GAS- AIR ☐
EPIDURAL ☐
WATER BIRTH ☐
ALLTERNATE MASSAGE , BIRTHING BALL ☐
BREATHING TECHNIQUES, DISTRACTION ☐

OTHER: _____

DELIVERY

VAGINAL

STANDING ☐
SITTING ☐
SQUATTING ☐
KNEELING ☐
MOVING ☐
LYING ☐
DECIDE AT THE TIME ☐

C- SECTION

I WOULD LIKE TO VIEW THE BIRTH

POST PARTUM

I WOULD LIKE

SKIN TO SKIN ☐
DELAYED CORD CLAMPING ☐
TO KEEP THE PLACENTA ☐

_____ WILL BE CUTTING THE CORD

FEEDING

I PLAN TO:

BREASTFEED ☐
BOTTLE FEED ☐
COMBINATION ☐

I WOULD LIKE TO SEE THE LACTATION CONSULTANT ☐
BEFORE BEING DISCHARGED

OTHER NOTES

