

Baby's First Year

— A Memory Collection —

A Memory Keeper Publication

www.memorykeeper.com

The Journey Begins

Week 8 · A New Chapter Starts

The day you found out changed everything. Two pink lines on a little stick — and suddenly every dream you ever had took on a new shape. You started imagining tiny fingers and toes, wondering who they'd look like, what personality would emerge. You signed up for every newsletter, read every book, and still couldn't stop smiling.

This journal is where those first wonderings live. The anticipation, the joy, the occasional fear of the unknown — all of it deserves to be remembered. Because someday, your child will read these words and feel how wanted they were from the very start.

Write freely here. This is your story to tell.



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Hello, World

Birth Day · The Moment Everything Changed

You will never forget the moment you first held them. That perfect, overwhelming second when the noise of the room faded and there was just this tiny, miraculous person on your chest. They were here. Real. Yours.

The hospital bracelet. The first diaper. The way they gripped your finger so tightly, as if to say: 'I've got you, and you've got me.' The hours of staring, counting fingers over and over, barely sleeping — but never wanting to close your eyes.

Capture the details that already feel like they happened so long ago. The weight of them, the smell, the sound of that first cry. Memory Keeper keeps it all safe.



Birth Day Photo 1



Birth Day Photo 2

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Birth Day Photo 1



Birth Day Photo 2

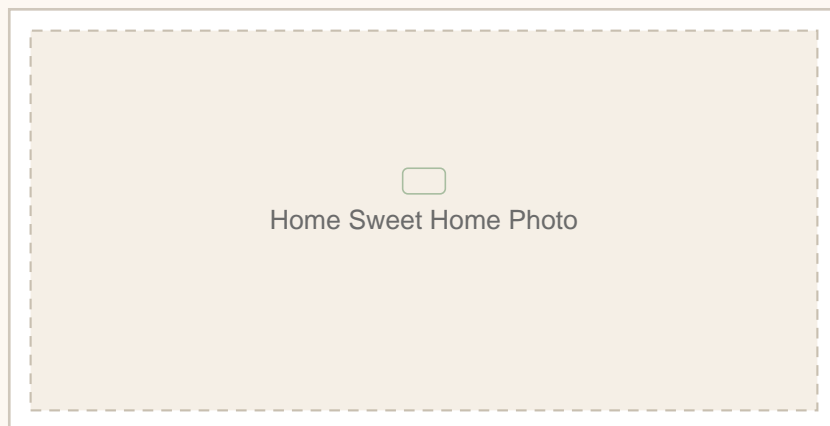
Home at Last

Week 2 · Finding Your Rhythm

The first night home — the silence that wasn't really silence at all. The constant hum of the white noise machine, the beeping of the monitor, the precious few hours of sleep interrupted by tinyNeeds. And yet, somehow, the house felt different. Fuller. More like a home than it ever had before.

You figured out which holds worked, which songs calmed the crying, which position meant a full hour of rest for you both. You discovered you are stronger and more patient than you ever believed possible.

Document the small victories: the first bath, the first outfit change, the moment you both stopped crying at the same time.



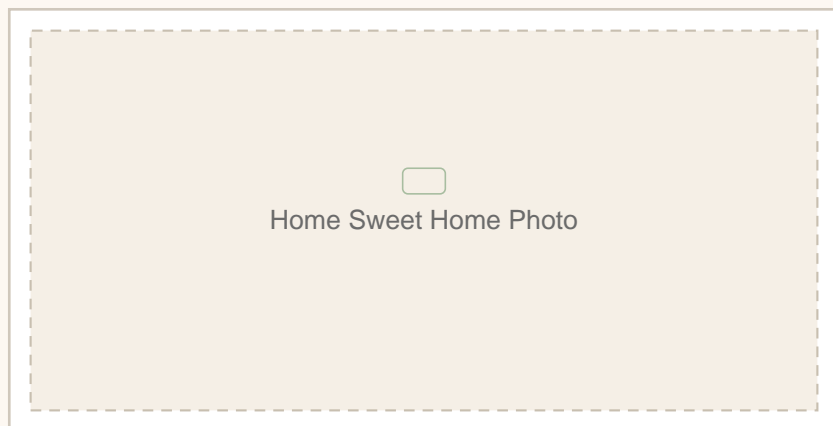
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One Month of Love

4 Weeks · You Are Incredible

Four weeks. It feels like both an eternity and a single blink. Your body is recovering, your heart is overflowing, and this tiny person is starting to focus on your face — really seeing you. They are learning expressions. Starting to coo. Fitting more comfortably into that onesie that once drowned them. You are learning too: how to read cries, how to sleep in shifts, how to love this fiercely. Record how you're feeling — raw, exhausted, joyful, all of the above. This is honest motherhood. This is worth preserving.

GROWTH MILESTONE CHART

Weight

Length

First Smile

One Month of Love

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Three Months

12 Weeks · The World Gets Louder

Three months in and the world is getting vivid. Baby is starting to laugh — really laugh — and it is the most magical sound. They're tracking objects with their eyes, grasping toys, holding their head up during tummy time like a champ.

You're getting into rhythms now. Feeding schedules, nap routines, those magical evening walks when the crying finally stops. You are becoming an expert in this tiny person's unique language.

This is a milestone worth celebrating. Write about the first giggle, the new reaches, the moments that made you cry happy tears.



Three Months 1



Three Months 2



Three Months 3

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Three Months 2

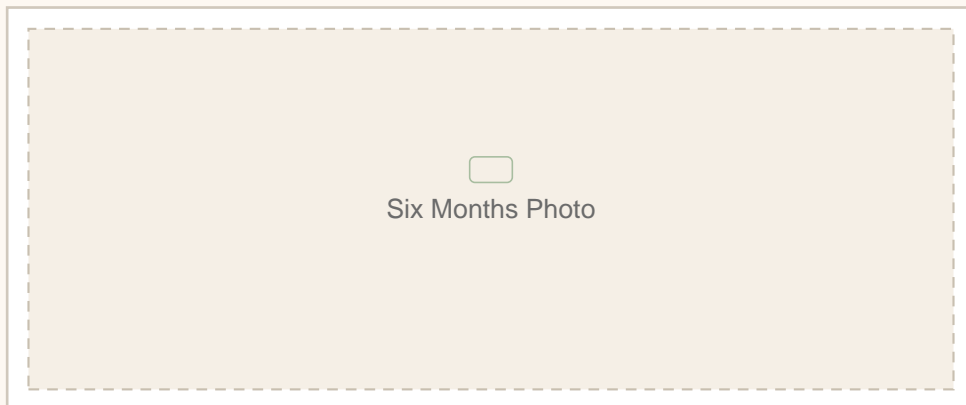


Three Months 3

Six Months

6 Months · Solids, Sits & Smiles

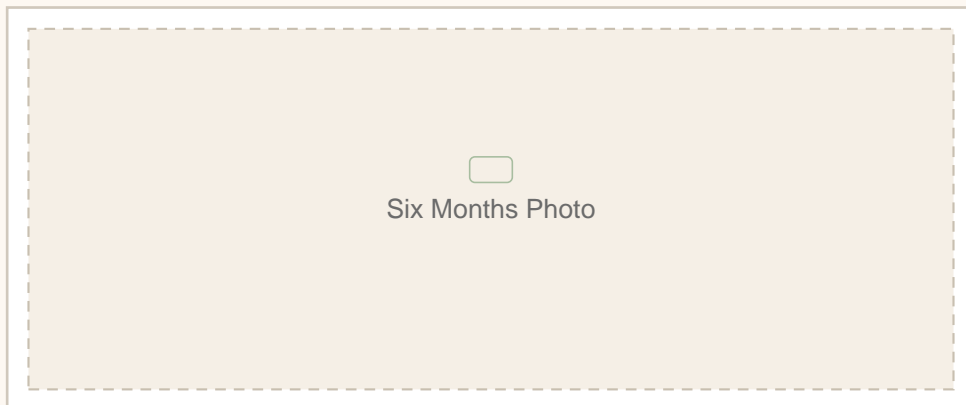
Half a year. The half-year mark that felt so impossibly far away during those bleary first weeks is here. Baby is sitting up on their own, possibly starting to teeth, and taste-testing their first real foods. That first spoonful of rice cereal, the way they pushed avocado around the tray before eating three bites — these are the food memories that become family legend. Write about what they're reaching for, who they're waving at, what makes them light up. Half a year of love in a journal that fits in your hands.



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Nine Months

9 Months · On the Move

Nine months. Somehow both a baby and a little person. They've figured out how to army-crawl, pull up on furniture, and get into everything. Babyproofing has become a full-time sport.

The games are changing. Peekaboo is hilarious. Dropping things from the high chair is an experiment. They've developed opinions about everything — who they want held, which songs they want on repeat.

This is a stage full of motion and personality. Capture it all — the climbs, the giggles, the new vocabulary even if it's just 'ba-ba-ba.'



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Nine Months 2

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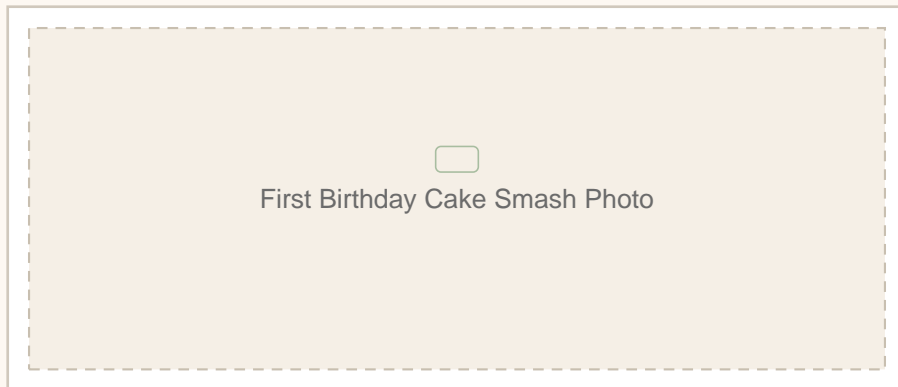
Nine Months 2

One Year Birthday

12 Months · A Whole Year of Love

One year. One whole revolution around the sun with this person in your arms. You made it. You survived the sleepless nights, the growth spurts, the sickness spirals, and the pure, overwhelming joy of watching them become.

Their first birthday is a celebration of you both — how far you've come, how much you've learned, how deeply you've loved. The cake smash, the messy hands, the guests who came to celebrate them. One year down. Forever to go. This book is the start of something that will matter more with every passing birthday. Your child will read this one day and know exactly how loved they were.

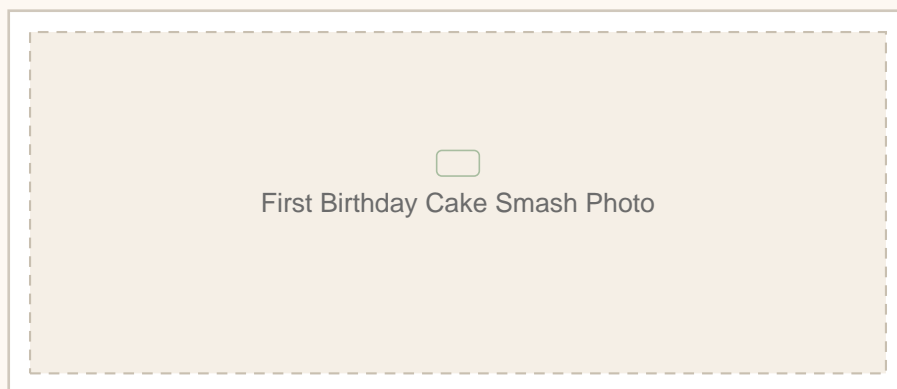


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Our Family

Family · The People Who Love This Baby

Every baby is surrounded by a village. This page is for the grandparents who traveled to meet them, the aunties who can't stop texting for photos, the friends who brought meals and held you while you cried, the siblings who have been waiting their whole lives to be a big brother or sister. Names change and relationships shift, but these are the people who showed up. Write their names, add their photos, let your child grow up knowing their village.



Grandma & Grandpa



Auntie & Uncle

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Auntie & Uncle

This is Only the Beginning...

Twelve months of memories. Hundreds of stories.
One beautiful hardcover book — yours to keep forever.



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Memory Keeper

Capture this wild life.

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