

CHAPTER 1: YOU'RE HAVING A BABY

Your Experience of Finding Out about Your Baby

How did you find out you were pregnant? _____

Who did you tell first? How did they react? _____

Calculating your due date (PCN 32, SG 4)

Standard Formula	Sample	Your Due Date
Date of first day of your last period (LMP)	April 15	
Minus 3 months	January 15	
Plus 7 days to get your due date	January 22	

Have you been given other due dates? (e.g., from ultrasound dating)? _____

It's normal for a baby to be born anywhere from two weeks before to two weeks after the due date. Write those dates here, so you remember that your baby might be born anytime between _____ and _____.

Connecting to your baby

When did you first hear the heartbeat? (Typically occurs after twelve weeks with Doppler stethoscope.) _____

When did you first feel your baby move? (Typically occurs after eighteen weeks.) _____

When was the first time someone else could feel your baby move? _____

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Your Experience of the First Trimester

(From conception to fourteen weeks)

How are you feeling physically? _____

Describe your emotions at this point: _____

What are your friends and family members thinking about your pregnancy and baby? _____

What are you doing to prepare for your baby? _____

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Your Experience of the Second Trimester

(From fifteen to twenty-seven weeks)

How are you feeling physically? _____

Describe your emotions at this point: _____

What are your friends and family members thinking about your pregnancy and baby? _____

What are you doing to prepare for your baby? _____

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Your Experience of the Third Trimester

(From twenty-eight to thirty-eight weeks)

How are you feeling physically? _____

Describe your emotions at this point: _____

What are your friends and family members thinking about your pregnancy and baby? _____

What are you doing to prepare for your baby? _____

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Your Experience of the Final Weeks

How are you feeling physically? _____

Describe your emotions at this point: _____

What are your friends and family members thinking about your pregnancy and baby? _____

What are you doing to prepare for your baby? _____

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Your Experience of Early Labor

Fill this out when you think you *may* be in labor. Note that many women have several “false starts”—they think they’re in labor, and then contractions stop, only to start again a few days later ... so you may need a few copies of this page.

Signs Labor May Be Starting (PCN 162–166, SG 82–84)

What are your signs? _____

Distractions (PCN 172, SG 87)

What are you doing to distract yourself, stay calm and relaxed, and not get too worked up about early labor? _____

Timing Contractions

When distractions aren’t working anymore, and you need to work to cope with the contractions, time them.

Date			
Starting time	Duration (in seconds)	Interval or frequency (minutes since beginning of last contraction)	Comments

Coping with Early Labor (PCN 172, SG 86–87).

What are you doing? _____

Calling Your Care Provider (PCN 177, SG 85)

When did you call? _____

What did he or she say? _____

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Your Experience of Active Labor and Birth

During labor, fill out as much of this worksheet as is convenient. Then, write in more notes in the days after the birth, while your memories are still fresh.

Deciding to go to the hospital or birth center, or calling the midwife to come

How did you know it was time? _____

How was the trip? _____

Arriving at the birthplace or your midwife's arrival

What was the news on arrival? _____

Active Labor (PCN 178–183, SG 89–96)

What was it like? _____

How did you cope? _____

What happened? _____

Birth (Pushing or Cesarean) (PCN 188–196, SG 98–101)

What was it like? _____

How did you feel? _____

What happened? _____

Birth Date: _____ Time of Birth: _____

Baby's Name: _____ Weight: _____ Length: _____

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Your Experience of Beginning a New Family

Immediately after the Birth (PCN 195–201, SG 102-05)

What were your first thoughts and feelings after the birth? _____

What was happening? _____

Baby's First Day

What did your baby look like? _____

What did your baby do? _____

What were the most challenging parts of the day? _____

The funniest? _____

The sweetest? _____

Introducing Your Baby to Your Community

Who were the first people you told about the birth? _____

Who were your baby's first visitors? _____

Were there gifts for you or your baby? _____

Introducing Your Baby to the World

What was it like going home for the first time? _____
