

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Baby Memory Books

By Sophia Ton

The hardest part of being a new mother is taking the time to simply enjoy your new child and store away all of the precious memories. New babies require a tremendous amount of time and energy

Preserving Those Precious Memories

The hardest part of being a new mother is taking the time to simply enjoy your new child and store away all of the precious memories. New babies require a tremendous amount of time and energy. You are completely consumed caring for your infant, when suddenly, your baby is a toddler, and you never had a chance to start, much less finish his baby memory book. This scenario is so common that it's actually embarrassing to mothers everywhere. There are ways to be sure those memories are preserved, however.

Plan Ahead

The best plan of attack, especially if you are expecting your first baby, is to fill out the baby book before he is born. Obviously you don't know his birth weight or have those tiny footprints yet, but a significant portion of most baby books contain information seemingly unrelated to your little bundle of joy. Family trees, information about Mom and Dad, grocery store receipts, popular movies, and the like can all be dealt with before baby's arrival.

As the third trimester draws to a close, young mothers-to-be are left with a great deal of anticipation with no outlet. You can only fold tiny clothes so many times, after all. Why not use that time to work ahead? Assemble the photographs of baby's first house, the nursery, and family members. Write amusing anecdotes about your pregnancy and baby showers. Find those ultrasound pictures and paste them onto the right page. Do as much as you can, because you will never have this much spare time again - or at least not for eighteen years.

The Early Days

Baby Memory Books

Immediately following the birth of your baby, follow your doctor's advice and sleep as much as possible. Hopefully, you will feel much more rested a week or two after baby's arrival, and can start using his sleeping time as your work time. During the long naps of a newborn, assemble the materials from the hospital. Birth weight and length, birth certificates, wristbands and hospital photos are now ready to take their place of honor in the baby book.

Write as much of the birth story as you can, or even simpler, print out the email you sent to all of your friends and family and paste that into the book. Reading an email designed for others to read, your grown child will truly get a sense of the love and pride his mother feels for him, her new baby. After the birth information is recorded, there are surprisingly few pages left to fill. These involve monthly updates, teething, and milestones. Unfortunately, these are actually the hardest to finish.

The Rest of the Year

After a couple of weeks, newborns realize it is much more fun to be awake than asleep, and the real work of motherhood begins. As you spend the next twelve months exclaiming over every burp, coo, smile, and step, jot a note about important dates or milestones and throw them into the baby book as they occur.

Don't try to find the time now to fill the book in, just stick the occasional note, especially those from the doctor with height and weight measurements, into the book. Descriptive emails should be printed out and shoved into the book as well as extra copies of your digital pictures. When you print your pictures, get a few extras of your favorites and throw them into the baby book, too.

Someday, when your child is sleeping through the night, and before you have another newborn, you will find the time to actually fill in all of the little blanks. The notes, emails, pictures, and doctor statistics should cover most of the necessary material. As for the few remaining spots, leave them blank, take a guess, or make it up. Don't worry, every mother does it. After all, your focus is on loving and reveling in your little miracle, not the exact moment his third molar came in.

Sophia Ton is a freelance writer who writes about baby shower gifts, maternity, pregnancy and family related topics. She loves to shop for baby items at

<http://www.beforebaby.com>

and she loves baby

memory books at

<http://www.beforebaby.com/category/baby-books>

.

How Real Mothers Fill In Baby Memory Books

By Sophia Ton

There are several different kinds of popular baby memory books that moms like to fill in for keepsakes. And most won't remain flat for long!

Small semi-soft cover photo album types are popular where you stash away single snap shots each month - then gradually spreading them out to the annual daycare photos. You can also keep tiny snippets of those first curls here and other small mementos - hair ribbons or bows, scalp cap, squashed bootie, etc. Average sized books are about 5.9 x 8.5 x 0.9 inches with a sort of soft, quilted cover...but they sure won't remain flat for long.

Similarly larger hardcover baby memory books have photo pages for storing copies. Plus they generally feature questions where you fill in the blanks as baby grows up. These are popular because moms (and dads!) like to record first words, favorite foods, during early years, etc. These books run around 11.6 x 9.4 x 0.9 inches, and their binding does allow for some "fluff" as the books expand with hair snips, ribbons, favorite package bows from grandma, etc. But they still grow too big for their bindings!

Other real moments captured by moms with these baby memory books include:

– Favorite greeting cards from family members, co-workers, friends - anyone and everyone! – Fun package tags that held tiny trinkets like baby booties or rattle. – Bookmarks for mom, dad or baby. – Newspaper announcements about baby's birth! – First tooth that fell out (unless the tooth fairy took it, of course!) – Family Trees – Favorite songs of the times – Favorite videos / DVDs, movies (like any of Disney's). – Silly but cute crafts created during those early years. – Fun coloring pages. – Finger painting page - for finger prints as security - plus for fun. – Nursery swatches – Photos of everything with baby in them – Paper dolls and clothes – Hair clippings – Vacation mementoes, postcard(s) and brief write up of adventurous time you had. – Autobiography and history of others in family. – List of books you read baby

As you can probably tell, just one baby memory book is probably – – OK definitely not going to be enough room for everything. So get real, and get real baby memory books with extra space. Or just get more space for your baby memory books. But do have fun!

Sophia Ton is a freelance writer who writes about maternity, & pregnancy topics. She loves to shop for maternity clothing at

<http://www.beforebaby.com/category/maternity-clothing/>

when she is

pregnant & she loves baby books at

<http://www.beforebaby.com/category/baby-books/>



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!