



## **Creating Memories during your Pregnancy**

Due to the uncertainty of your pregnancy, you may want to take the time to create special memories with your baby while you are pregnant. This will be a keepsake for you and your family to treasure. Here are some things that you can do:

- Have a pregnancy photoshoot.
- Get a tummy mould.
- Start a journal and document your baby's movements and appointments.
- Have a baby shower for your baby to celebrate your pregnancy.
- Create an album of all your ultrasound photos.
- Get a 3D ultrasound and a video of your ultrasound.
- Buy your baby an outfit.

## **Creating Memories after Birth**

- Hands and feet moulds.
- Photos of baby.
- Memory quilt.
- If baby has lots of hair, cut some hair off as a keepsake.