

Pregnancy Details Insert Pages

This Tessera Insert pack includes 12 pages that detail the three trimesters of a pregnancy. The page titles include:



- * Mom's First Doctor Appointment
- * First Trimester
- * First Trimester Preparation
- * First Trimester Memories
- * Second Trimester
- * Second Trimester Preparation
- * Second Trimester Memories
- * Third Trimester
- * Third Trimester Preparation
- * Third Trimester Memories
- * Pregnancy Firsts
- * It's Time



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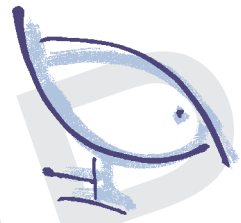
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BOOKS TO CHRONICLE LIFE AS YOU LIVE IT.™

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Mom's First Doctor Appointment

Date _____ Time _____

Doctor(s) _____

Who came with me _____

Feelings _____

How far into the pregnancy _____

More about the first appointment _____

Estimated due date _____

SAMPLE

First Trimester

Feelings

Food cravings

Food aversions

How you are already having an impact

Activities

Indulgences



SAMPLE

First Trimester Preparation

Books to read

Things to buy



Other preparations

SAMPLE



First Trimester Memories



Notable calls & visits to the doctor _____

Memorable moments _____

PHOTO

SAMPLE

Second Trimester

Feelings

Food cravings

Food aversions

How you are already having an impact

Activities

Indulgences



SAMPLE

Second Trimester Preparation

Things to do

Things to buy



Other preparations

SAMPLE



Second Trimester Memories



Notable calls & visits to the doctor _____

Memorable moments _____

PHOTO

SAMPLE

Third Trimester

Feelings

How you are having an impact

Activities

Indulgences



SAMPLE

Third Trimester Preparation

Final preparations _____

Packing the hospital bag _____

Your going-home outfit _____

Last minute details _____



SAMPLE



Third Trimester Memories



Notable calls & visits to the doctor _____

Memorable moments _____

PHOTO

SAMPLE



Pregnancy Firsts

First time I felt pregnant _____

First time I felt sick _____

First time my clothes felt tight _____

First baby book I read _____

First craving _____

First time I noticed my belly _____

First time someone else noticed my belly _____

First time I wore "maternity" clothes & what I wore _____

First kick _____

First outfit I bought for you _____

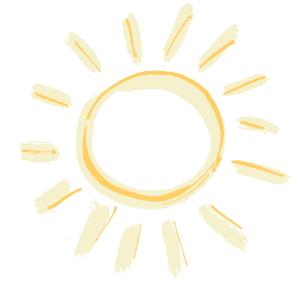
First toy I bought for you _____

First gift I received for you _____

Other firsts _____

SAMPLE

It's Time



Date _____

How I knew it was time _____

What happened next _____

The arrival at the hospital _____

Thoughts and feelings _____