

SAMPLE

I'm Going To Be  
A Big Sister  
Journal



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BY

## About Me



I am \_\_\_\_\_ years old

Where I live \_\_\_\_\_

Where I go to school \_\_\_\_\_

My favorites:

Food \_\_\_\_\_ Color \_\_\_\_\_

Movie or show \_\_\_\_\_

Game \_\_\_\_\_

Book \_\_\_\_\_

Friends \_\_\_\_\_

Activities \_\_\_\_\_



## Finding Out



Date I found out \_\_\_\_\_ Who told me \_\_\_\_\_

How I felt ☐ Happy ☐ Excited ☐ Upset ☐ Sad ☐ Nervous

☐ \_\_\_\_\_

I felt this way because \_\_\_\_\_

You are a ☐ girl ☐ boy ☐ twin/multiple ☐ we don't know yet  
☐ we don't know; it's going to be a surprise!

Due date \_\_\_\_\_

That's ☐ now/a short time from now ☐ a long time from now

You will be born at \_\_\_\_\_

I was born at the same place ☐ yes ☐ no



## Before You Were Born

What we did to plan for your arrival \_\_\_\_\_



Things I did for you before you were born \_\_\_\_\_

## The Day You Were Born

I was

☐

at home

☐

at the hospital

☐

at school

☐

\_\_\_\_\_

I was with \_\_\_\_\_

\_\_\_\_\_

I felt

☐

excited

☐

happy

☐

the same as usual

☐

nervous

☐

sad

☐

\_\_\_\_\_

While I waited I

☐

played games

☐

read a book

☐

slept

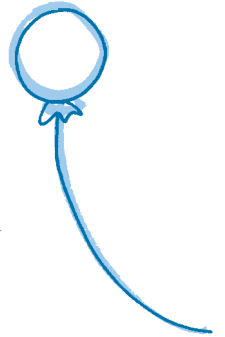
☐

played with a friend

☐

\_\_\_\_\_

Who told me you were born \_\_\_\_\_



## All About You

Your name \_\_\_\_\_

Your birthday \_\_\_\_\_

How much you weigh \_\_\_\_\_

How long you are \_\_\_\_\_

Your eye color is ☐ blue ☐ green  
☐ brown ☐ \_\_\_\_\_

Your hair color is ☐ brown ☐ black ☐ red  
☐ blonde ☐ no hair ☐ \_\_\_\_\_





## Meeting You

Date \_\_\_\_\_

Where \_\_\_\_\_

Who else was there \_\_\_\_\_

\_\_\_\_\_

PHOTO

## Being the Older Sister

Ways I can help take care of you

☐

dress you

☐

hold you

☐

change your diaper

☐

feed you

☐

read to you

☐

take walks with you

☐

entertain you

☐

sing to you

☐

make you smile when you're crying

☐

What I want to teach you

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## Coming Home



Date you came home \_\_\_\_\_

Was I home when you arrived

☐ yes

☐ no, I was \_\_\_\_\_

What you did when you first got home

☐ slept    ☐ ate    ☐ cried    ☐ other \_\_\_\_\_

What we did to celebrate \_\_\_\_\_

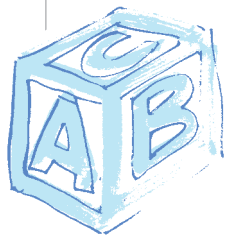
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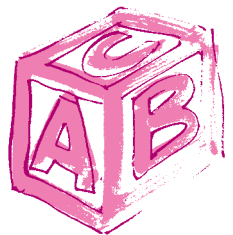
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# Things I Think We'll Do Together



# Advice I Want to Give You



What I Like About Being A Big Sister

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What I Don't Like About Being A Big Sister

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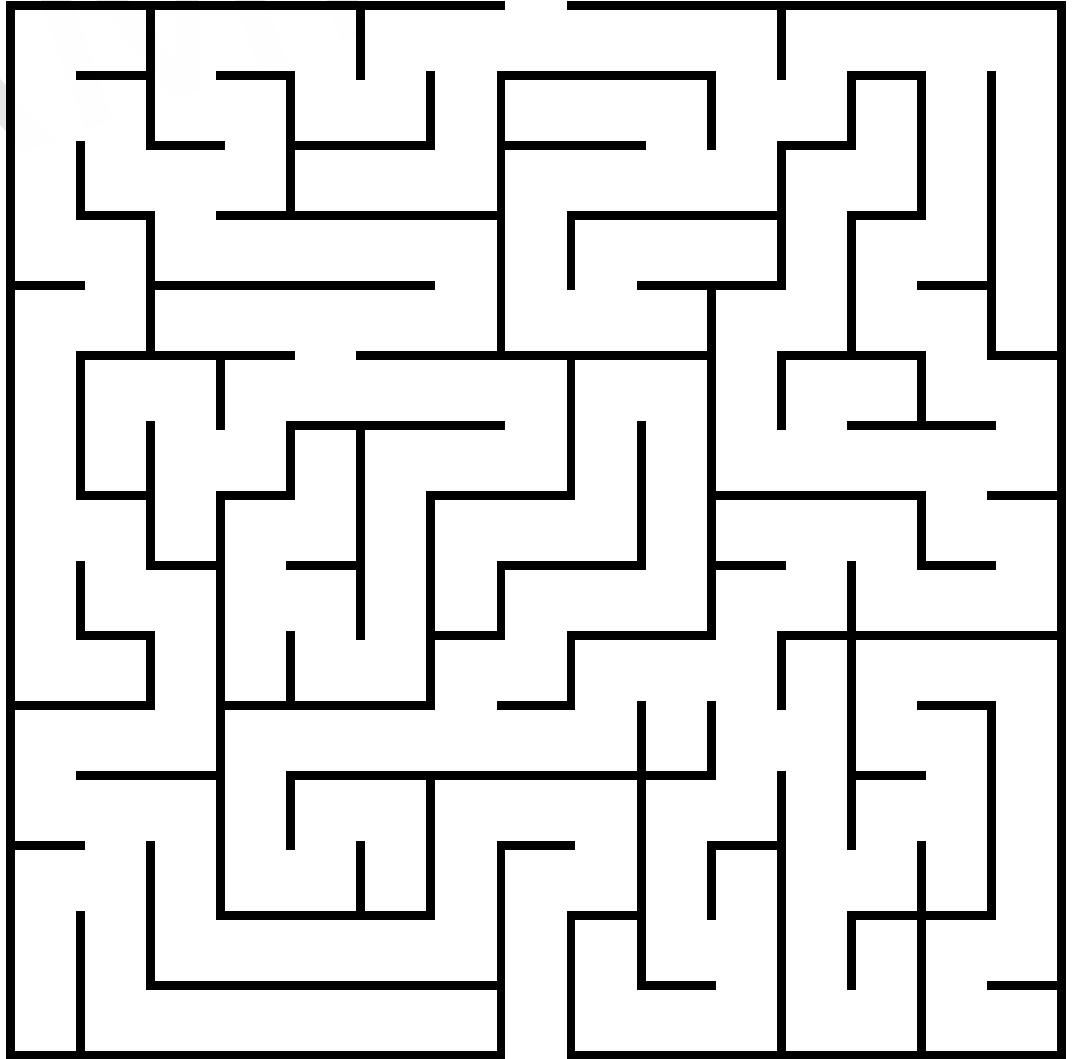
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A Drawing of You & Me



Maze

START



END

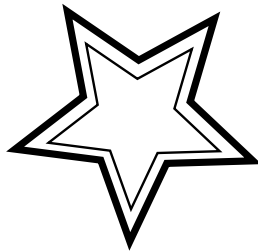
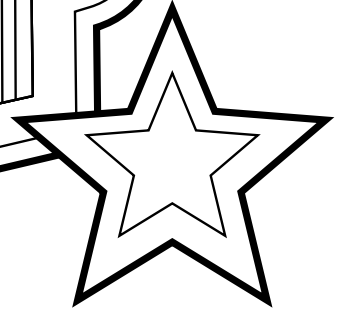


Color Me!



***I'm a***

**Big Sister**



## Pictures and Keepsakes



## Pictures and Keepsakes

