

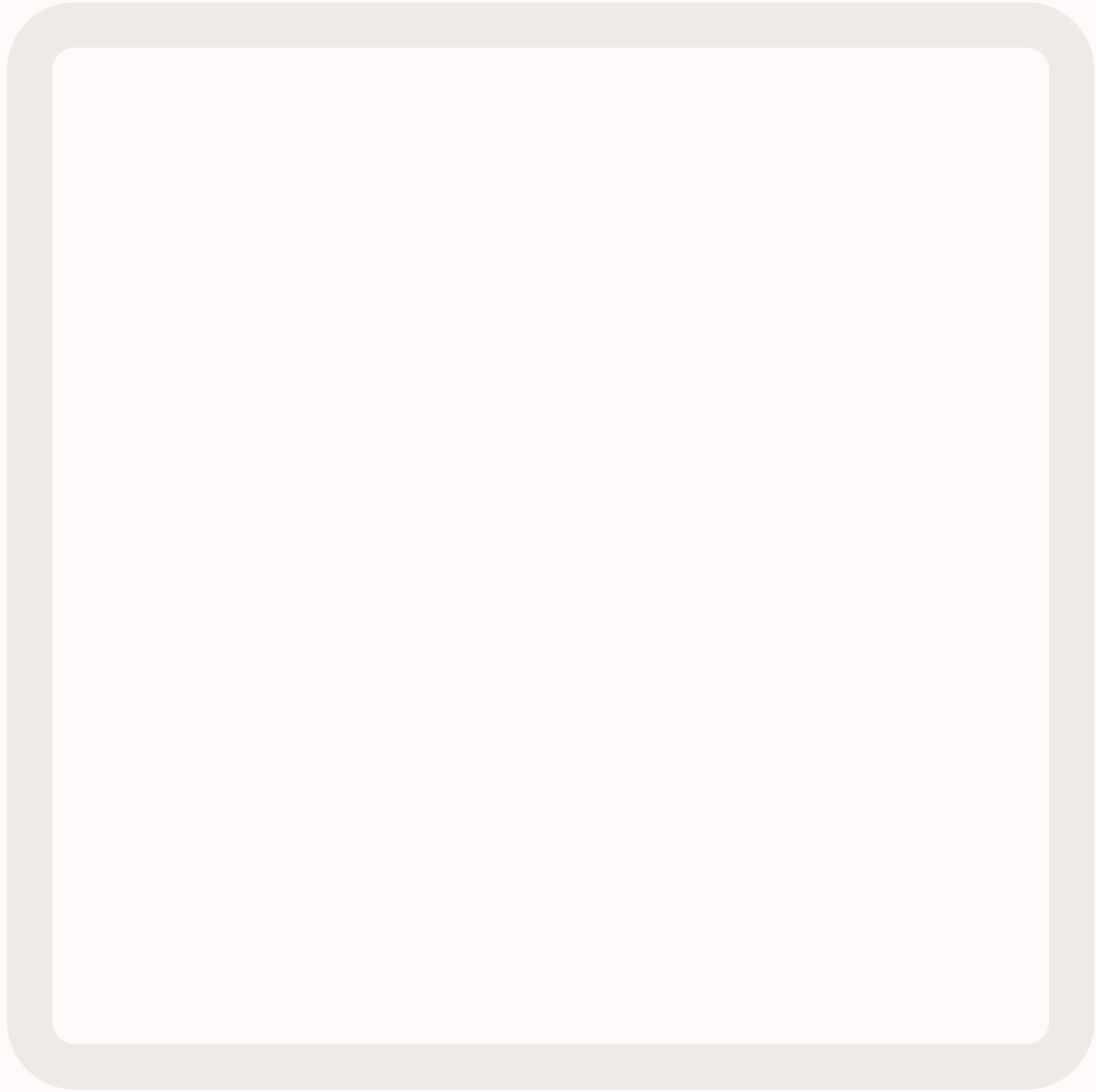


# My PostPartum Journal

THIS JOURNAL BELONGS TO



*Hello Little One*



Place a photo of your newborn here

# *Naming*

WHAT IS THE NAME OF YOUR BABY?

---

WHAT IS THE STORY BEHIND YOUR CHILDS NAME?

---

---

---

---

---

---

WHAT OTHER NAMES DID YOU HAVE STORED AWAY FOR BABY?

---

---

---

---

---

# The Day

DESCRIBE THE DAY YOUR CHILD WAS BORN?

---

---

---

---

---

---

WHAT DO YOU REMEMBER ABOUT YOUR BIRTH EXPERIENCE?

---

---

---

---

---

---

DO YOU WISH SOMETHING WERE DONE DIFFERENT?

---

---

---

---

---

---

WHAT IS SOMETHING THAT SURPRISED YOU MOST ABOUT GIVING BIRTH?

---

---

---

---

---

---

WHAT HORROR STORIES WERE YOU TOLD ABOUT GIVING BIRTH?

---

---

---

---

---

---

HOW DID YOU FEEL WHEN YOU FIRST LAID EYES ON YOUR LITTLE ONE?

---

---

---

---

# Bonding With Baby

WHAT ARE YOUR FAVORITE WAYS TO BOND WITH YOUR BABY?

---

---

---

---

---

---

WHEN YOU LOOK AT YOUR LITTLE ONE, HOW DO YOU FEEL?

---

---

---

---

---

DO YOU FIND IT DIFFICULT TO BOND WITH YOUR  
BABY? IF SO, WHY?

---

---

---

---

---

DO YOU HAVE YOUR CHILD ON A SCHEDULE,  
WHAT' DOES A TYPICAL DAY LOOK LIKE?

---

---

---

---

---

---

---

DESCRIBE BATH TIME WITH YOUR LITTLE ONE.

---

---

---

---

---

---

---

WHAT BOOKS DO YOU ENJOY READING TO YOUR  
LITTLE ONE?

---

---

---

---

---

---

---

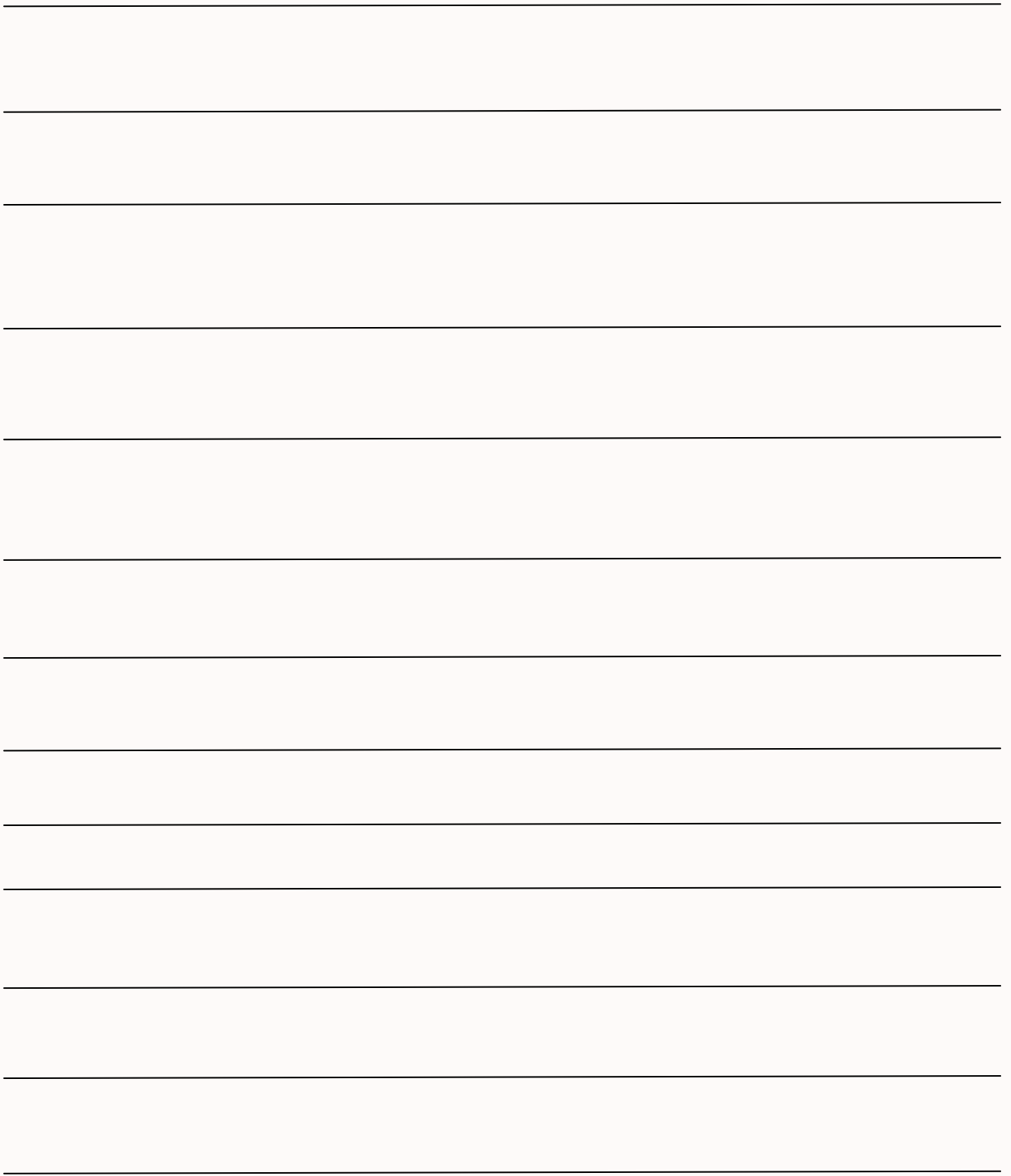




I will look after you and I will  
look after anybody you say  
needs to be looked after,  
anyway you say. I am here. I  
brought my whole self to  
you. I am your mother"

MAYA ANGELOU







# Support

WHO ARE THE ONES THAT SUPPORTED YOU DURING PREGNANCY AND NOW IN POSTPARTUM?

---

---

---

---

DESCRIBE A TIME IN WHICH THAT PERSON HELPED YOU THE MOST DURING YOUR PREGNANCY AND/OR POSTPARTUM?

---

---

---

---

---

WHAT OTHER WAYS DO YOU FEEL SUPPORTED?

---

---

---

---

---

DO YOU HAVE MOM FRIENDS? IF SO, WHAT DO YOU ADMIRE ABOUT THEM?

---

---

---

---

---

HOW WOULD YOU MEET NEW MOM FRIENDS?

---

---

---

---

---

---

WHO IS IN YOUR "VILLAGE?"

---

---

---

---

---

---



# Gratitude

LIST THREE THINGS THAT BRING YOU JOY

1. ....
2. ....
3. ....

THREE THINGS THAT YOU ARE GRATEFUL FOR

1. ....
2. ....
3. ....

WHAT IS YOUR FAVORITE QUOTE ON  
GRATITUDE?



# Motherhood

WHAT CHALLENGES ARE YOU FACING WHILE TRANSITIONING TO MOTHERHOOD?

---

---

---

---

WHAT ARE SOME WAYS TO WORK THROUGH THIS?

---

---

---

---

---

WHAT ADVICE HAVE YOU RECEIVED AS A NEW MOM?

---

---

---

---

---

DO YOU FEEL THAT YOU ARE MISSING OUT ON ANYTHING AS A MOM? IF SO, WHY?

---

---

---

---

WHAT IS YOUR FAVORITE CHILDHOOD MEMORY?

---

---

---

---

---

HOW YOU ARE ENSURING YOUR LITTLE ONE HAS A BEAUTIFUL CHILDHOOD?

---

---

---

---

---

WHAT SONG WOULD YOU DEDICATE TO YOUR LITTLE ONE AND WHY?

---

---

---

---

---

---

WHAT TV MOM BEST DESCRIBES YOU?

---

---

---

---

---

---

DESCRIBE A TIME IN WHICH YOUR LITTLE ONE MADE YOU SMILE?

---

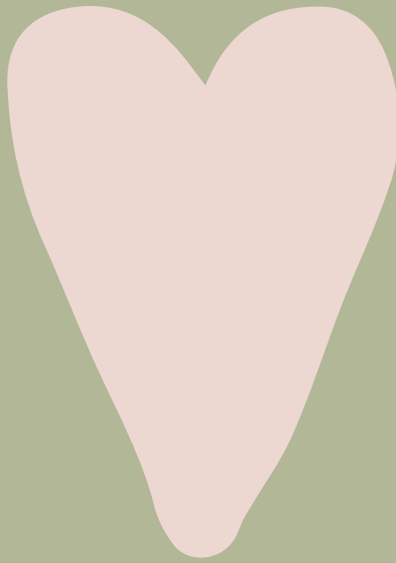
---

---

---

---

---



If love is as sweet as a  
flower, than my mother is  
that sweet flower of love

STEVIE WONDER

WHAT MAKES YOU PROUD OF THE MOTHER YOU ARE BECOMING ?

---

---

---

---

---

WHAT ARE YOUR FAVORITE THINGS TO DO OUTSIDE OF MOTHERHOOD?

---

---

---

---

WHAT BRINGS YOU JOY?

---

---

---

---

---

HOW DO YOU FEEL ABOUT RETURNING TO WORK?

---

---

---

---

---

---

WHAT IS YOUR BIGGEST FEAR AS A NEW MOM?

---

---

---

---

---

---

HOW HAS MOTHERHOOD CHANGED YOU?

---

---

---

---

---

---

# Soul Care

HOW ARE YOU NOURISHING YOUR SOUL?

---

---

---

---

---

---

WHAT BOOKS ARE YOU READING AT THE MOMENT?

---

---

---

---

---

---

WHAT PODCASTS ARE YOU LISTENING TO?

---

---

---

---

---

# Self Care

HOW WOULD YOU DESCRIBE SELF CARE?

---

---

---

---

---

HOW DO YOU TAKE TIME FOR YOURSELF?

---

---

---

---

---

WHAT ARE YOUR FAVORITE WAYS TO PAMPER YOURSELF AS A NEW MOM?

---

---

---

---



# Healing

HOW DID YOUR SIX WEEK CHECKUP GO?

---

---

---

---

---

---

IS THERE ANYTHING YOU WISH YOU DISCUSSED WITH YOUR DOCTOR?

---

---

---

---

---

HOW ARE YOU ADJUSTING TO YOUR NEW BODY?

---

---

---

---

---

---

# Healing

LIST THREE THINGS YOU LOVE ABOUT YOUR BODY?

1. ....
2. ....
3. ....

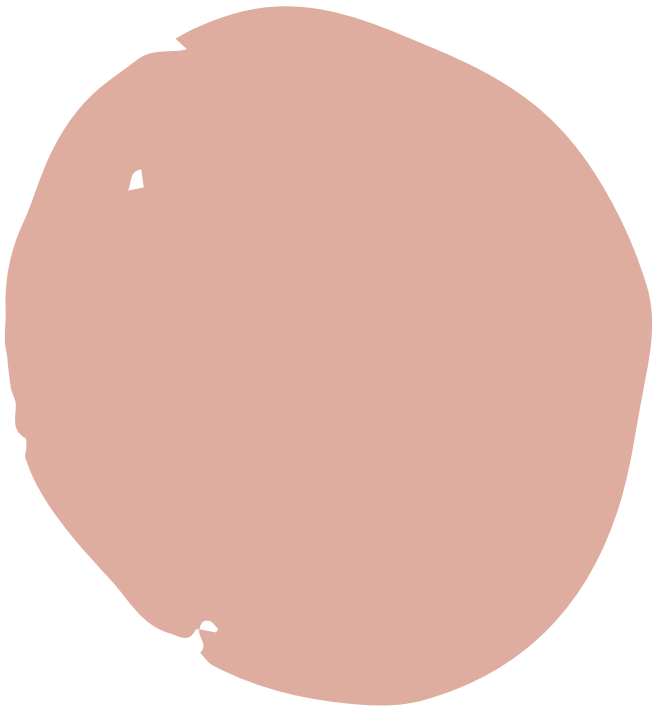
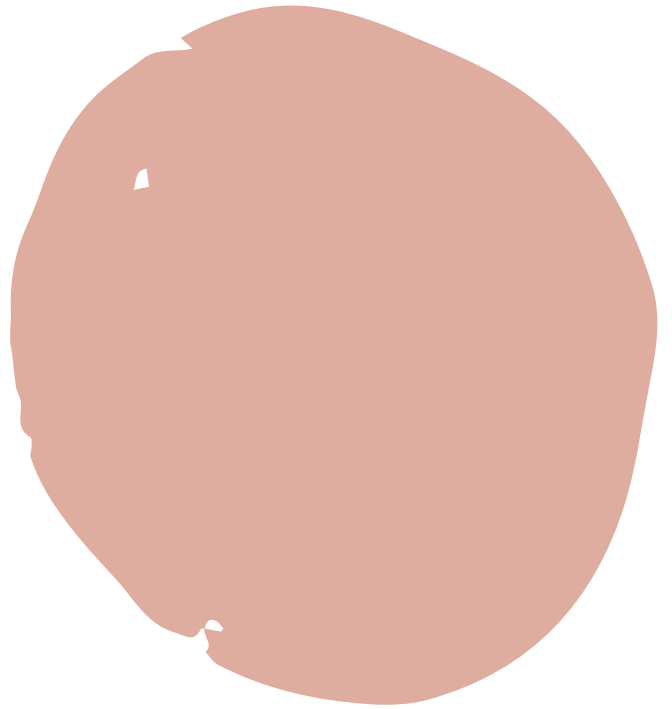
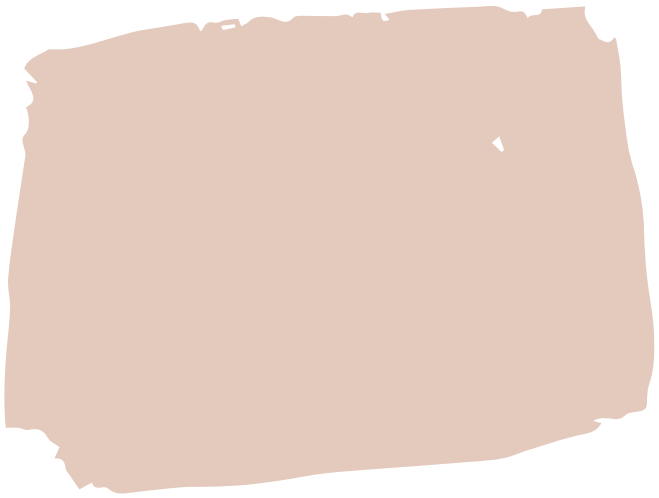
LIST THREE THINGS THAT YOU DON'T LIKE

1. ....
2. ....
3. ....

WRITE A NOTE TO YOUR NEW BODY

# *Affirm*

WRITE AN AFFIRMATION IN EACH SHAPE BELOW



# PPD & Anxiety

HOW ARE YOU COPING WITH PPD & ANXIETY?

---

---

---

---

---

---

TODAY I FELT...

---

---

---

---

---

---

WRITE A NOTE TO YOUR PPD & ANXIETY...

---

---

---

---

---

---

IF SOMEONE IS GETTING ON YOUR NERVES, USE THIS SPACE TO CUSS THEM OUT

---

---

---

---

---

TODAY I FELT...(I KNOW I AM ASKING AGAIN, BUT IT'S IMPORTANT TO CONNECT WITH YOURSELF)

---

---

---

---

ARE YOU IN THERAPY? IF SO, HOW IS THAT GOING?

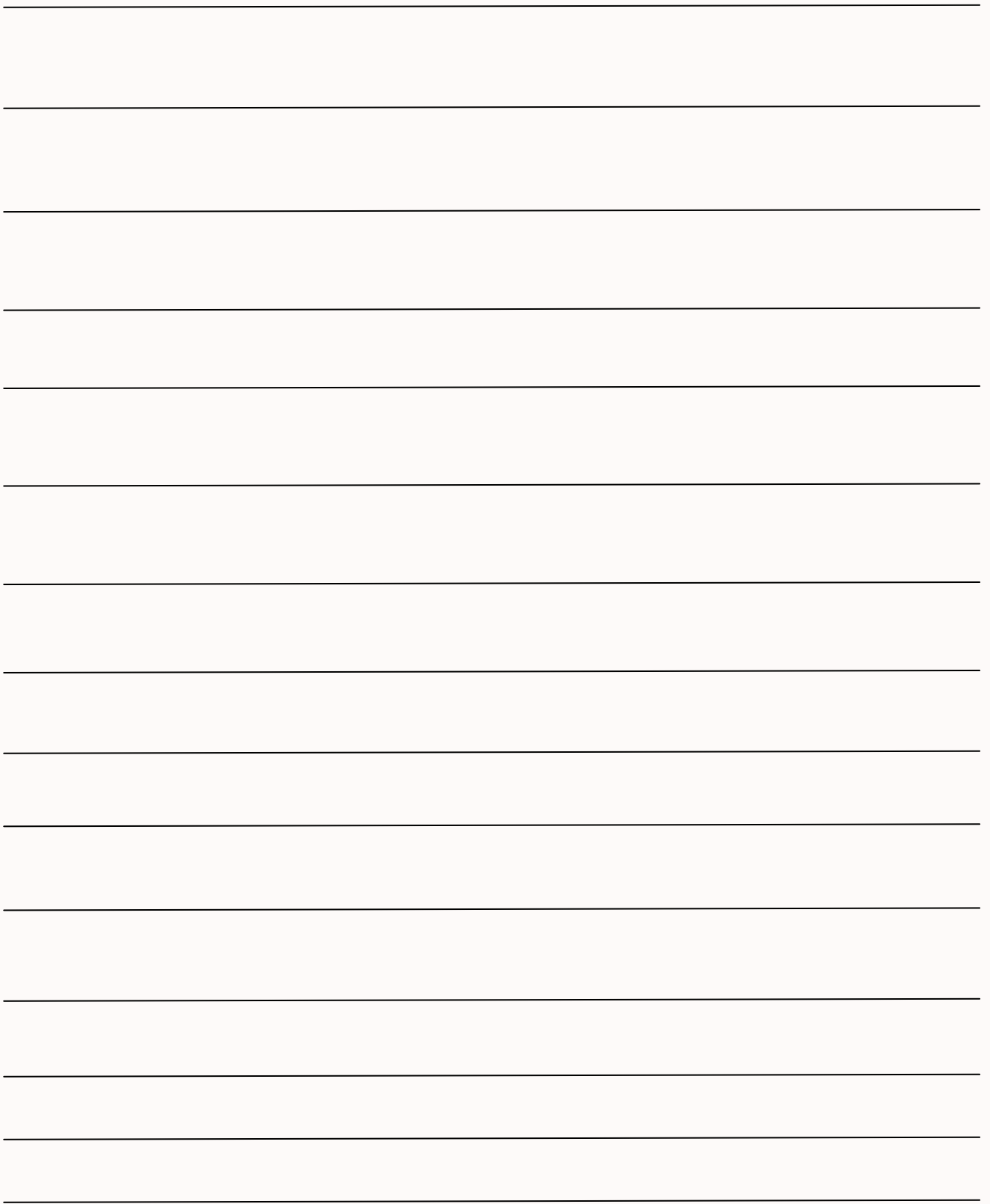
---

---

---

---





# Reflect

WHAT ARE SOME DREAMS YOU HAVE FOR YOURSELF?

---

---

---

---

---

---

WHAT ARE SOME DREAMS YOU HAVE FOR YOUR LITTLE ONE?

---

---

---

---

---

---

WHAT DO YOU LOVE ABOUT YOUR BABY?

---

---

---

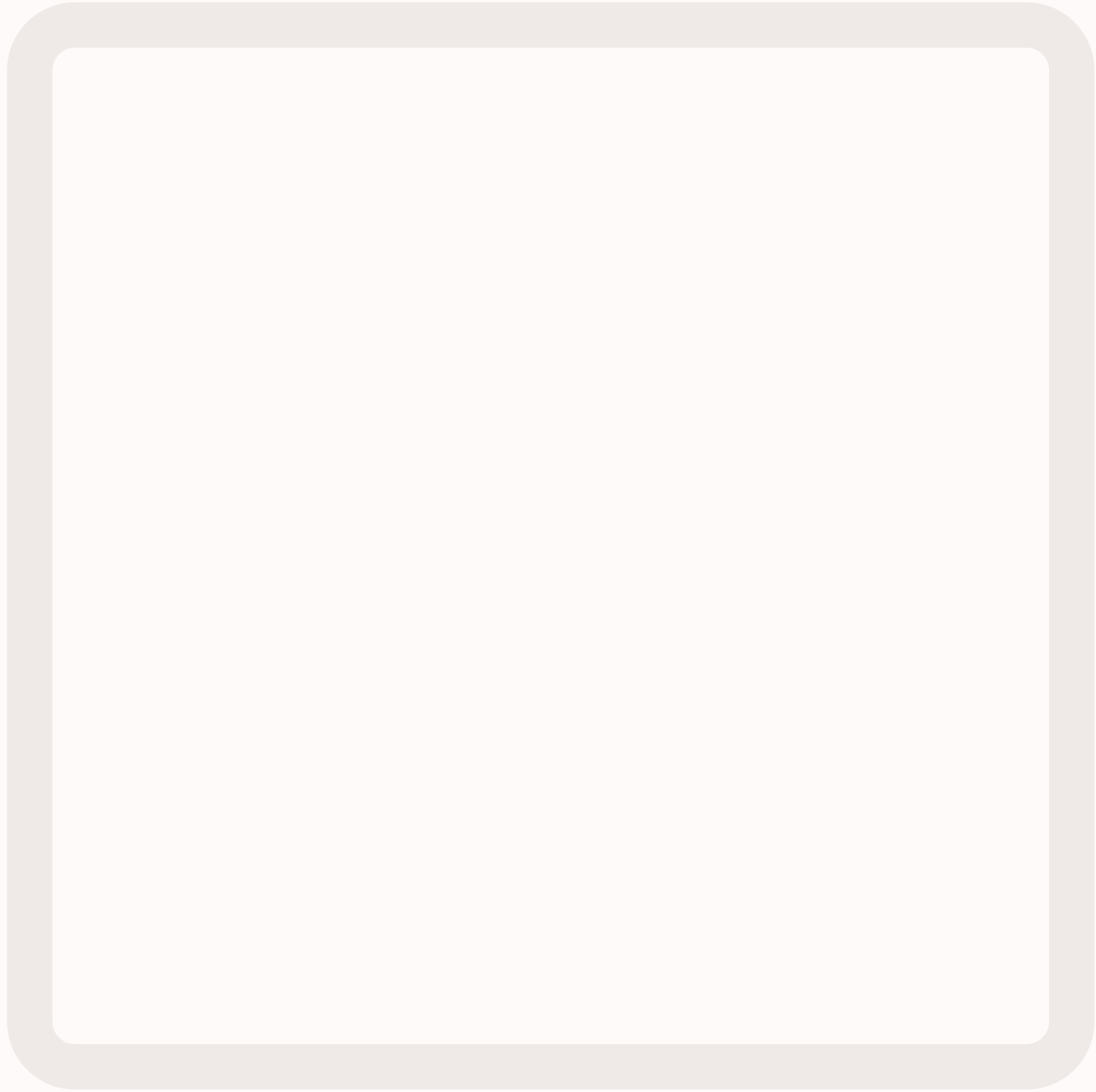
---

---

---



# *Mommy and Baby*



Place a photo of you and your little one here

