After Baby

Our First Year Together

twelve months of love, learning, and little firsts



Baby's name: _____

Born on: _____

With love from: _____

Behold, children are a heritage from the LORD

by Regina Marcella Adams

VISIT

www.reginamarcella.com

Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

A Little Note

After Baby

Design and content © Copyright 2026 Regina Marcella Adams. All rights reserved.

This journal is for personal, household use. It may be printed for your own family. It may not be resold, reproduced for sale, or used for other commercial purposes, and it is not to be used without crediting the author, Regina Marcella Adams.

Health and safety pages follow the CDC, the American Academy of Pediatrics (HealthyChildren.org), ACOG, and the NIH, with sources printed small and linked. Your pediatrician and your own doctor know your family best; bring your questions to them.

Scripture taken from the New King James Version®. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved.

made with love, for little ones & the homes that hold them

VISIT

www.reginamarcella.com

Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Table of Contents

find what you need, quickly

1 *First-Year Responsibilities* 5
- Papers & plans 6
- Safe every day 7
- Donor milk & health testing 8
- Well-child visits & vaccines 9
- Emergency numbers 10
- Babyproofing 11
- Fertility after baby 12
- Caring for Mom & Dad 14

2 *Month by Month* 15
- Months 1–12 16
- Growth & sleep log 28

3 *Grandparents & Family* 29
- How family changes 30
- Gentle boundaries 31
- Family traditions 32

4 *Our Keepsake Journal* 33
- The day you were born 34
- First haircut · lock of hair 36
- Monthly photos 37
- Your firsts 43
- Our family tree 45
- Letters to baby 46
- First birthday 49

5 *The Four Trimesters* 50
- Caring for Our New Baby 51
- Feeding & Breastfeeding Care 53
- Care for New Dads 55
- Healthy Dad Supplies 56
- Supplies for Mom & Dad 57
- Common Baby Concerns 58

6 *Notes* 59

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Welcome Home, Little One

a few words for the first page

Your baby is here. Whether this first year finds you joyful, exhausted, or both at once (usually both!), I made this book to walk beside you for twelve months: just the first year, one month at a time.

Inside are the grown-up jobs that keep a baby safe and well, a page for each month with the milestones the CDC says most babies reach and simple ways to play together, gentle thoughts on how family relationships change when grandparents arrive, and a keepsake journal with room for photographs, a lock of hair, firsts, and letters.

There is no test at the end of this book. Some months you will fill every line; some months you will write one word. Both are beautiful.

"Behold, children are a heritage from the LORD, The fruit of the womb is a reward."

– Psalm 127:3 (NKJV)

How to use this journal. Section 1 is your to-do list for the first weeks. Section 2 has one page per month. Section 3 is for family. Section 4 is the keepsake journal; tape in photos as you go, and on baby's first birthday you will have a treasure. Section 5 is the Four Trimesters worksheet, for feeding, care, and the first year. Section 6 is for notes.

Today I want to remember

Notes

VISIT

www.reginamarcella.com

Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Section 1

First-Year Responsibilities

The grown-up list: papers to file, safety habits to build, doctor visits to keep, and care for Mom and Dad too. Tick things off as you go, and give yourself grace.

"Train up a child in the way he should go, And when he is old he will not depart from it."

– Proverbs 22:6 (NKJV)

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Papers & Plans for the First Weeks

tick each one off as it is done

Done	Task	When	Notes
	Choose a pediatrician (ideally before birth) and book the first visit.	Before birth; visit at 3–5 days	
	Birth certificate: fill out the hospital form; later order certified copies from your state vital records office.	At the hospital	
	Social Security number: say “yes” on the birth-certificate form; SSA mails the card. (Free.)	At the hospital	
	Add baby to health insurance. Employer plans: usually within 30 days of birth. Marketplace: 60 days. Check your plan’s deadline.	Within 30 days	
	Ask about Medicaid/CHIP if your family may qualify.	First month	
	Family leave paperwork with each employer (FMLA: up to 12 weeks unpaid, job-protected, if eligible).	Before / after birth	
	Update your will, name a guardian, and update beneficiaries.	First 3 months	
	Review life and disability insurance.	First 3 months	
	Keep baby’s birth certificate and SS card in a safe place, not in a wallet.	When they arrive	
	Add baby to your tax return next year (an SSN is needed).	Tax time	

Notes

Sources

1. Where to Write for Vital Records. CDC National Center for Health Statistics.
2. Social Security Numbers for Children (Pub. 05-10023). Social Security Administration.
3. Special Enrollment Period. HealthCare.gov.
4. Family and Medical Leave Act. U.S. Department of Labor.
5. Well-Child Care: A Check-Up for Success. American Academy of Pediatrics, HealthyChildren.org.

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Safe Every Day

sleep, feeding, and the car seat

Safe sleep: the ABCs

- **Alone, on the Back, in a Crib** (or bassinet or play yard) for every sleep, naps too.
- A **firm, flat** mattress with a fitted sheet only: no pillows, bumpers, blankets, or soft toys. A wearable blanket keeps baby warm.
- **Room-share without bed-sharing**, ideally for at least the first 6 months. Never sleep with baby on a couch or armchair.
- Keep baby away from smoke; offer a pacifier at sleep time if you like; do not let baby overheat.

Feeding

- The AAP recommends **breast milk only for about the first 6 months**, then continuing alongside other foods. Iron-fortified infant formula is the safe alternative; never make homemade formula or water down formula.
- Watch for hunger cues (hands to mouth, rooting) and fullness cues (turning away, closing the mouth).
- No water, juice, or other foods for about the first 6 months. Talk with your pediatrician about **starting solids around 6 months**.
- **No honey before age 1**, and no cow's milk as a main drink until about 12 months.

The car seat

- **Rear-facing** in the back seat, for as long as possible, until baby reaches the seat's highest rear-facing height or weight limit.
- Harness snug at the shoulders (you cannot pinch a fold of strap); chest clip at armpit level; no bulky coats under the straps.
- Have the installation checked by a certified technician; NHTSA lists free inspection stations.
- Never leave baby alone in a car, even for a minute.

Notes

Sources

1. A Parent's Guide to Safe Sleep. American Academy of Pediatrics, HealthyChildren.org.
2. Breastfeeding. American Academy of Pediatrics, HealthyChildren.org.
3. Starting Solid Foods. American Academy of Pediatrics, HealthyChildren.org.
4. Car Seats: Information for Families. American Academy of Pediatrics, HealthyChildren.org.
5. Car Seats and Booster Seats (find a car seat inspection). National Highway Traffic Safety Administration.

VISIT

www.reginamarcella.com

Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Donor Milk & Health Testing

screened milk banks, window periods, and a home test

This page is here for the families who need it, and as a quiet reference for everyone else. Bring these notes to your own doctor; they know your story.

Pasteurized donor milk

When a mother's own milk is not available or is not advised, public-health agencies point to **pasteurized donor milk from a screened milk bank**. In the United States, the Human Milk Banking Association of North America (**HMBANA**) accredits nonprofit milk banks that blood-screen donors and pasteurize donor milk. You can find a milk bank at hmbana.org. The **FDA advises against informal or internet milk sharing**: milk from casual sharing has not been screened or pasteurized in the same way and may carry infectious or other risks.

Health testing before breastfeeding or donating

Talk with your doctor about **prenatal screening** — including HIV, hepatitis B, and syphilis — before breastfeeding or donating milk. CDC recommends HIV testing during every pregnancy. Testing is done on the mother's blood or oral fluid, not on breast milk.

A note on HIV testing. No HIV test can detect infection right after exposure; that delay is called the **window period** (CDC, Getting Tested for HIV, updated Sept. 15, 2026). Antibody tests, including most rapid tests and home self-tests such as OraQuick, usually detect HIV **23–90 days** after exposure. A rapid finger-stick antigen/antibody test: **18–90 days**. A laboratory antigen/antibody blood draw: **18–45 days**. A laboratory NAT (nucleic acid test): **10–33 days**. If a test is negative after a possible exposure, test again after the window period. A **positive self-test needs a follow-up test** with a health-care provider.

In the United States, mothers with HIV should talk with their health-care provider about infant feeding. This is a **shared decision**. With consistent antiretroviral treatment and an undetectable viral load, the risk of transmitting HIV through breastfeeding is less than 1%, but it is not zero. Feeding with commercial infant formula or pasteurized, banked donor milk eliminates the risk of postnatal transmission. (CDC)

An FDA-approved home test

An FDA-approved over-the-counter home test is the **OraQuick In-Home HIV Test** (oral fluid). A positive home test is not a final diagnosis — it needs a follow-up laboratory test with a health-care provider. If a test is negative after a possible exposure, test again after the window period.

A verified listing: OraQuick In-Home HIV Test (Amazon, tag ReginaMarcella-20).

Notes

Sources on this page

1. Use of Donor Human Milk. U.S. Food and Drug Administration (FDA).
2. Human Milk Banking Association of North America. HMBANA.
3. Find a Milk Bank. HMBANA.
4. Getting Tested for HIV. CDC (updated Sept. 15, 2026).
5. HIV and Breastfeeding (Special Circumstances). CDC.
6. Information Regarding the OraQuick In-Home HIV Test. FDA.

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Well-Child Visits & Vaccines

our record of checkups in the first year

The AAP's Bright Futures schedule includes checkups at about **3–5 days, 1 month, 2, 4, 6, 9, and 12 months**. Vaccines are given at many of these visits. Recommendations are updated from time to time, so ask your pediatrician which vaccines are due at each visit under the current CDC and AAP schedules, and ask for a copy of baby's record.

Visit	Date	Weight	Length	Head	Vaccines given	Questions / notes
3–5 days						
1 month						
2 months						
4 months						
6 months						
9 months						
12 months						

Questions to bring to the next visit

Notes

Sources

1. Well-Child Care: A Check-Up for Success. American Academy of Pediatrics, HealthyChildren.org.
2. Immunizations. American Academy of Pediatrics, HealthyChildren.org.
3. Immunization Schedules. CDC.

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Emergency Numbers & When to Call

keep this page where everyone can find it

Emergency: 911 _____

Pediatrician: _____

Nearest hospital / ER: _____

Our address (for 911): _____

Health insurance member #: _____

Grandparents: _____

Poison Control: 1-800-222-1222 _____

After-hours nurse line: _____

Mom's doctor: _____

Pharmacy: _____

Trusted neighbor: _____

Babysitter notes: _____

Call the pediatrician right away if

- Baby is **younger than 3 months** and has a temperature of **100.4 °F (38 °C) or higher** (rectal). Do not give fever medicine first; call.
- Baby is very sleepy and hard to wake, will not feed, has far fewer wet diapers, or seems very unwell to you.
- Breathing looks hard or fast, or the skin or lips look blue or gray: **call 911**.
- Baby may have swallowed medicine, a chemical, a button battery, or a magnet: call Poison Control, or 911 if baby is not breathing or is having a seizure.

Save Poison Control (1-800-222-1222) in every phone in the house, and post this page near the fridge.

Notes

Sources

1. Fever: When to Call the Pediatrician. American Academy of Pediatrics, HealthyChildren.org.
2. Poison Control (1-800-222-1222). America's Poison Centers / Poison Control.

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Babyproofing, Room by Room

start before baby rolls, crawls, and pulls up

Whole house

- [ ] Smoke & carbon-monoxide alarms on every level; test monthly
- [ ] Water heater at 120 °F or lower
- [ ] Furniture & TVs anchored to the wall
- [ ] Window-blind cords cut short or cordless
- [ ] Outlet covers
- [ ] Gates at the top and bottom of stairs

Kitchen & bath

- [ ] Medicines, vitamins & cleaners locked up high
- [ ] Cabinet & drawer latches
- [ ] Pot handles turned in
- [ ] Never leave baby alone in the bath, not even for a second
- [ ] Toilet-lid lock

Nursery & play

- [ ] Crib away from windows & cords
- [ ] Lower the crib mattress before baby can sit up
- [ ] Toys bigger than baby's mouth; no small parts
- [ ] Button batteries & magnets out of reach
- [ ] Changing table: one hand on baby always
- [ ] No baby walkers

Outside & car

- [ ] Pool or tub fenced and gated
- [ ] Car seat checked by a technician
- [ ] Sun: shade and clothing for babies under 6 months
- [ ] Check the back seat every time you leave the car

Notes

Sources

1. Safety at Home. American Academy of Pediatrics, HealthyChildren.org.
2. Poison Control (1-800-222-1222). America's Poison Centers / Poison Control.
3. Milestones by 1 Year. CDC.

VISIT

www.reginamarcella.com

Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Fertility After Baby: Talk With Your Doctor

gentle facts for family planning

Many new mothers are surprised to learn that **pregnancy is possible before the first period returns**. Ovulation comes about two weeks before a period, so the first egg can be released before you ever see a period.

If you are not breastfeeding

ACOG notes that ovulation may return **within a few weeks of birth**, for some mothers as early as about **3 to 4 weeks**. In a review of studies of mothers who were not breastfeeding, the average first ovulation came about **45 to 94 days** after birth, and the earliest reported was about **25 days**. That is why family planning is part of the postpartum visit.

If you are breastfeeding

Breastfeeding delays ovulation for many mothers, but it only reliably prevents pregnancy under the **lactational amenorrhea method (LAM)**, and only when **all three** are true:

- ☐ Baby is fed **only (or almost only) at the breast**, day and night (ACOG: feeds no more than about 4 hours apart in the day and 6 at night).
- ☐ **No period** has returned since birth.
- ☐ Baby is **younger than 6 months**.

When all three are met, LAM is about **98% effective**. Once any one changes (a period returns, longer stretches between feeds, regular formula or solids, or baby turns 6 months), protection drops and pregnancy is possible.

Spacing babies, and "Irish twins"

Babies born less than a year apart are sometimes lovingly called "Irish twins." Pregnancies very close together carry more health risks for mother and baby, such as preterm birth and low birth weight. **ACOG advises avoiding a new pregnancy within 6 months of giving birth, and counsels about the risks of pregnancy sooner than 18 months.** The **WHO suggests waiting at least 24 months** after a birth before the next pregnancy. Every family is different; this is a conversation for you, your husband, and your doctor.

Notes

Sources

1. Postpartum Birth Control (FAQ). ACOG.
2. Jackson E, Glasier A. Return of ovulation and menses in postpartum nonlactating women: a systematic review. Obstet Gynecol 2011;117(3):657-662. PubMed.
3. Family Planning: A Global Handbook for Providers (Lactational Amenorrhea Method chapter). World Health Organization & partners.
4. U.S. Selected Practice Recommendations for Contraceptive Use, 2024. CDC.
5. Interpregnancy Care, Obstetric Care Consensus No. 8 (2019). ACOG & Society for Maternal-Fetal Medicine.
6. Report of a WHO Technical Consultation on Birth Spacing (2005). World Health Organization.

VISIT

www.reginamarcella.com

Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Questions for My Postpartum Visit

family planning, spacing, and options that fit our faith and breastfeeding

ACOG recommends a check-in with your obstetric care provider **within the first 3 weeks** after birth and a full postpartum visit **no later than 12 weeks**. Bring this page.

Questions for my postpartum visit

Options include natural family planning (fertility awareness-based) methods, the lactational amenorrhea method, and other methods. Each has different effectiveness and fits differently with breastfeeding and with our beliefs, so I want to talk them through with my doctor.

- ☐ When could I ovulate again, given how I am feeding my baby?
- ☐ Am I meeting all three conditions for the lactational amenorrhea method? What happens when that changes?
- ☐ How do natural family planning methods work after a birth and during breastfeeding, and where can we learn one well?
- ☐ What other options fit with breastfeeding, and how effective is each?
- ☐ How long should we wait before another pregnancy, given my birth and my health?
- ☐ Is there anything from this pregnancy or birth (blood pressure, diabetes, a cesarean) that affects spacing?
- ☐ Which options fit our faith and our family's plans?
- ☐ _____
- ☐ _____

Visit date: _____ Doctor: _____

What we decided: _____ Follow-up: _____

Notes from the visit

Sources

1. Optimizing Postpartum Care, Committee Opinion 736. ACOG.
2. Postpartum Birth Control (FAQ). ACOG.
3. Fertility Awareness-Based Methods of Family Planning (FAQ). ACOG.
4. Interpregnancy Care, Obstetric Care Consensus No. 8 (2019). ACOG & Society for Maternal-Fetal Medicine.

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Caring for Mom & Dad, Too

you cannot pour from an empty cup

For Mom

- ☐ Rest when baby sleeps, at least once a day
- ☐ Eat regular meals; keep water by the feeding chair
- ☐ Accept help with meals, laundry, and errands
- ☐ Postpartum check-in within 3 weeks
- ☐ Full postpartum visit by 12 weeks
- ☐ Short walks outside when your doctor says it is okay

For Dad

- ☐ Take a night shift or early-morning shift
- ☐ Skin-to-skin, burping, bath time
- ☐ Protect Mom's rest; manage visitors
- ☐ Keep your own checkups and vaccines current
- ☐ Check in on each other daily
- ☐ Sadness, anger, or worry that will not lift? Talk to your doctor

Baby blues or something more?

Many mothers have "baby blues" (tearful, moody, anxious) in the first two weeks. If those feelings are strong, last longer than two weeks, or make it hard to care for yourself or baby, it may be **postpartum depression or anxiety**, which is common and treatable. Fathers can have it too. Call your doctor, or reach:

- **National Maternal Mental Health Hotline:** call or text 1-833-TLC-MAMA (1-833-852-6262), 24/7, free and confidential.
- **Postpartum Support International HelpLine:** 1-800-944-4773.
- **988 Suicide & Crisis Lifeline:** call or text 988. If anyone is in danger, call 911.

Notes

Sources

1. Optimizing Postpartum Care, Committee Opinion 736. ACOG.
2. Postpartum Depression (FAQ). ACOG.
3. National Maternal Mental Health Hotline, 1-833-TLC-MAMA (1-833-852-6262). HRSA Maternal & Child Health Bureau.
4. Postpartum Support International HelpLine, 1-800-944-4773. Postpartum Support International.
5. 988 Suicide & Crisis Lifeline (call or text 988). 988 Lifeline.

VISIT

www.reginamarcella.com

Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Section 2

Month by Month

One page for each month. On the CDC checkpoint months (2, 4, 6, 9, and 12) you will find the milestones most babies reach by that age; the months in between are “growing toward” the next checkpoint.

“And Jesus increased in wisdom and stature, and in favor with God and men.”

— Luke 2:52 (NKJV)

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Month 1

growing toward the 2-month checkpoint

Dates: _____ Weight: _____ Length: _____ Sleeping about: _____ Feeding: _____

Growing toward the 2-month checkpoint

Every baby grows at their own pace. These are the skills most babies reach by the next checkpoint; watch for them gently, and enjoy the in-between.

- Calms down when spoken to or picked up
- Looks at your face
- Seems happy to see you when you walk up
- Smiles when you talk to or smile at baby
- Makes sounds other than crying
- Reacts to loud sounds
- Watches you as you move
- Looks at a toy for several seconds
- Holds head up when on tummy
- Moves both arms and both legs
- Opens hands briefly

What we did together

- ☐ Lots of skin-to-skin cuddles
- ☐ Talk, read, and sing to baby every day
- ☐ Short tummy time while awake and watched
- ☐ A gentle walk outdoors together
- ☐ Learn baby's hunger and fullness cues
- ☐ Pray a blessing over baby at bedtime

The first days with you felt like

A prayer for you this month

Source

Milestones are what most babies (75% or more) do by that age. If baby is not meeting milestones, has lost skills, or you are concerned, talk with your pediatrician; don't wait. Born early? Ask about adjusted age.

1. Milestones by 2 Months. CDC.
2. CDC's Developmental Milestones (Learn the Signs. Act Early.). CDC.

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Month 2

the 2-month checkpoint

Dates: _____ Weight: _____ Length: _____ Sleeping about: _____ Feeding: _____

The 2-month checkpoint · what most babies do by 2 months

Social

- ☐ Calms down when spoken to or picked up
- ☐ Looks at your face
- ☐ Seems happy to see you when you walk up
- ☐ Smiles when you talk to or smile at baby

Thinking

- ☐ Watches you as you move
- ☐ Looks at a toy for several seconds

Language

- ☐ Makes sounds other than crying
- ☐ Reacts to loud sounds

Movement

- ☐ Holds head up when on tummy
- ☐ Moves both arms and both legs
- ☐ Opens hands briefly

What we did together

- ☐ Copy baby's coos and "talk" back and forth
- ☐ Tummy time with a toy at eye level
- ☐ Shake a rattle to one side; watch baby look
- ☐ Look at bright pictures and faces together
- ☐ Place a baby-safe mirror nearby
- ☐ Rock and sing a family lullaby

You love it when

A prayer for you this month

Source

Milestones are what most babies (75% or more) do by that age. If baby is not meeting milestones, has lost skills, or you are concerned, talk with your pediatrician; don't wait. Born early? Ask about adjusted age.

1. Milestones by 2 Months. CDC.
2. CDC's Developmental Milestones (Learn the Signs. Act Early.). CDC.

VISIT

www.reginamarcella.com

Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Month 3

growing toward the 4-month checkpoint

Dates: _____ Weight: _____ Length: _____ Sleeping about: _____ Feeding: _____

Growing toward the 4-month checkpoint

Every baby grows at their own pace. These are the skills most babies reach by the next checkpoint; watch for them gently, and enjoy the in-between.

- Smiles on own to get your attention
- Chuckles (not yet a full laugh) when you try to make baby laugh
- Looks at you, moves, or makes sounds to get or keep your attention
- Coos ("oooo," "aahh")
- Makes sounds back when you talk
- Turns head toward the sound of your voice
- If hungry, opens mouth when seeing breast or bottle
- Looks at own hands with interest
- Holds head steady without support when held
- Holds a toy put in the hand
- Swings an arm at toys
- Brings hands to mouth
- Pushes up onto elbows/forearms on tummy

What we did together

- ☐ Name things around the house as you carry baby
- ☐ Gentle leg "bicycles" during diaper changes
- ☐ Story time with a cloth or board book
- ☐ Toys on a blanket to reach and kick
- ☐ Video call a grandparent
- ☐ A walk naming the trees and birds

Your sweetest sound this month

A prayer for you this month

Source

Milestones are what most babies (75% or more) do by that age. If baby is not meeting milestones, has lost skills, or you are concerned, talk with your pediatrician; don't wait. Born early? Ask about adjusted age.

1. Milestones by 4 Months. CDC.
2. CDC's Developmental Milestones (Learn the Signs. Act Early.). CDC.

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Month 4

the 4-month checkpoint

Dates: _____ Weight: _____ Length: _____ Sleeping about: _____ Feeding: _____

The 4-month checkpoint · what most babies do by 4 months

Social

- ☐ Smiles on own to get your attention
- ☐ Chuckles (not yet a full laugh) when you try to make baby laugh
- ☐ Looks at you, moves, or makes sounds to get or keep your attention

Thinking

- ☐ If hungry, opens mouth when seeing breast or bottle
- ☐ Looks at own hands with interest

Language

- ☐ Coos (“oooo,” “aahh”)
- ☐ Makes sounds back when you talk
- ☐ Turns head toward the sound of your voice

Movement

- ☐ Holds head steady without support when held
- ☐ Holds a toy put in the hand
- ☐ Swings an arm at toys
- ☐ Brings hands to mouth
- ☐ Pushes up onto elbows/forearms on tummy

What we did together

- ☐ Play peek-a-boo
- ☐ Floor or play-mat time every day
- ☐ Let baby bounce gently on your lap, held under the arms
- ☐ Rattles and cloth books to hold
- ☐ Sing during bath time
- ☐ Call baby by name often

Something new you discovered

A prayer for you this month

Source

Milestones are what most babies (75% or more) do by that age. If baby is not meeting milestones, has lost skills, or you are concerned, talk with your pediatrician; don't wait. Born early? Ask about adjusted age.

1. Milestones by 4 Months. CDC.
2. CDC's Developmental Milestones (Learn the Signs. Act Early.). CDC.

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Month 5

growing toward the 6-month checkpoint

Dates: _____ Weight: _____ Length: _____ Sleeping about: _____ Feeding: _____

Growing toward the 6-month checkpoint

Every baby grows at their own pace. These are the skills most babies reach by the next checkpoint; watch for them gently, and enjoy the in-between.

- Knows familiar people
- Likes to look at self in a mirror
- Laughs
- Takes turns making sounds with you
- Blows “raspberries”
- Makes squealing noises
- Puts things in mouth to explore them
- Reaches to grab a toy
- Closes lips to show no more food
- Rolls from tummy to back
- Pushes up with straight arms on tummy
- Leans on hands for support when sitting

What we did together

- ☐ Back-and-forth smiles and sounds
- ☐ Toys just out of reach to roll toward
- ☐ Whisper, clap, and make funny noises
- ☐ Point to things and name them
- ☐ Mirror play
- ☐ A family photo outside

Your favorite person to smile at

A prayer for you this month

Source

Milestones are what most babies (75% or more) do by that age. If baby is not meeting milestones, has lost skills, or you are concerned, talk with your pediatrician; don’t wait. Born early? Ask about adjusted age.

1. Milestones by 6 Months. CDC.
2. CDC’s Developmental Milestones (Learn the Signs. Act Early.). CDC.

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Month 6

the 6-month checkpoint

Dates: _____ Weight: _____ Length: _____ Sleeping about: _____ Feeding: _____

The 6-month checkpoint · what most babies do by 6 months

Social

- ☐ Knows familiar people
- ☐ Likes to look at self in a mirror
- ☐ Laughs

Thinking

- ☐ Puts things in mouth to explore them
- ☐ Reaches to grab a toy
- ☐ Closes lips to show no more food

Language

- ☐ Takes turns making sounds with you
- ☐ Blows “raspberries”
- ☐ Makes squealing noises

Movement

- ☐ Rolls from tummy to back
- ☐ Pushes up with straight arms on tummy
- ☐ Leans on hands for support when sitting

What we did together

- ☐ Ask the pediatrician about starting solids
- ☐ Supported sitting practice
- ☐ Hand back dropped toys (cause and effect!)
- ☐ Music and singing together
- ☐ Name what you see on walks
- ☐ First taste of a family favorite (when baby is ready)

Our favorite way to play

A prayer for you this month

Source

Milestones are what most babies (75% or more) do by that age. If baby is not meeting milestones, has lost skills, or you are concerned, talk with your pediatrician; don’t wait. Born early? Ask about adjusted age.

1. Milestones by 6 Months. CDC.
2. CDC’s Developmental Milestones (Learn the Signs. Act Early.). CDC.

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Month 7

growing toward the 9-month checkpoint

Dates: _____ Weight: _____ Length: _____ Sleeping about: _____ Feeding: _____

Growing toward the 9-month checkpoint

Every baby grows at their own pace. These are the skills most babies reach by the next checkpoint; watch for them gently, and enjoy the in-between.

- Is shy, clingy, or fearful around strangers
- Shows several facial expressions (happy, sad, angry, surprised)
- Looks when you call baby's name
- Reacts when you leave
- Smiles or laughs at peek-a-boo
- Makes many different sounds like "mamamama" and "babababa"
- Lifts arms up to be picked up
- Looks for objects dropped out of sight
- Bangs two things together
- Gets to a sitting position alone
- Moves things from one hand to the other
- Uses fingers to "rake" food toward self
- Sits without support

What we did together

- ☐ Rolling and reaching games
- ☐ New tastes and textures, one at a time
- ☐ Peek-a-boo with a soft cloth
- ☐ Nesting cups and stacking
- ☐ Lift-the-flap books
- ☐ Splash play in the bath, always within arm's reach

What made you laugh

A prayer for you this month

Source

Milestones are what most babies (75% or more) do by that age. If baby is not meeting milestones, has lost skills, or you are concerned, talk with your pediatrician; don't wait. Born early? Ask about adjusted age.

1. Milestones by 9 Months. CDC.
2. CDC's Developmental Milestones (Learn the Signs. Act Early.). CDC.

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Month 8

growing toward the 9-month checkpoint

Dates: _____ Weight: _____ Length: _____ Sleeping about: _____ Feeding: _____

Growing toward the 9-month checkpoint

Every baby grows at their own pace. These are the skills most babies reach by the next checkpoint; watch for them gently, and enjoy the in-between.

- Is shy, clingy, or fearful around strangers
- Shows several facial expressions (happy, sad, angry, surprised)
- Looks when you call baby's name
- Reacts when you leave
- Smiles or laughs at peek-a-boo
- Makes many different sounds like "mamamama" and "babababa"
- Lifts arms up to be picked up
- Looks for objects dropped out of sight
- Bangs two things together
- Gets to a sitting position alone
- Moves things from one hand to the other
- Uses fingers to "rake" food toward self
- Sits without support

What we did together

- ☐ Pass a toy back and forth: "my turn, your turn"
- ☐ Wave "bye-bye" together
- ☐ Try simple baby signs (more, all done, milk)
- ☐ Describe what baby is looking at
- ☐ Safe places to pull up
- ☐ Crawling games on the floor

A new place we went

A prayer for you this month

Source

Milestones are what most babies (75% or more) do by that age. If baby is not meeting milestones, has lost skills, or you are concerned, talk with your pediatrician; don't wait. Born early? Ask about adjusted age.

1. Milestones by 9 Months. CDC.
2. CDC's Developmental Milestones (Learn the Signs. Act Early.). CDC.

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Month 9

the 9-month checkpoint

Dates: _____ Weight: _____ Length: _____ Sleeping about: _____ Feeding: _____

The 9-month checkpoint · what most babies do by 9 months

Social

- ☐ Is shy, clingy, or fearful around strangers
- ☐ Shows several facial expressions (happy, sad, angry, surprised)
- ☐ Looks when you call baby's name
- ☐ Reacts when you leave
- ☐ Smiles or laughs at peek-a-boo

Thinking

- ☐ Looks for objects dropped out of sight
- ☐ Bangs two things together

Language

- ☐ Makes many different sounds like "mamamama" and "babababa"
- ☐ Lifts arms up to be picked up

Movement

- ☐ Gets to a sitting position alone
- ☐ Moves things from one hand to the other
- ☐ Uses fingers to "rake" food toward self
- ☐ Sits without support

What we did together

- ☐ Dump blocks out and put them back
- ☐ Hide a toy under a blanket
- ☐ Cheerful goodbyes instead of sneaking away
- ☐ Repeat baby's sounds, then a word ("bababa... book")
- ☐ Finger-food practice, sitting together
- ☐ Keep sleep and meal routines

Your personality is starting to show when

A prayer for you this month

Source

Milestones are what most babies (75% or more) do by that age. If baby is not meeting milestones, has lost skills, or you are concerned, talk with your pediatrician; don't wait. Born early? Ask about adjusted age.

1. Milestones by 9 Months. CDC.
2. CDC's Developmental Milestones (Learn the Signs. Act Early.). CDC.

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Month 10

growing toward the 1-year checkpoint

Dates: _____ Weight: _____ Length: _____ Sleeping about: _____ Feeding: _____

Growing toward the 1-year checkpoint

Every baby grows at their own pace. These are the skills most babies reach by the next checkpoint; watch for them gently, and enjoy the in-between.

- Plays games with you, like pat-a-cake
- Waves "bye-bye"
- Calls a parent "mama," "dada," or another special name
- Understands "no" (pauses or stops)
- Puts something in a container, like a block in a cup
- Looks for things you hide, like a toy under a blanket
- Pulls up to stand
- Walks holding on to furniture
- Drinks from a cup without a lid, as you hold it
- Picks things up between thumb and pointer finger

What we did together

- ☐ Push toys or a sturdy box to walk behind
- ☐ A few sips from an open cup
- ☐ Pots-and-pans music
- ☐ Point and name everything
- ☐ Gentle hands with pets
- ☐ Read the same favorite book again

Something you said (or tried to say)

A prayer for you this month

Source

Milestones are what most babies (75% or more) do by that age. If baby is not meeting milestones, has lost skills, or you are concerned, talk with your pediatrician; don't wait. Born early? Ask about adjusted age.

1. Milestones by 1 Year. CDC.
2. CDC's Developmental Milestones (Learn the Signs. Act Early.). CDC.

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Month 11

growing toward the 1-year checkpoint

Dates: _____ Weight: _____ Length: _____ Sleeping about: _____ Feeding: _____

Growing toward the 1-year checkpoint

Every baby grows at their own pace. These are the skills most babies reach by the next checkpoint; watch for them gently, and enjoy the in-between.

- Plays games with you, like pat-a-cake
- Waves "bye-bye"
- Calls a parent "mama," "dada," or another special name
- Understands "no" (pauses or stops)
- Puts something in a container, like a block in a cup
- Looks for things you hide, like a toy under a blanket
- Pulls up to stand
- Walks holding on to furniture
- Drinks from a cup without a lid, as you hold it
- Picks things up between thumb and pointer finger

What we did together

- ☐ Pat-a-cake and clapping songs
- ☐ Build on baby's words ("ta"... "truck!")
- ☐ Walks holding both hands
- ☐ Simple sorting: big and small
- ☐ Smell and taste a family recipe
- ☐ Look at family photos and name everyone

A little adventure we had

A prayer for you this month

Source

Milestones are what most babies (75% or more) do by that age. If baby is not meeting milestones, has lost skills, or you are concerned, talk with your pediatrician; don't wait. Born early? Ask about adjusted age.

1. Milestones by 1 Year. CDC.
2. CDC's Developmental Milestones (Learn the Signs. Act Early.). CDC.

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Month 12

the 1-year checkpoint

Dates: _____ Weight: _____ Length: _____ Sleeping about: _____ Feeding: _____

The 1-year checkpoint · what most babies do by 1 year

Social

- ☐ Plays games with you, like pat-a-cake

Thinking

- ☐ Puts something in a container, like a block in a cup
- ☐ Looks for things you hide, like a toy under a blanket

Language

- ☐ Waves "bye-bye"
- ☐ Calls a parent "mama," "dada," or another special name
- ☐ Understands "no" (pauses or stops)

Movement

- ☐ Pulls up to stand
- ☐ Walks holding on to furniture
- ☐ Drinks from a cup without a lid, as you hold it
- ☐ Picks things up between thumb and pointer finger

What we did together

- ☐ Plan a simple first-birthday celebration
- ☐ Pat-a-cake and wave-bye games
- ☐ Blocks in a cup, and out again
- ☐ Let baby feed self safe finger foods
- ☐ Walk along the furniture together
- ☐ Write baby a birthday letter (Section 4)

Looking back on your first year

A prayer for you this month

Source

Milestones are what most babies (75% or more) do by that age. If baby is not meeting milestones, has lost skills, or you are concerned, talk with your pediatrician; don't wait. Born early? Ask about adjusted age.

1. Milestones by 1 Year. CDC.
2. CDC's Developmental Milestones (Learn the Signs. Act Early.). CDC.

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Growth & Sleep at a Glance

a simple year-long log

Month	Weight	Length	Naps / night sleep	Feeding notes	Teeth & health
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

The CDC notes that 4- to 12-month-olds need about **12 to 16 hours of sleep a day**, including naps. Ask your pediatrician about baby's growth chart at each visit.

Notes

Sources

1. Milestones by 9 Months. CDC.
2. Well-Child Care: A Check-Up for Success. American Academy of Pediatrics, HealthyChildren.org.

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Section 3

Grandparents & Family

A baby makes grandparents, aunts, and uncles too. Relationships shift in sweet and sometimes tender ways. These pages help you welcome family in, kindly and clearly.

"Children's children are the crown of old men, And the glory of children is their father."

– Proverbs 17:6 (NKJV)

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

How Family Changes When Baby Comes

new roles for everyone

When you became parents, your own parents became grandparents in the same moment. It is a joyful change, and it can also feel unfamiliar: they may need to learn to follow your lead, and you may find yourself seeing your parents in a new light.

What often changes

- You become the decision-makers for your child; grandparents move into a supporting role.
- Visits may need more planning around naps and feeds.
- Old family patterns can surface when everyone is tired.
- Many couples feel closer to their parents than ever.

Ways to involve them

- [ ] A standing visit or video call each week
- [ ] Ask them to tell baby stories from your childhood
- [ ] Invite them to a well-child visit or a church service
- [ ] Ask for help that truly helps: a meal, laundry, a nap
- [ ] Share monthly photos (Section 4 has frames)
- [ ] Let them teach a family song or prayer

What each grandparent wants to be called

Mom's mother: _____

Mom's father: _____

Dad's mother: _____

Dad's father: _____

Our hopes for baby and grandparents

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Gentle Boundaries, Help & Advice

kind words for tender moments

Boundaries are not walls; they are the fence around your little garden so everyone knows where the gate is. Decide together as husband and wife first, and let each of you speak to your own parents when you can.

Sample words you can use

- "We love having you here. Could we plan visits for the mornings, after baby's first nap?"
- "Thank you for the advice. Our pediatrician recommends doing it this way now, so that is what we are going to try."
- "Would you be willing to bring supper Tuesday? That would help us more than anything."
- "We are asking everyone who holds the baby to wash their hands first, and to visit another time if they feel sick."

Help vs. advice: what has changed since we were babies

- Babies sleep **on their backs**, alone, with **no bumpers, pillows, or blankets** in the crib.
- Car seats stay **rear-facing** as long as the seat allows.
- **No cereal in the bottle**, no honey before age 1, and solids start around 6 months.
- Baby walkers are not recommended.

Healthy visits

Ask visitors to wash their hands, to stay home when they are sick, and to avoid kissing baby's face. Ask your pediatrician which vaccines family members and caregivers should be up to date on (for example, whooping cough and flu) before they spend time with a newborn.

Notes

Sources

1. A Parent's Guide to Safe Sleep. American Academy of Pediatrics, HealthyChildren.org.
2. Car Seats: Information for Families. American Academy of Pediatrics, HealthyChildren.org.
3. Starting Solid Foods. American Academy of Pediatrics, HealthyChildren.org.
4. Immunizations. American Academy of Pediatrics, HealthyChildren.org.

VISIT

www.reginamarcella.com

Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Keeping Family Traditions

old ones we treasure, new ones we begin

From Mom's side

From Dad's side

New traditions we are starting

- ☐
- ☐
- ☐
- ☐
- ☐

A family recipe to pass down

Recipe: _____ From: _____

A note from Grandma & Grandpa to baby

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Section 4

Our Keepsake Journal

Fill these pages slowly, a little at a time. Tape in photos, tuck a lock of hair into its envelope, and write down the firsts before they blur.

"For You formed my inward parts; You covered me in my mother's womb. I will praise You, for I am fearfully and wonderfully made;"

– Psalm 139:13-14 (NKJV)

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

The Day You Were Born

birth details

Full name: _____ Date: _____

Time: _____ Weight: _____

Length: _____ Place of birth: _____

Delivered by: _____ Who was there: _____

Weather that day: _____ First visitors: _____

hand print

foot print

The story of your birth

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Your Name & Coming Home

why we chose it, and the first day at home

Your name: _____

It means: _____

Named after: _____

Why we chose your name

_____

_____

_____

_____

_____

Coming home day

Date: _____ Going-home outfit: _____

Who drove: _____ Waiting at home: _____

tape a coming-home photo here

Your first night at home

_____

_____

_____

_____

_____

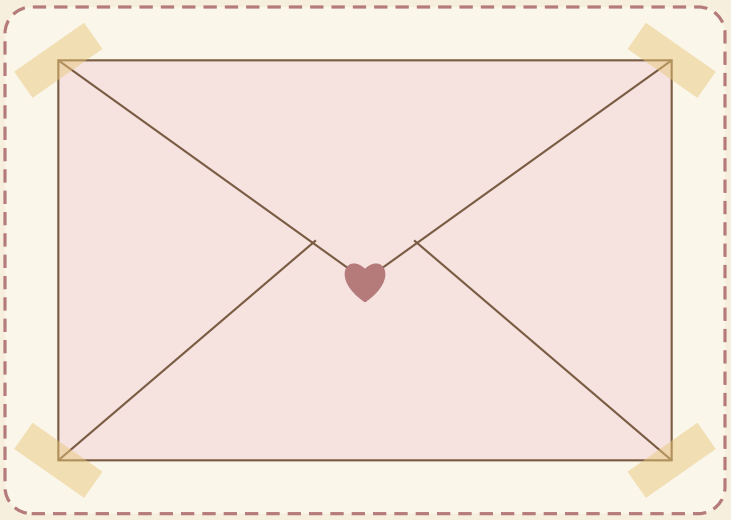
_____

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

First Haircut · Lock of Hair

a little curl to keep forever



Tape a small envelope here, with a lock of hair inside

Tie the curl with a thread or ribbon first; tape only the envelope, never the hair itself.

Date of first haircut: _____ Where: _____

Who cut it: _____ Your age: _____

Hair color: _____ How you felt about it: _____

tape a haircut photo here

What we remember

_____

_____

_____

_____

VISIT

www.reginamarcella.com

Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Month by Month in Pictures

months 1 & 2

tape photo here

Month 1 _____

tape photo here

Month 2 _____

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Month by Month in Pictures

months 3 & 4

tape photo here

Month 3 _____

tape photo here

Month 4 _____

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Month by Month in Pictures

months 5 & 6

tape photo here

Month 5 _____

tape photo here

Month 6 _____

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Month by Month in Pictures

months 7 & 8

tape photo here

Month 7 _____

tape photo here

Month 8 _____

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Month by Month in Pictures

months 9 & 10

tape photo here

Month 9 _____

tape photo here

Month 10 _____

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Month by Month in Pictures

months 11 & 12

tape photo here

Month 11 _____

tape photo here

Month 12 _____

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Your Firsts

the little moments we never want to forget

First smile

Date: _____

First laugh

Date: _____

First time rolling over

Date: _____

First tooth

Date: _____

First food

Date: _____

First time sitting up

Date: _____

First time crawling

Date: _____

First word

Date: _____

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

More Firsts

and every one a celebration

First steps

Date: _____

First wave bye-bye

Date: _____

First bath

Date: _____

First trip outside

Date: _____

First time at church

Date: _____

First night sleeping long

Date: _____

First Christmas or holiday

Date: _____

First friend

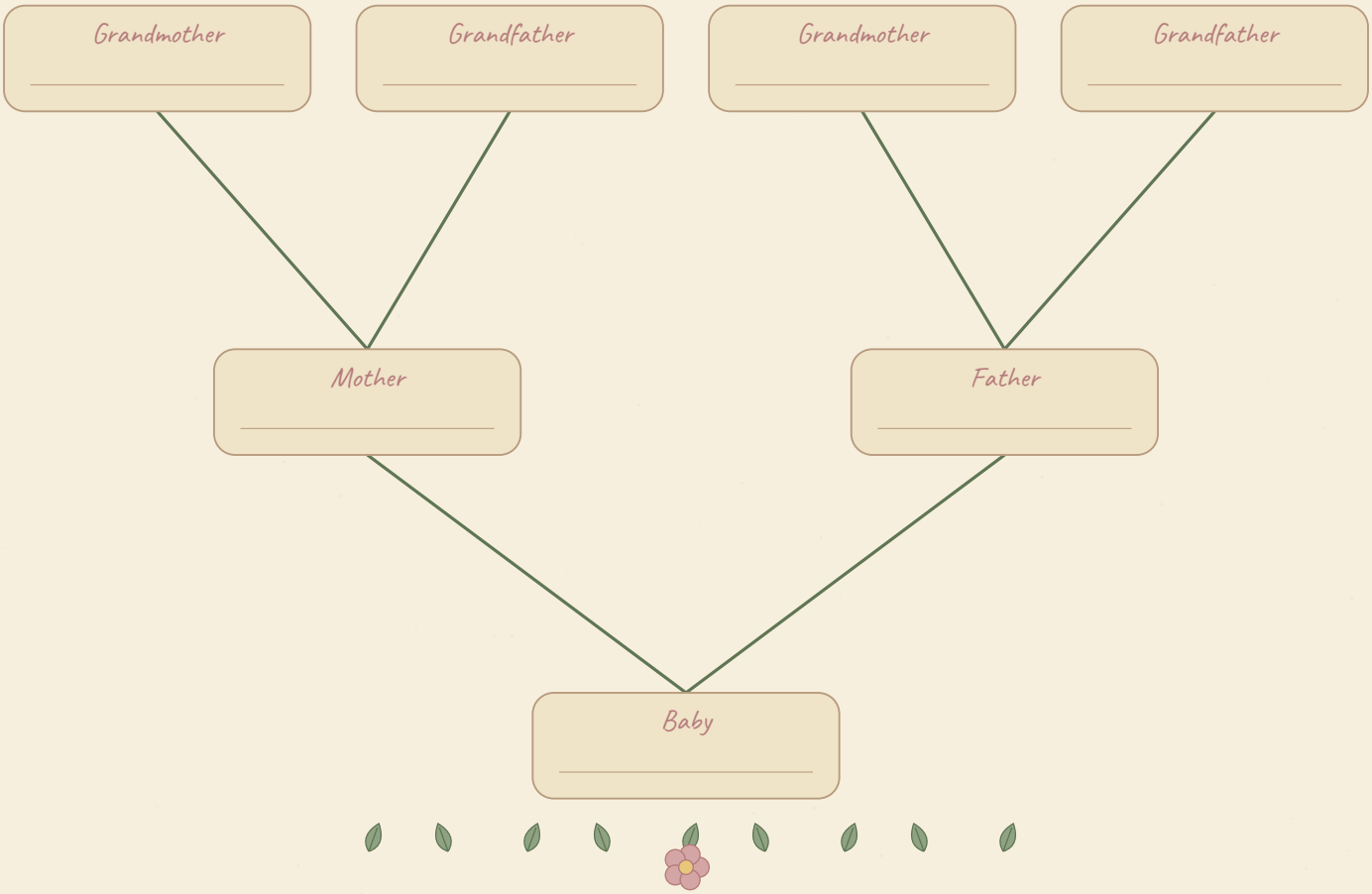
Date: _____

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Our Family Tree

where you come from



Family stories to tell you someday

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

A Letter to You · From Mom

to read together someday

Date: _____ Written by: _____

4

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

A Letter to You · From Dad

to read together someday

Date: _____ Written by: _____

4

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

A Letter to You · From Family & Friends

to read together someday

Date: _____ Written by: _____

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Happy First Birthday!

one whole year of you

Date: _____

Where we celebrated: _____

Who came: _____

Cake flavor: _____

Favorite gift: _____

Weight & length: _____

tape a birthday photo here

At one year old, you love

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Our birthday prayer for you

A wish for your second year

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Section 5

The Four Trimesters

I made these pages as a home worksheet to walk with you through the first year — four seasons of about three months each, plus feeding care, a page for new dads, supplies, and common concerns. Tick what you have reviewed with your pediatrician, and write what is true for your baby. There is no rush.

"He will feed His flock like a shepherd; He will gather the lambs with His arm, And carry them in His bosom, And gently lead those who are with young."

– Isaiah 40:11 (NKJV)

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Caring for Our New Baby

The Four Trimesters of the First Year

"He will feed His flock like a shepherd; He will gather the lambs with His arm,
And carry them in His bosom, And gently lead those who are with young."
— Isaiah 40:11 (NKJV)

How to use this page. I made this as a gentle map of the first two seasons. Tick what you have reviewed with your pediatrician, and write what is true for your baby. You can come back as the weeks unfold; there is no need to finish it all at once.

The first year can be thought of in four seasons of about three months each. The opening season is often called the fourth trimester: baby is earth-side, yet still needs the closeness of the womb. This is a home worksheet to walk through with your pediatrician — not a complete medical guide. Tick what you have reviewed, and write what is true for your baby, who will grow at their own pace.

Trimester 1 · 0–3 months *The Fourth Trimester*

- ☐ Feeding. Breast milk or iron-fortified formula is all the food a newborn needs. Feed on cue, day and night; clustered feeds are common. Do not give water, juice, cow's milk, solid foods, or honey. If you are breastfeeding, ask your pediatrician about a vitamin D supplement.
- ☐ Sleep. Place baby alone, on the back, on a firm, flat sleep surface (crib, bassinet, or play yard). No pillows, blankets, bumpers, stuffed toys, or other soft bedding. Room-share without bed-sharing for at least the first six months. Avoid overheating.
- ☐ Soothing & bonding. Skin-to-skin, a calm voice, rocking, and a well-fitted swaddle can soothe. Stop swaddling as soon as baby shows signs of rolling. Offer daily, supervised tummy time while baby is awake.
- ☐ Health & visits. Newborn, 1-month, and 2-month well-child visits, with vaccines on the CDC/AAP schedule, usually fall here. Call your pediatrician for fever in a baby under three months, poor feeding, fewer wet diapers, trouble breathing, unusual limpness or irritability, or any worry that does not ease.
- ☐ Development & play. Faces, soft talk, and brief tummy time are the best toys. Around two months many babies smile, coo, and lift the head briefly on the tummy. These are typical patterns, not a test.
- ☐ Safety. A rear-facing car seat, correctly installed, for every ride. Never leave baby alone on a sofa, bed, or changing table. Keep cords, loose plastic, and small objects out of reach. Infant walkers are not recommended.
- ☐ For Mom & Dad. Rest when you can and accept help. The baby blues often ease within two weeks. If sadness, anxiety, or trouble bonding lasts, or if you have thoughts of harming yourself or the baby, call your obstetrician, midwife, or pediatrician. If anyone may be in immediate danger, call 911.

Trimester 2 · 3–6 months *Finding a rhythm*

- ☐ Feeding. Breast milk or formula remains the main food. Around six months, and not before four months, your pediatrician may talk with you about complementary foods when baby shows readiness (steady head, sitting with support, interest in food).
- ☐ Sleep. Longer night stretches may appear, though waking is still normal. Keep the same safe-sleep rules: alone, on the back, on a firm flat surface, with no soft bedding. Once baby can roll, stop swaddling; still start every sleep on the back.
- ☐ Soothing & bonding. Talk, sing, and read. Offer simple toys and supervised floor play. A pacifier at sleep times may be used once breastfeeding is well established, if you choose.
- ☐ Health & visits. The 4-month and 6-month well-child visits, with vaccines as scheduled. From six months, a flu vaccine may be offered in flu season.
- ☐ Development & play. Reaching, chuckling, rolling, and pushing up on the arms are common. Follow baby's cues, and talk with your pediatrician if a skill seems delayed or is lost.
- ☐ Safety. Rolling changes everything: never leave baby unattended on a raised surface. Begin babyproofing before the first crawl. Keep the car seat rear-facing.
- ☐ For Mom & Dad. Postpartum depression and anxiety can begin months after birth, not only in the first weeks. Call your clinician or the pediatrician if mood, sleep, or bonding worries persist. Call 911 in an emergency.

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

How to use this page. These are the later seasons, from six months toward the first birthday. Tick as you go, jot questions for the pediatrician, and remember that your baby will grow at their own pace.

Trimester 3 · 6–9 months *On the move*

- ☐ Feeding. Continue breast milk or formula, and offer complementary foods. Sit baby upright and stay close while they eat. Introduce common allergens (such as peanut and egg) in the form your pediatrician recommends, unless you have been told to wait. No honey until after the first birthday. A little water in a small cup may be offered with meals, as advised.
- ☐ Sleep. About 12–16 hours in a day, including naps, is typical later in infancy. Keep a calm bedtime routine and the same safe, firm, flat sleep surface. Sleep often changes around new skills.
- ☐ Soothing & bonding. Peekaboo, songs, board books, and naming everyday things. Stay nearby as baby starts to move.
- ☐ Health & visits. The 6-month visit (if not already completed) and the 9-month well-child visit, with vaccines as scheduled.
- ☐ Development & play. Sitting, transferring toys, raking food, babbling, and knowing familiar people are often seen. Some babies crawl now; some do not yet. Both can be typical.
- ☐ Safety. Latch cabinets, move medicines and cleaners up high, cover outlets, hide cords, gate stairs, and keep small objects, batteries, and magnets out of reach. Empty tubs and buckets. Stay within arm's reach around water.
- ☐ For Mom & Dad. Keep your own meals, rest, and a little time outdoors in view. If you feel hopeless, numb, or unlike yourself, ask for help promptly. Call 911 if you or the baby may be in danger.

Trimester 4 · 9–12 months *Toward the first birthday*

- ☐ Feeding. Offer more family-table foods in soft, safe pieces, while breast milk or formula remains important through the first birthday. Toward twelve months, ask your pediatrician about the next step (often whole cow's milk or a recommended alternative). Practice an open cup. Still no honey before age one. Watch closely for choking.
- ☐ Sleep. A regular nap and bedtime rhythm helps. Wait to add blankets or pillows until your pediatrician says the sleep space is ready — often not before twelve months, and later is fine. Continue: alone, on the back, on a firm flat surface.
- ☐ Soothing & bonding. Simple games, reading, and gentle goodbyes help a baby who may now be shy with strangers. Celebrate ordinary days as much as the first birthday.
- ☐ Health & visits. The 12-month well-child visit, with vaccines on the CDC/AAP schedule. Bring questions about hearing, vision, feeding, or development.
- ☐ Development & play. Pulling to stand, cruising, a pincer grasp, waving, and a first word such as mama or dada are common near the year mark. Walking may start now or later. Talk with your pediatrician if you have concerns, or if a skill is lost.
- ☐ Safety. Keep the car seat rear-facing as long as the seat's height and weight limits allow. Anchor heavy furniture and TVs, lock windows, use safety gates, and re-check the house at baby's new height. Never leave baby alone in a bath or a car.
- ☐ For Mom & Dad. Keep watching for lingering sadness, anxiety, or frightening thoughts — they can appear even late in this year — and call your clinician, the pediatrician, or 911 when needed. You do not have to do this alone.

Our notes

Questions for the pediatrician

A note on HIV testing. No HIV test can detect infection right after exposure; that delay is called the window period (CDC, Getting Tested for HIV, updated Sept. 15, 2026). Antibody tests, including most rapid tests and home self-tests such as OraQuick, usually detect HIV 23–90 days after exposure. A rapid finger-stick antigen/antibody test: 18–90 days. A laboratory antigen/antibody blood draw: 18–45 days. A laboratory NAT (nucleic acid test): 10–33 days. If a test is negative after a possible exposure, test again after the window period. A positive self-test needs a follow-up test with a health-care provider. CDC recommends HIV testing during every pregnancy. Testing is done on the mother's blood or oral fluid, not on breast milk. Accredited milk banks (HMBANA) blood-screen donors and pasteurize donor milk.

Sources

AAP, HealthyChildren.org: safe sleep; feeding and starting solids; well-child visits.
CDC Developmental Milestones (Learn the Signs. Act Early.) and the CDC Child and Adolescent Immunization Schedule.
CDC, Getting Tested for HIV (updated Sept. 15, 2026); Human Milk Banking Association of North America (HMBANA).

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Feeding & Breastfeeding Care

a home list for the first days and the months that follow

How to use this page. Walk through this feeding list with your pediatrician or a lactation consultant. Tick what you have reviewed, fill in today's tally, and keep the trusted help links close if you want someone to talk with.

Tick what you have reviewed with your pediatrician or lactation consultant, and write what is true for your baby. This is a home worksheet, not a complete medical guide.

- ☐ Breastfeeding basics. Breast milk or iron-fortified formula is all the food a newborn needs. The American Academy of Pediatrics encourages exclusive breastfeeding for about six months, then complementary foods, with breastfeeding continuing as long as you and baby wish. Formula is a sound choice when it is what your family uses.
- ☐ Colostrum. The first milk, often thick and golden, is rich in antibodies. The amount is small and is usually enough in the first days, before mature milk comes in around days 3–5.
- ☐ On-demand feeds. Feed on cue, about 8–12 times in 24 hours for most newborns, including at night. Cluster feeding is common. Watch baby's cues more than the clock.
- ☐ Pumps and coverage. A breast pump can help you express milk when you are apart from baby. Under the Affordable Care Act, most marketplace and many other health plans cover a pump and lactation support as a preventive service, without a copay when you use an in-network provider. Ask your insurer which pump, whether it is a rental or a purchase, and how to order.
- ☐ Pump settings. Start on a low, comfortable suction — more is not always more milk, and pumping should not hurt. Many pumps use a faster, lighter let-down or stimulation mode, then a slower expression mode; follow your pump's instructions. A well-fitted flange lets the nipple move freely in the tunnel without much areola being pulled in or rubbing. A typical session is about 15–20 minutes, or until milk flow slows. If pumping hurts or output is low, ask a lactation consultant to check the flange size and the settings. Clean pump parts after each use. (WIC / AAP / CDC)
- ☐ Nipple and chafing cream. Purified (medical-grade) lanolin is commonly used on sore or chapped nipples after feeds. If you are allergic to wool, choose another product. If pain lasts, or feeding is difficult, ask a lactation consultant or your pediatrician — a latch issue is often the cause.
- ☐ Vitamin D and mom's prenatal. AAP recommends 400 IU of vitamin D daily for breastfed infants, starting soon after birth. If baby is formula-fed, ask whether the amount of formula already meets this need. Continue your own prenatal vitamin while breastfeeding, as your provider advises.
- ☐ Extra energy while nursing. On average, breastfeeding mothers may need about 330 extra calories a day in the first six months and about 400 a day after that (CDC / Dietary Guidelines). This varies; follow your provider's advice rather than a strict target.
- ☐ Lactation herbs. Herbs such as fenugreek are sometimes used as galactagogues, but the evidence is limited and they can cause side effects or allergies (fenugreek is related to peanuts and chickpeas). Check the NIH LactMed database and talk with your provider or a lactation consultant before using an herb or tea. Frequent, effective feeding comes first.

Today's tally

Feeds in 24 hours: _____ Wet diapers: _____ Bottles (if used): _____

Our notes

_____

_____

Trusted Breastfeeding Help

When you want a person to talk with, these official pages and lines are a kind place to start. They do not replace your own pediatrician, birth provider, or a lactation consultant who can see you in person.

La Leche League International (llli.org).
American Academy of Pediatrics, HealthyChildren.org, Breastfeeding.
CDC, Breastfeeding: Newborn Basics.
Office on Women's Health helpline, 1-800-994-9662, English or Spanish, Monday–Friday, 9 a.m.–6 p.m. ET.
USDA WIC Breastfeeding Support, including pumping guidance.
ILCA, Find a Lactation Consultant (IBCLC).

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Feeding & Breastfeeding Care, continued

How to use this page. Continue the feeding list here — diapers, bottles, milk storage, and the rest. Tick as you go, and jot questions for the pediatrician in the space on the right.

- ☐ Wet diapers, by day of life. A typical pattern: at least 1 wet diaper on day 1, 2 on day 2, 3 on day 3, 4 on day 4, and at least 6 in 24 hours from day 5 on. Stools change from dark meconium to transitional, then often yellow and seedy if baby is exclusively breastfed. Call the pediatrician if wet diapers fall short, urine is dark, or baby is feeding poorly.
- ☐ Bottle count. If you use bottles of expressed milk or formula, tally how many baby takes in 24 hours — often still 8–12 feeds. Follow your pediatrician and the formula label for amounts. Hold baby close; never prop a bottle.
- ☐ CDC milk storage. Freshly expressed milk: up to 4 hours at room temperature (77°F / 25°C or cooler); up to 4 days in the refrigerator (40°F / 4°C); about 6 months in the freezer is best, up to 12 months acceptable. Label the date, store at the back, and do not refreeze after thawing. Use thawed milk within 24 hours in the fridge. Never microwave breast milk.
- ☐ Tummy time and belly massage. Offer short, supervised tummy time while baby is awake, starting from the first weeks. A gentle clockwise belly massage may comfort a gassy baby; stop if baby is unhappy.
- ☐ Nasal aspirator and saline. A few saline drops and a gentle bulb or other aspirator can clear a stuffy nose, especially before a feed. Clean the aspirator after each use.
- ☐ Baby nail clippers. Use baby clippers or a file, and trim when baby is calm or asleep. Cut straight and not too short.
- ☐ Peri pads and peri bottle. Maternity (peri) pads and a peri bottle of warm water are for mom's postpartum comfort and gentle cleansing. Change pads often, and follow your birth provider's care instructions.
- ☐ Infection and screening. If a breast becomes red, hot, and painful, or you have a fever, call your provider — it may be mastitis, and breastfeeding can often continue with guidance. Talk with your obstetric and pediatric providers about any infection or screening result, including HIV testing in pregnancy (see the note on the Four Trimesters page). Accredited milk banks (HMBANA) blood-screen donors and pasteurize donor milk.

Our notes

Questions for the pediatrician

Sources

AAP, HealthyChildren.org: breastfeeding, vitamin D, how often babies eat, and low milk supply (pump fit and settings). CDC: milk storage; maternal diet while breastfeeding; pump cleaning.
Healthcare.gov, breast pumps and breastfeeding equipment (ACA preventive coverage). NIH LactMed (including fenugreek). HMBANA. CDC, Getting Tested for HIV. USDA WIC, learning to pump.
Trusted Breastfeeding Help, also on the previous page: La Leche League International; the OWH helpline (1-800-994-9662); WIC Breastfeeding Support; and ILCA (find an IBCLC).

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Care for New Dads

walking with mom and baby through the first year

How to use this page. This is a companion list for dad through the same four seasons. Tick what you will take on, write what you want to remember, and keep the help numbers at the bottom if the days feel heavy.

You matter in this season. Baby needs your arms and your calm, and mom needs a partner who guards her rest. Tick what you will take on, and write what you want to remember. A companion page for fathers through the same four seasons.

Trimester 1 · 0–3 months *The Fourth Trimester*

- ☐ Expect. Broken nights, cluster feeds, and a steep learning curve are ordinary. Mom is still recovering. Feeling unsure, or a little left out, does not mean you are failing.
- ☐ Sleep. Adults do best with 7 or more hours in a day (CDC). Split the night into shifts, nap when you can, and never fall asleep with baby on a couch or armchair (AAP safe sleep).
- ☐ Your part. Diapers, burping, bathing, skin-to-skin, and soothing. Cook, clean, and protect mom's rest. Go to the newborn, 1-month, and 2-month visits. Install the rear-facing car seat. If you are not up to date, ask your doctor about Tdap and a flu vaccine — "cocooning" helps protect the baby (CDC).
- ☐ Hygiene. Wash your hands before you hold baby. Shower and change out of work clothes. Do not smoke or vape, and do not let anyone smoke around baby. If you are sick, keep your distance and let another caregiver step in.
- ☐ Your health. Healthy men usually do not need special "new dad" supplements; a balanced diet is the foundation, and you should ask your own doctor before starting any (NIH ODS). Paternal postpartum depression is real — about 1 in 10 fathers. If sadness, anger, withdrawal, or frightening thoughts last, get help.

Trimester 2 · 3–6 months *Finding a rhythm*

- ☐ Expect. More smiles and play, and perhaps slightly longer stretches of sleep. Rolling may begin. Work schedules and the couple's rhythm often need a fresh plan.
- ☐ Sleep. Keep sharing nights so each of you can aim for those 7 hours, even if they come in pieces. Never sleep with baby on a sofa or chair.
- ☐ Your part. Floor play and tummy time, bottles if you use them, the 4- and 6-month visits, and a first pass at babyproofing. Keep taking meals and chores so mom can rest or recover.
- ☐ Hygiene. The same clean-hands, clean-clothes habit. Stay home from close contact when you are ill.
- ☐ Your health. Depression or anxiety in dads can begin months after the birth, not only in the first weeks. Tell your doctor. Call 988 if you are in crisis, or Postpartum Support International at 1-800-944-4773.

Trimester 3 · 6–9 months *On the move*

- ☐ Expect. Sitting, starting solids, and, for many babies, the first crawls. Sleep can wobble again around new skills. Baby may prefer one parent for a while; stay gentle and present.
- ☐ Sleep. Guard a regular nap and bedtime routine, and still split the demanding nights. The 7-hour aim still matters for your own health.
- ☐ Your part. Sit with baby at meals, watch for choking, go to the 9-month visit, and finish the babyproofing (gates, cabinets, cords, water). Keep the car seat rear-facing.
- ☐ Hygiene. Hands before feeds and play. No smoking or vaping. If you are sick, step back from close care.
- ☐ Your health. Check in with yourself as honestly as you check on mom and baby. Ask your doctor before any supplement. Help is still 988 and PSI (1-800-944-4773).

Our notes, from dad

Trimester 4 · 9–12 months *Toward the first birthday*

- ☐ Expect. Cruising, first words, and a baby who has opinions. The first birthday is a milestone, and so is simply having kept this little person safe.
- ☐ Sleep. A steady evening rhythm helps everyone. Still never fall asleep with baby on a couch or armchair. Aim for 7 or more hours when the night allows, and trade shifts when it does not.
- ☐ Your part. The 12-month visit, more table foods (no honey before age one), and a house re-checked at baby's new height. Keep the car seat rear-facing to the seat's limits. Be mom's partner in the decisions of this season, not only a helper on request.
- ☐ Hygiene. Keep the same protecting habits: clean hands, clean clothes, no smoke, and distance when you are sick.
- ☐ Your health. Paternal depression can appear even late in the first year. If you cannot feel like yourself, or have thoughts of harm, call your doctor, 988, or PSI. You do not have to carry this year alone.

Help: 988 Suicide & Crisis Lifeline · Postpartum Support International 1-800-944-4773 · talk with your own doctor.

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Healthy Dad Supplies

simple, useful things to have on hand — and a few appointments to keep

How to use this page. Tick what you already have, star what you still need, and talk with your own doctor before you start a supplement, a nicotine-replacement product, or a screening test.

A short, mainstream list to sit beside the Care for New Dads page. Tick what you already have, star what you still need, and talk with your own doctor before you start a supplement, a nicotine-replacement product, or a screening test.

- ☐ **Pelvic floor (Kegel) exercises** — A simple daily practice — tighten the muscles you would use to stop urine, hold briefly, then release — can support bladder control and pelvic health. A reputable guide or app can help you learn the form. Ask your doctor if you have pain or questions. (Mayo Clinic, "Kegel exercises for men"; NIDDK)
- ☐ **Lumbar support, an ergonomic baby carrier, and supportive shoes** — For back health while you carry, lift, and walk with baby.
- ☐ **A foam roller or massage ball** — For a tight back and neck after feeds and carrying.
- ☐ **A home blood pressure monitor** — Choose a validated upper-arm cuff, and ask your doctor how to use the readings. (American Heart Association)
- ☐ **A sleep mask and earplugs** — To protect off-shift sleep when you are not on baby duty.
- ☐ **Gentle fragrance-free soap, hand sanitizer, and nail clippers** — For baby-safe hygiene at home and after work.
- ☐ **A refillable water bottle** — So you remember to drink water on long, busy days.
- ☐ **Sunscreen for outings** — For walks and porch time with baby.
- ☐ **Nicotine replacement, if you are quitting** — Ask a clinician or pharmacist which product is right for you, and follow the label. (CDC)
- ☐ **His own annual checkup** — Book it. Include a talk with his doctor about prostate screening when age-appropriate. PSA (prostate-specific antigen) blood test: a lab test his doctor can order. USPSTF advises men 55–69 decide with their doctor whether to screen; earlier talks for higher-risk men (Black men, family history).

Our notes

Questions for his doctor

Sources

CDC, About Sleep — adults do best with 7 or more hours; AAP, HealthyChildren.org, safe sleep (never on a couch or armchair); CDC, Tdap and flu vaccine for close contacts ("cocooning").
NIH Office of Dietary Supplements. Paternal postpartum depression: Paulson & Bazemore, JAMA, 2010; AAP, HealthyChildren.org, Depression in Dads of Young Children. 988 Suicide & Crisis Lifeline; Postpartum Support International, 1-800-944-4773.
Mayo Clinic, "Kegel exercises for men"; NIDDK, Kegel exercises. American Heart Association, monitoring blood pressure at home. CDC, quitting smoking and nicotine replacement.
U.S. Preventive Services Task Force, 2018 recommendation on prostate-cancer screening; National Cancer Institute, Prostate-Specific Antigen (PSA) Test fact sheet.

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Supplies for Mom & Dad

comforts for recovery, with room to tick what you have on hand

How to use this page. Use these comforts after your obstetric provider has cleared you. Tick what you have on hand, write what you still need, and ask a pelvic floor physical therapist before you start TENS or a pelvic wand.

A short display to sit beside the baby and new-dad pages. Use these after your obstetric provider has cleared you, and ask a pelvic floor physical therapist before you start TENS or a pelvic wand. Tick what you have; write what you still need.

- ☐ **Peri pads and a peri bottle** — Maternity pads and a peri bottle of warm water for gentle cleansing after birth. Change pads often, and follow your birth provider's instructions.
- ☐ **Postpartum soups and easy meals** — Warm, simple soups and ready meals help you eat and drink while you recover and feed the baby. Keep a water bottle nearby.
- ☐ **Mommy oil or balm** — A gentle, fragrance-free oil or balm may comfort dry belly or skin. Patch-test a small area first. This is comfort care, not a treatment for scars or muscle separation.
- ☐ **Belly support band** — A well-fitted support band can ease the sacrum and low back while you carry the baby, in pregnancy or after birth. It does not replace rest, good lifting, or medical care.
- ☐ **TENS with a pelvic or perineal attachment** — Some people use a TENS unit for back or perineal comfort. Do not use TENS on the belly during pregnancy. After birth, wait for your obstetric provider's clearance, especially if you have a wound, infection, or a pacemaker, and ask a pelvic floor physical therapist how to use it.
- ☐ **Pelvic wand for trigger points** — A pelvic wand is sometimes used, with instruction, to ease pelvic-floor trigger points. Wait for provider clearance, and learn the method from a pelvic floor PT. Do not use it on unhealed tears or incisions.

A careful note: do not place TENS electrodes on the abdomen during pregnancy. After birth, wait for clearance before TENS or internal pelvic-floor tools. A pelvic floor PT can teach safe use.

Our notes

Questions for the provider or PT

Sources

ACOG, Optimizing Postpartum Care. Academy of Pelvic Health / American Physical Therapy Association, physical therapy for the pelvic floor. Follow your own obstetric provider and a licensed pelvic floor PT.

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Common Baby Concerns & Gentle Care

short signs, simple comforts, and when to call

How to use this page. Read these short signs and simple comforts with your pediatrician in mind. Tick what you have read, and if something feels urgent, call the doctor or 911.

A conservative home list, to use with your pediatrician. Tick what you have read. If something feels urgent, call the doctor or 911.

- ☐ Colic. In an otherwise healthy baby, colic is often described as crying for 3 or more hours a day, on 3 or more days a week. It usually peaks around 6 weeks and eases by 3–4 months. Try a calm hold, soft sound, or a walk. If you feel overwhelmed, put baby down on their back in a safe crib or bassinet and step away for a few minutes. Never shake a baby. Call the pediatrician if crying comes with fever, poor feeding, vomiting, or you are worried. (AAP / HealthyChildren.org)
- ☐ Gas and burping. Pause to burp during and after feeds. For bottles, use a paced, more upright feed, and consider an anti-colic nipple or bottle if your pediatrician agrees. Gentle bicycle legs can help some babies. Gas usually comes from swallowed air or a fast feed.
- ☐ Spit-up and reflux. Many babies spit up small amounts and still grow well. Call the pediatrician for warning signs: poor weight gain, forceful or projectile vomiting, green or bloody vomit, arched pain, feeding refusal, or breathing trouble.
- ☐ Cow's milk protein allergy vs. lactose intolerance. A milk-protein allergy may show as hives, vomiting, or blood in the stool, and sometimes as skin or breathing symptoms. True lactose intolerance is rare in infants. Do not switch formulas on your own; your pediatrician may recommend an extensively hydrolyzed (or other) formula if needed. (AAP / ACAAI)
- ☐ Formula clumping or caking. Follow the can exactly: measure the water first, then add the powder; use the scoop provided; swirl or shake until smooth; store the can dry and tightly closed. Never dilute or add extra powder. Powdered formula is not sterile. For babies younger than 2 months, premature, or immune-weakened, CDC advises extra care — such as mixing with water at about 158°F (70°C), then cooling, or using ready-to-feed. Cool the bottle and test a drop on your wrist before feeding so it is warm, not hot. (CDC / FDA)
- ☐ Ready-to-feed and liquid concentrate. These need no powder mixing, so they do not clump, and they are sterile until opened. Refrigerate after opening and use within 48 hours, or sooner if the label says so. They usually cost more.
- ☐ A note on U.S. formulas. U.S. infant formulas must meet FDA nutrient requirements. There is no strong evidence that "fewer preservatives" reduces gas. Gas usually comes from swallowed air or fast feeding.
- ☐ Diaper rash. Red, sore skin in the diaper area. Change promptly, give brief air time, and use a thick barrier cream. Call if it blisters, spreads, comes with a fever, or does not improve.
- ☐ Cradle cap. Yellowish, greasy scales on the scalp are common and usually harmless. Gentle washing and a soft brush often help. Call if it oozes, spreads, or baby seems unwell.
- ☐ Newborn jaundice. Yellowing of the skin or eyes is common in the first days. Call the pediatrician if the yellowing spreads or deepens, or if baby is sleepy and not feeding well.
- ☐ Fever. In a baby under 3 months, any temperature of 100.4°F (38°C) or higher: call the doctor right away.
- ☐ Thrush. White patches in the mouth that do not wipe away easily; a stubborn diaper rash may appear too. Call the pediatrician. If you are breastfeeding, both of you may need treatment.

Our notes

Sources

AAP, HealthyChildren.org: colic relief; never shake a baby; spit-up and reflux; diaper rash; cradle cap; jaundice; fever; thrush. ACAAI and AAP on milk allergy.
CDC, Infant Formula Preparation and Storage, and Preventing Cronobacter (powder is not sterile; extra care with water at about 158°F / 70°C for babies younger than 2 months, premature, or immune-weakened). FDA, Infant Formula.

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Notes

for thoughts, lists, and little things to remember

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Notes

for thoughts, lists, and little things to remember

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Notes

for thoughts, lists, and little things to remember

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

A Blessing for Our Little One

for this first year and every year after

"The LORD bless you and keep you; The LORD make His face shine upon you, And be gracious to you; The LORD lift up His countenance upon you, And give you peace."

– Numbers 6:24-26 (NKJV)

What a year it has been: the sleepless nights and the first smiles, the tiny socks and the first wobbly steps. Thank you for letting this little book hold some of it. May your home be full of patience, laughter, and grace.

With love

VISIT

www.reginamarcella.com

Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.