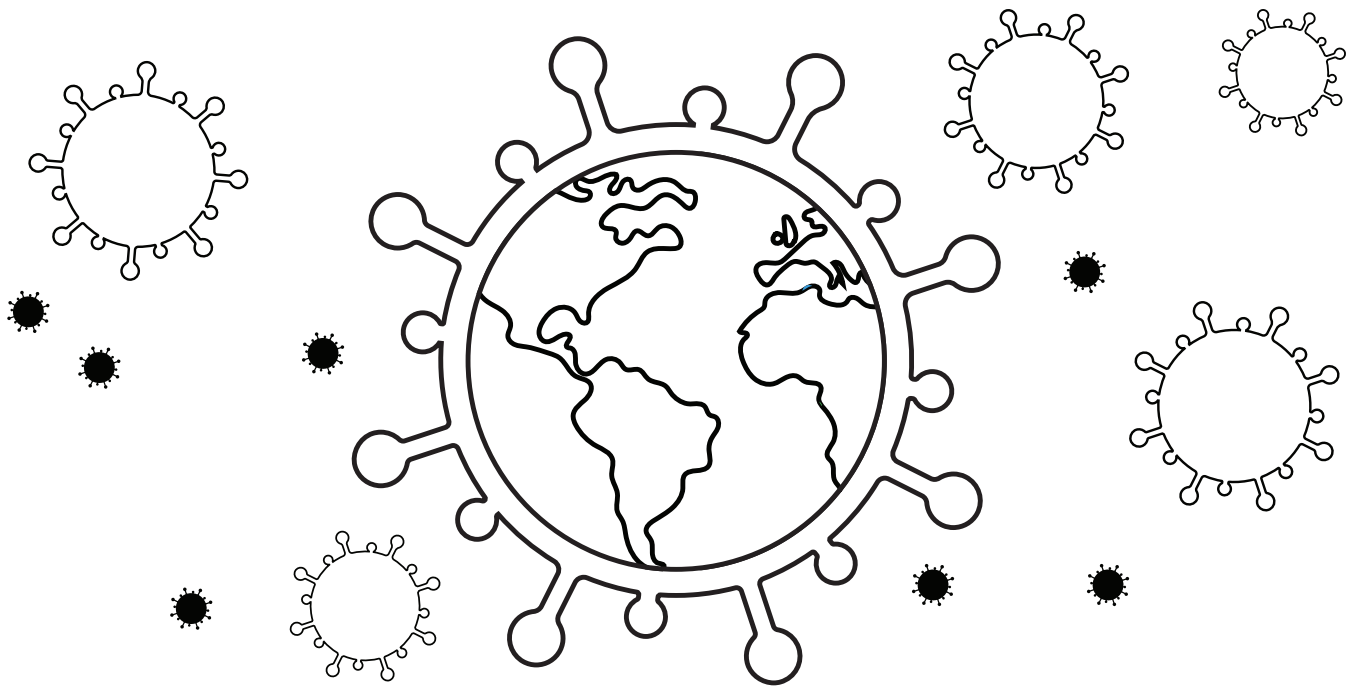


OUR 2020 COVID-19 TIME CAPSULE

PREGNANCY EDITION



BY: _____

YOU ARE LIVING THROUGH HISTORY RIGHT NOW

TAKE A MOMENT TO FILL IN THESE PAGES FOR YOU AND YOUR BABY TO LOOK BACK ON. AND HERE ARE SOME OTHER IDEAS OF THINGS TO INCLUDE:

- SOME PHOTOS FROM THIS TIME
- LOCAL NEWSPAPER PAGES OR CLIPPING
- A JOURNAL OF YOUR DAYS
- SPECIAL MEMORIES

LAST DAY

_____ WEEKS PREGNANT

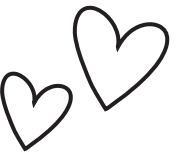
PLACE A 4X6 PICTURE
HERE OF YOUR FIRST
DAY IN ISOLATION

FIRST DAY

_____ WEEKS PREGNANT

PLACE A 4X6 PICTURE
HERE OF YOUR LAST
DAY IN ISOLATION

ALL ABOUT MAMA



I AM

YEARS
OLD

I STAND

INCHES
TALL

I WEIGH

POUNDS

TODAY'S DATE:

A FEW OF MY FAV THINGS

FOOD: _____

SHOW: _____

MOVIE: _____

BOOK: _____

ACTIVITY: _____

PLACE: _____

SONG: _____

ANIMAL: _____

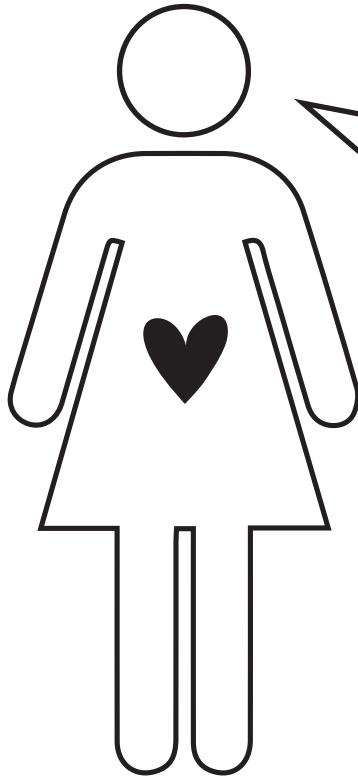
PERSON: _____

TIME OF DAY: _____

APP: _____

PART ABOUT BEING PREGNANT:

HOW I'M FEELING



WORDS TO DESCRIBE HOW I FEEL:

WHAT I HAVE LEARNED:

MY BIGGEST FEARS RIGHT NOW:

HOW I'M PREPARING FOR BIRTH AND THE ARRIVAL OF BABY:

LETTER TO MYSELF

DEAR,

LOVE,

WE ARE NOT STUCK AT HOME,
WE ARE SAFE AT HOME!



HOW WE
PASSED THE TIME:

EVENTS WE MISSED

LIST OF THE OCCASIONS WE MISSED CELEBRATING DURING THIS TIME?
(E.G. EASTER, BIRTHDAYS, ANNIVERSARIES)

| EVENT | DATE | HOW WE CELEBRATED |
|-------|------|-------------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

Oh, Baby!

YOU ARE

WEEKS OLD

BABIES ULTRASOUND
PICTURE HERE ^

1ST PLACE
WE WILL VISIT:

WHAT MADE YOU MOVE:

MY HOPES FOR YOU:

LIST OF ALL THE PEOPLE I CAN'T WAIT FOR YOU TO MEET:

| | | |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

IDEAS FOR YOUR NAME:

BOY:

GIRL:

LETTER TO BABY

DEAR,

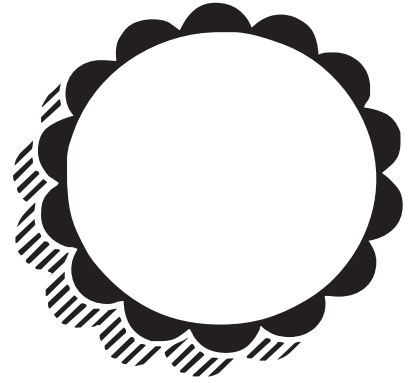
LOVE, YOUR MAMA

INTERVIEW WITH PARTNER

WHAT HAS BEEN THE BIGGEST CHANGE?

WHAT YOU LOVE ABOUT THE PREGNANCY?

HOW OLD ARE YOU?



HOW ARE YOU FEELING?

YOUR TOP 3 MOMENTS FROM THE PREGNANCY:

1. _____
2. _____
3. _____

WHAT ARE YOU MOST EXCITED FOR?

WHAT ARE YOU MOST THANKFUL FOR?

WHAT ARE YOUR FEARS?

WHAT ARE YOU MOST EXCITED TO DO WITH BABY?

LETTER TO MAMA FROM YOUR PARTNER

DEAR,

LOVE,

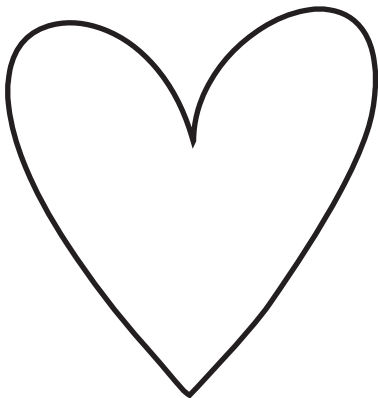
♥ FROM YOUR SIBLING

I AM

YEARS OLD

I LOVE

I FEEL



WHAT ARE YOU MOST EXCITED FOR WITH THE NEW BABY?

MESSAGE FROM _____

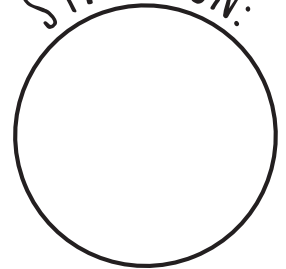
BORN IN THE MIDDLE OF A PANDEMIC

YOUR FULL NAME:

BIRTHDATE:

DUE DATE:

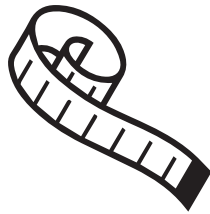
STAR SIGN:



WEIGHT:



LENGTH:



TIME:

LOCATION:

THE FIRST PICTURE OF YOU



PLACE A 2"x3.5"
PICTURE HERE

THE STORY OF YOUR BIRTH DAY....

SOME NOTES...

HOW WE HAD IMAGINED YOUR BIRTH:

MEMORIES & THINGS
TO REMEMBER:

HOW WE ARE FEELING RIGHT NOW:

SOME PEOPLE YOU WOULD HAVE MET & THINGS WE WOULD HAVE DONE BY NOW:

| | | |
|-------|-------|-------|
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