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There are a lot of moments during Pregnancy and Parenthood that mothers and fathers want to remember forever. These are some precious moments you will want to write down in your Pregnancy Journal and Baby Book so you can cherish them in the years to come.

The "Firsts" for a Pregnant Mommy

- **The First Pregnancy Symptom:**

- **The First Bout of Morning Sickness:** _____
- **The First Person You and Your Husband Told the Big News to:** _____
- **The First Craving:** _____
- **The First Big Body Change:** _____
- **The First Doctor Appointment:** _____
- **The Date of the First Ultrasound:** _____
- **The First Time You Saw Your Child's Face on the Ultrasound:** _____
- **The First Kick:** _____
- **The First Maternity Item You Purchased:** _____

- The First Piece of [Nursery Furniture](#) You Purchased: _____
- The First Nesting Symptom: _____
- The First Gift You Purchased for Your Baby: _____
- The Date of Your First [Baby Shower](#): _____
- The First Contraction: _____