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# The First Year Memory Kit

*Everything worth saving — from pregnancy to first birthday*

A timeline-based checklist so nothing gets missed, lost, or forgotten in the fog.

## The details blur faster than you think.

This kit gives you a simple, timeline-based guide to saving the right things at the right moments — before the fog of the first year takes them with it.



## How to Use This Kit

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Work through the checklist as you go — not all at once. Each phase is designed to be done in the moment, when the things are actually in front of you. Print it out, keep it on the fridge or in the nursery, and check things off as they happen.

You don't need to save everything on this list. Think of it as a menu — choose the pieces that feel right for your family. One container per child, labeled with their name, is all the system you need.



## During Pregnancy

*Before they arrive — the things worth capturing now*

- Bump photos — at least one per month** — Casual phone photos are enough — you just need the record
- Ultrasound images — print at least one** — Don't leave these only in an app or on a screen
- Baby shower cards with personal messages** — Pre-arrival cards are some of the most heartfelt — keep the ones with real notes
- The invitation to your baby shower** — A small piece of the anticipation chapter
- Any letters or notes written to the baby before birth** — From you, from a partner, from a grandparent — these are treasures
- A pregnancy journal entry or note** — One page about how you felt, what you hoped for, what scared you
- The announcement you shared** — Keep a copy of the pregnancy announcement — text, card, or photo



## At the Hospital

*The most irreplaceable 48 hours — zero effort required*

- Hospital bracelet — yours AND theirs** — Tuck both in a small envelope before you leave. They are the size of your thumb and irreplaceable.
- Birth stats card** — Name, date, time, weight, length — ask the hospital for one, or write it down yourself
- The take-home outfit** — Whatever they wore home. Wash it, fold it, keep it. The size will astonish you someday.
- Footprint and handprint** — Most hospitals do this — ask for a copy for yourself if they don't offer
- First photo that looks like them** — Print one. Label the back with date and age in hours.
- The hospital's newborn photo** — Even if it's not your favorite shot, it's the first official record
- Any cards or flowers notes from the room** — Cards that arrived at the hospital are part of the story

### ✨ Before you leave the hospital

Do one sweep of the room before you check out. The bracelet on the bassinet. The stats card on the warmer. The card tucked behind the flowers. These things get left behind more than you'd think.

## First Weeks Home

*The flood of love that arrives when the world finds out*



### Birth congratulations cards — what to keep:

- Cards with handwritten personal messages** — More than just a name — any card with real words in it
- Cards from grandparents and closest family** — These are the voices your child will most want to read someday
- Cards from people who are no longer here** — Irreplaceable — keep every single one
- Your own birth announcements — keep 2 or 3** — The announcement you sent out is part of the record too

### Physical keepsakes from the first weeks:

- A newborn outfit that shows how small they were** — A sock, a onesie, a hat — one item that captures the scale
- Any gift tags from meaningful gifts** — A handwritten tag from a grandparent is a keepsake too
- A photo of them in their first 'place'** — The bassinet, the crib, the spot on the couch — document the world they came home to

## Months 2 Through 11

*The blur — save a little, intentionally, along the way*

- Monthly photos — same spot, same setup if possible** — A consistent backdrop makes the growth visible and stunning
- First smile photo (or as close as you caught it)**
- First foods moment** — A photo of the face they made — this one ages beautifully
- First time sitting, crawling, standing** — One photo per milestone is enough
- A handprint or footprint at 6 months** — Pair it with the hospital one — the growth in six months is breathtaking
- The first drawing or mark-making they do** — The first crayon scribble. Date the back.
- A note about who they are at this stage** — Favorite sound, favorite face, what makes them laugh — write it down
- Cards from any holidays in the first year** — First Christmas, first Easter, first Hanukkah — keep the ones with messages
- Favorite toy, blanket, or binky** — You'll want to remember these forever
- First outing photo** — Their first time at the zoo, the park, the aquarium — snap a photo, save any tickets, cherish the memories

### ✨ The 6-month snapshot

Halfway through the first year, sit down and fill out the prompt card below . It takes ten minutes and becomes one of the most treasured pages in any keepsake book.

## 6 Months With \_\_\_\_\_

What are they like right now?

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What do you love most about this stage?

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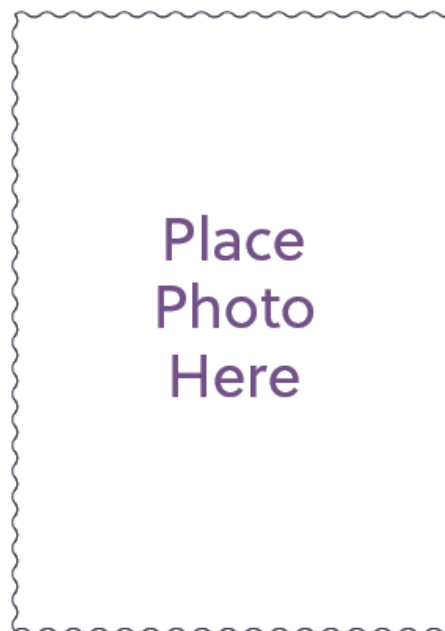
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What do you want to remember?

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## The First Birthday

*The bookend — close the first chapter with intention*

- First birthday cards with personal messages** — The filter is the same: keep the ones with real words in them
- The birthday outfit** — Whatever they wore for the party or the cake smash
- The cake smash photo** — Preferably the messiest one
- A one-year handprint or footprint** — The three-piece set — hospital, 6 months, one year — tells the whole physical story
- A 'one year stats' note in your own handwriting** — Height, weight, words they can say, what they love — your handwriting is a keepsake too
- A letter from you to mark the end of year one** — What the year was. What changed. What surprised you. What you'll never forget.
- One photo from each month of the first year — printed** — Twelve photos, one box, one year — the simplest and most complete record you can make

## What to Do With Everything You've Saved

- Keep everything in one labeled container** — [Child's name]: Year One. That's all the system you need.
- Store paper items flat, not folded** — Folded paper cracks and yellows faster
- Photograph anything fragile or 3D** — The bracelet, the tiny shoe, the hospital card — a photo backup never hurts
- Write dates on the back of everything** — Future you will be so grateful
- When you're ready, turn it into a Plum Print book** — A forever keepsake that lives on a shelf or table, gets pulled out, gets looked at. That's the goal.



### Know someone who's expecting?

Print this kit and give it to an expecting friend before their shower — it's the most useful gift nobody thinks to bring. They'll know exactly what to save from day one, and nothing from the first year will get left behind.



## Turn the first year into something beautiful.

Plum Print turns your first-year keepsakes — cards, photos, mementos — into a gorgeous book designed entirely for you.

**You send the memories. We handle the rest.**

*Start at [plumprint.com](https://plumprint.com) | Use code **BABY** for \$25 off*