

ROOKIE MOMS MILESTONES

First walk with baby: ★ _____ ★ _____
(Date) (Distance/Destination)

First day spent alone with baby: ★ _____ ★ _____ ★ _____
(Date) (Highlight) (Lowlight)

First use of front carrier outside the house: ★ _____ ★ _____
(Date) (Location)

First unpregnant cocktail: ★ _____ ★ _____
(Date) (Drink)

First public diaper change: ★ _____ ★ _____
(Date) (Location)

First movie with baby as date: ★ _____ ★ _____
(Movie Title) (Date)

First day back at work: ★ _____ ★ _____ ★ _____
(Date) (Highlight) (Lowlight)

New mom friend: ★ _____ ★ _____ ★ _____
(Name) (Child's Name) (Where we met)

First road trip as a family: ★ _____ ★ _____
(Date) (Distance/Destination)

Least babyish hangout we frequent: ★ _____
(Name of establishment)

First post-baby sex: ★ _____ ★ _____
(Date) (Name of partner... just kidding!)

First babysitter: ★ _____ ★ _____ ★ _____
(Date) (Name) (Where Mom was)

First time helping a rookie mom: ★ _____ ★ _____
(Date) (Favor)

First "mommy & me" class: ★ _____ ★ _____
(Date) (What we learned)

First "Mom's Night Out": ★ _____ ★ _____ ★ _____
(Date) (Who was there) (Activity)

First date night: ★ _____ ★ _____
(Date) (Activity)

Mom's most impressive new bra size: ★ _____
(Size)

First plane trip: ★ _____ ★ _____
(Date) (Distance/Destination)

First public nursing experience: ★ _____ ★ _____
(Date) (Location)

First overnight away from baby: ★ _____ ★ _____
(Date) (Distance/Destination)