

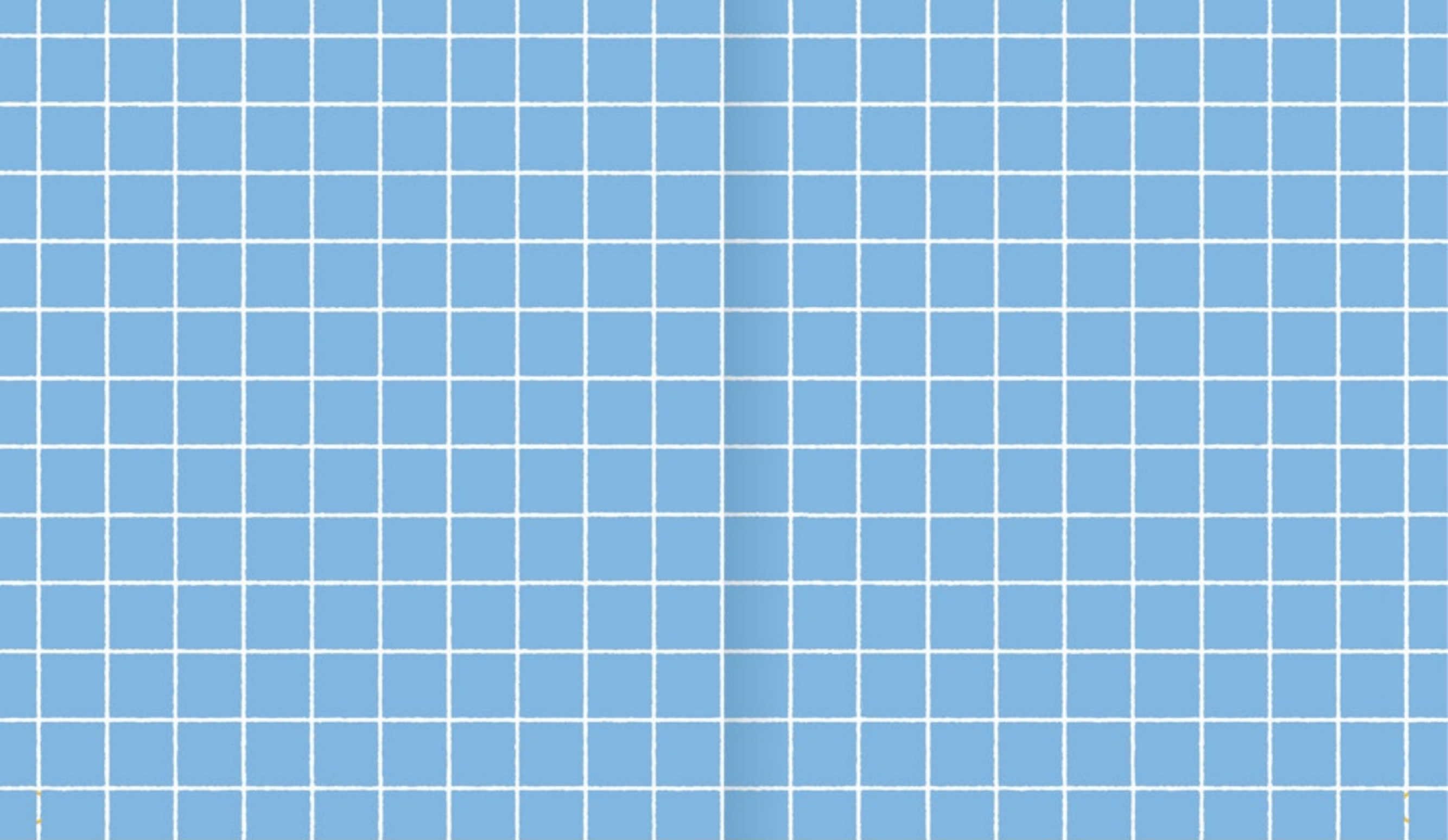
# SOPHIE

Sophie la girafe®

*Baby's First Year*

A **KEEPSAKE**  
**BOOK** for baby's  
special moments





A TEMPLAR BOOK

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SOPHIE

*First Year Book*

This book is all about:

.....

Stick photo here

*Before I was born*

My parents found out  
I was on my way at this time:

This is how they found out:



The first people they told were:

My parents thought I would be a:

Boy

Girl

The first scan of me was on this date: \_\_\_\_\_

Here is a scan of me:

Stick photo here

Stick photo here

# Being pregnant

When she was pregnant, my Mummy felt:

.....

.....

Mummy loved to eat these foods when she was pregnant:

But she hated these foods:



These things made me kick and wriggle lots:

.....

.....

.....

They first felt me kicking on:

.....

My parents first heard my heartbeat on:

.....

The midwife who looked after us all was called:

My due date was:

.....

Here is a photo of Mummy when she was pregnant:



Stick photo here

*Family tree*



# *The day I was born*



I was born on this date:

.....

.....

.....

I was born at this exact time:

.....

.....

.....

I was born in this place:

.....

.....

.....

It was this day of the week:

.....

.....

.....

The weather was doing this:

.....

.....

.....

The main news that day was:

.....

.....

.....

This is the very first picture of me:

Stick photo here

## *All about me*

I weighed this much:

.....

I was this long:

.....

My hair was this colour:

.....

My eyes were this colour:

.....

The midwife and nurses who  
looked after me were called:

.....

People said I looked like:

.....



Keep hospital tag here

My names are:

That's because:

If I was a boy, I would have been called:

If I was a girl, I would have been called:

My first gift was:

People also sent me:

Here are some of the people who sent special messages:



## Early days

I spent my very first night in this place:

My parents felt like this:

My first visitor was:

I came home on this day:

This is where we lived:

I had my first bath on:

Here is a photo of  
me in the bath:



Stick photo here

*My first footprints*



*My first handprints*



## *First experiences*

I went outside  
for the first  
time on:

.....  
.....

We went to  
this place:

.....  
.....

I smiled for the  
first time when  
I was this age:

.....  
.....

Here is a photo of me smiling:

Stick photo here



I discovered my hands  
when I was this age:

.....  
.....

I clapped for the first time  
when I was this age:

.....  
.....

I was first poorly  
when I was this age:

.....  
.....

My first tooth came  
through on:



.....  
.....

## *On the move*



I rolled over for the first time when I was this age: .....

I sat up on my own the first time when I was this age: .....

I crawled for the first time when I was this age: .....

I stood up for the first time when I was this age: .....

I took my first steps when I was this age: .....

This is where I was when I did it: .....

My first shoes were this size: .....

Here is a photo of me wearing them:

Stick photo here

# Eating

The first solid food I ate was:

.....  
.....

My reaction was:

.....  
.....



Here is a photo of me eating:

Stick photo here

These are some of the foods  
I liked best:

.....  
.....  
.....  
.....

These are some of the foods  
I didn't like:

.....  
.....  
.....  
.....

I first used a spoon when I was this age:



I first ate out when I was this age:

This is where we went:

## Talking

My first word was: .....

I said it when: .....

I first said Mama this month:

I first said Dada this month:

These are some of the  
other words I said:



## Playtime

Some of my favourite  
toys were:

Some of my favourite  
books were:

I first played with Sophie la girafe when I was ..... months old.

I loved it when  
did this:

I loved it when  
did this:

One of my favourite things to do was:

## *New experiences*

I went to some of these  
baby classes and groups:

.....  
.....  
.....  
.....



These are the names  
of some of my friends:

.....  
.....  
.....  
.....

Here is a photo of me with my friends:

Stick photo here

I first went on the swings when I was: .....

I first went swimming when I was: .....

I first had a haircut when I was: .....

Keep lock of  
hair in here

# *Holidays and special days*

My first special day out was: .....

The first special celebration  
day after I was born was:

This is what we did:

.....

.....

.....

.....

.....

The first holiday I went on was:

.....

Here is a photo of us on holiday:

Stick photo here



# *When I was 1 month old*

I was this heavy:

.....

I was this long:

.....

Some things I did were:

.....

.....

My favourite toy was:

.....

.....

My favourite song was:

.....

.....

I slept like this:

.....

.....

Some noises I made were:

.....

.....

Stick photo here



## *When I was 3 months old*

I was this heavy:

.....

I was this long:

.....

Some things I did were:

.....

.....

My favourite toy was:

.....

.....

My favourite song was:

.....

.....

I slept like this:

.....

.....

Some noises I made were:

.....

.....



Stick photo here

## *When I was 6 months old*

I was this heavy:

.....

I was this long:

.....

Some things I did were:

.....

.....

My favourite toy was:

.....

.....

My favourite song was:

.....

.....

I slept like this:

.....

.....

Some noises I made were:

.....

.....



Stick photo here

## *When I was 9 months old*

I was this heavy:

.....

I was this long:

.....

Some things I did were:

.....

.....

My favourite toy was:

My favourite song was:

I slept like this:

.....

.....

Some noises I made were:

.....

.....

Stick photo here



# My first birthday!



These were the people  
I celebrated my birthday with:

.....  
.....  
.....

We did this to celebrate:

.....  
.....  
.....

I was given  
these gifts:

.....  
.....  
.....

This was my  
favourite gift:

I ate this:

.....  
.....  
.....

When I turned 1,  
I could say these words:

.....  
.....  
.....

I was wearing this size clothing:

.....  
.....  
.....

My favourite toy  
was:

.....

I was this tall:

I weighed this much:

.....

Here is a photo of me on my birthday:

Stick photo here



## *Getting bigger*



When I turned 2 I looked like this:

Stick photo here

When I turned 3 I looked like this:

Stick photo here

When I turned 4 I looked like this:

Stick photo here

When I turned 5 I looked like this:

Stick photo here

