BIRTH STORY TEMPLATE

The story of the day you were born

Fill in the blanks in pencil, out of order if you like, and skip anything you do not want to keep. A first draft, not a final one: you can always rewrite it later or tell it out loud.

TandemBirth
tandembirth.com/birth-story-template

The facts, before they blur

Your name	Born on (date)	At (time)
Where	Weight and length	Who was in the room
The weather that day	What was playing, or what we could hear	The first people we told

Before

In the weeks before you came, we were _____. We thought you would arrive _____.

It started on _____, at about _____. I was _____ when I first noticed _____.

My first thought was _____. The first person I told was _____, who _____.

Before we left for _____, we _____.

During

The part I remember most clearly is _____.

What helped me most was _____. _____ was there the whole time, and what they did that I will not forget is _____.

The hardest moment was _____. What got me through it was _____.

Something that did not go the way we planned was _____. Looking back, I feel _____ about that.

Something I heard someone say that stayed with me: "_____."

The moment

You were born at _____ on _____. The first thing I saw was _____. The first thing I heard was _____.

The first words anyone said were "_____." The first thing I said to you was "_____."

When I held you for the first time, _____.

After

In the first hour, we _____. You weighed _____ and _____.

We named you _____ because _____.

The first night, _____. The first thing I noticed about you was _____.

The thing about that day that I did not understand until later was _____.

What I want you to know about the day you were born is _____ _____ _____.

Keep this with the photos, and date it. If you would rather talk than write, the Birth Story at **tandembirth.com/birth-story** asks you these questions out loud, on a walk or while feeding, and turns what you said into a finished written story that you approve word by word. Both parents can tell it. More prompts: **tandembirth.com/birth-story-prompts**.