



## INFORMATION LEAFLETS FOR PARENTS / CARERS OF A CHILD

### The 'Story of Me' Milestone Cards



#### What is the 'story of me'?

We understand that having a baby in hospital can be a very difficult time for families. Every baby's journey is unique and we want to help you create positive lasting memories of your baby.

'The Story of Me' was created to capture the journey that you and your baby experience in hospital and to acknowledge the emotional aspects of this experience. 'The Story of Me' commemorates your baby's time spent in CHI and remembers the amazing milestones your baby reaches. To help you capture these precious moments, a series of specially designed milestone cards are used. These are designed to help you create a unique story of your baby's time in hospital.

#### What are the milestone cards?

There are several cards to help acknowledge a significant event in your baby's journey:

- Hello World – details of baby, name, date of birth, time, weight, length
- My first time opening my eyes
- Today I am breathing all on my own
- My first nappy change
- My first feed
- I've moved into a cot
- My first hand hug
- My first kangaroo cuddle
- My first snuggle
- This is what brave looks like
- Today I am tube free
- My first bath
- My first outfit
- I am ready for the car seat
- Home sweet Home

#### How do I receive a milestone card?



As your baby nears or reaches a milestone, the relevant card will be given to you by staff. You can place this card **beside** your baby and take a photo to capture that amazing milestone.

- Each card has a space on the reverse for you to write about what happened in that day or week, creating a unique memory book 'The Story of Me' for each baby.
- You can then place your milestone cards in your own photo album with your pictures or simply tie them together with a ribbon, creating your unique book.

We hope that these cards can help you reflect on the many trials and triumphs that make your story special.

We have also designed a poster '**Our CHI Family**' to help you remember all the people who cared for your baby.

**Is there a cost?**

No, there is no cost. The 'Story of Me' is funded by the Children's Health Foundation at Crumlin.

**For further information:**

Speak to the nursing team on the ward or unit or contact the Neonatal Clinical Nurse Specialist Team on: Phone: 01 409 6100 - Bleep 8603 or Direct Dial: 01 409 6081

**Remember: Ask your nurse if you are unsure about anything about your child's care.**

**Notes**


Developed by Neonatal CNSp  
Date issued: December 2020 / Date of review: December 2023

Disclaimer & Copyright ©2023, Children's Health Ireland. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means without the prior written permission of the copyright holder. Every effort has been made to ensure that the information provided is accurate and in accord with standards accepted at the time of printing.