

## *Brainstorming for Birth to Age One*

**Birth :** When, where, what time you were born

**Your height and weight at birth**

**Name of your parents who greeted you into this world**

**Any siblings waiting to meet you?**

**Who else was present for your birth?**

**Your full name—how or why did your parents pick that name**

**Baptism :** Date and church name

**Your godparents names and how/why they were chosen for you.**

**Priest's name**

**Guests**

**Celebrated how? Special gifts**

**Lots of firsts :** Steps/ walking  
words  
foods/favorites  
teeth  
whole night sleeping  
doctor's appointment

**favorite toy  
hair cut  
smile/laugh  
crawling  
sitting up  
standing  
holding baby bottle/cup  
rolling over**

**Events :**

- trips/vacations**
- illness (serious)**
- accident/ injury**
- moving to a new house/town**
- 1<sup>st</sup> Christmas, Thanksgiving, Easter, etc.**
- Airplane ride**
- first time in a pool**
- family member's death**
- family member's wedding**
- daycare/sitter/stayed at home with mom**