

Keyword: baby journal

Meta: Want to record this unique and special time with your baby but have no idea how? Read on to discover how to use a baby journal and ideas to get you started.

How to Keep Your First Beautiful Baby Journal



Alt: Mother holding her baby wearing neutral colours and red nail polish.

Having a baby is a whirlwind of emotions, but the truth is, no one knows what they're doing. And that's okay. Because before you know it, your little one is starting their first day of school. When that time comes, it's easy to think, 'Where has the time gone?' And you're left wishing you had something to remember the early days, no matter how hard they were.

A baby journal keepsake book helps you record precious memories from pregnancy to birth and beyond. So, continue reading to discover how to keep a baby journal book.

What is a Baby Journal?



Alt: Black woman in an orange dress nursing her baby.

A baby book is a space to record memories and special moments, and it can contain whatever you want. It's something you can pull from the bookshelf and smile at the memories for years to come.

Why Keep a Baby Diary?

Baby notebooks are a wonderful keepsake to preserve memories. The lives of little ones fly by, so capturing those moments of joy is essential.

What Should Be Included in a Baby Journal?

You can include anything in the journal, such as photos, sweet memories, feelings or what your child likes to eat. The best baby journals are personal to you, so take what you want and leave what you don't. Keep reading for a few Scribble & Dot ideas to get you started.

How to Make a Baby Journal



Alt: Close-up shot of white baby's fingers curled around their mother's hand.

If you are new to journalling or this is the first time using a baby diary, don't worry. We've got some easy tips to help you on your way to creating a simple and gorgeous baby notebook. Here are our top picks to include in your baby's journal.

Start a Scrapbook



Alt: Spread of Polaroid photos for baby journal scrapbook.

If you love to get creative with ribbons, pens and [stickers](#), then a scrapbook could be the perfect option. It's an easy way to make a personalised baby journal because it contains things unique to you. Check out the different ways to start a fun scrapbook:

- **Photos** - These are wonderful things to add to any baby diary. Choose pictures that make you laugh, bring joy or are special and personal. You can even include ultrasounds if you're starting a baby notebook during pregnancy.
- **Their first lock of hair** - Many parents like to keep a lock of hair from their baby's first haircut. It's a sweet reminder of your journey growing up together.
- **Pieces of their blanket** - It's not uncommon for children to have a favourite blanket or soft material they can't live without. Why not snip off a tiny piece and add it to your journal?
- **Cut up congratulations cards** - If you received an array of congratulations cards, cut them up and add the parts you love the most.
- **Handwritten notes** - Cards often come with handwritten notes or well-wishes from loved ones and friends. Instead of popping them in the recycling, stick the best messages into your baby journal.

Use Baby Journal Writing Prompts



Alt: Woman in front of the sea holding her baby journal with small white flowers.

A simple way to keep a baby dairy is by using journal prompts. They're a good idea to kickstart your journal and get you thinking about your lives together. Below are a few baby journal questions to use:

- What are three things you love most about your baby?
- What is your favourite memory you'll want to share when they're older?
- What new developments are you excited about? What next developments are you looking forward to?
- Are there any challenging moments? How can you support yourself?
- What brings you the most joy when you're raising your baby?
- What was your best moment with them today?

Record Memorable Moments



Alt: Woman wearing a red winter hat taking a photo for a baby journal with a Polaroid camera.

It's easy to forget that first smile and miss moments of happiness among the midnight feeds and nappy changes. Recording significant milestones helps you remember it's all worth it, and bonus points for capturing a photo! Here are a few things you can make a note of:

- First time they lift their head
- First smile
- First laugh
- First time they roll over
- First time they sit up
- First time they crawl
- First word
- First step

These are just suggestions - you can personalise what's special and memorable to you. Like the first time they met Great Aunt Elsie or had a playdate.

Note Down How You're Feeling



Alt: A woman sat down, wearing a white shirt and writing on papers for the baby journal.

It's no secret that raising a baby isn't easy. There will be good days and bad days. Moments when you can't believe what a joy it is to have a child. And others when you wish you could get one, just *one*, full night's sleep.

It's okay to have a range of emotions, and noting down how you feel is very therapeutic. So, maybe you'd prefer to create a baby diary just for you and name it 'my baby journal.' Here are the top benefits of writing down your feelings when raising a little one:

Reduces stress

Getting your thoughts out of your head helps you figure out and organise how you're thinking and feeling. It makes everything clearer and lowers stress levels.

Identifies if you need support

Becoming a new parent is tough. If you consistently find yourself writing negative thoughts, it could be a sign to reach out and get support.

It helps you accept your feelings

Having a baby is supposed to be a joyful time in your life. But what if it's not? Feeling sad, angry, exhausted and irritable is normal, but it can be hard to admit those feelings. However, the simple act of writing is a highly cathartic acknowledgement of those emotions.

Write a Letter to Baby for the Future



Alt: Envelope, plant, journal and glasses on a table with man's hand holding a pencil to write in the baby journal.

It's easy to feel consumed by how you and the baby are doing right now. But there will be a time when you both grow older (more quickly than you think!).

Writing a letter to your future child is a unique way to see where you are now and where you hope to go. You can address and give the letter to them when they're older, for example, when they turn eighteen. Here are some ideas to include in your future letter:

- Where you're both now
- How you are feeling
- The type of parent you hope to be
- The advice you would like to give them
- How much you love them

Keep a Baby Journal With Scribble & Dot



Alt: Close-up of two white hands - baby's hand holding an adult's finger.

A baby journal is a wonderful way to record precious memories and grow the connection between you and your baby. Explore our [dotted journals](#) with various designs to start. They use ultra-thick paper and durable covers to record your special moments and create a beautiful baby journal.

[Start Your Baby Journal](#)