



Baby's First Year — The Cruise-Stage Milestone Journal

A gentle, fillable keepsake for the months between sitting up and confident walking.

How this works

This is a printable journal. Print it once, stick it on a clipboard, and fill it in when something happens. There's no rush, no schedule, and no pressure to fill every page.

It's the keepsake version of "I should have written this down." A few minutes here and there, a memory worth keeping forever.

About my little one

Their name: _____

Born: ___ / ___ / _____

What we call them: _____

The story of how we picked the name:

The cruising journey

First time they sat up unaided



Date: ___ / ___ / _____ Where we were: _____ What I felt:

First crawl (or scoot, or shuffle — whatever they did)

Date: ___ / ___ / _____ The move: ■ Hands and knees ■ Belly-crawl ■ Bottom-shuffle ■

Bear-walk ■ Other The first thing they crawled towards:

First time they pulled to stand

Date: ___ / ___ / _____ On what: _____ Their face:

First cruise along furniture

Date: ___ / ___ / _____ Which piece of furniture: _____

How far they made it: _____

First independent step

Date: ___ / ___ / _____ Who was watching: _____ What I'd

give to relive that moment: _____

First proper walk across the room

Date: ___ / ___ / _____ Where they were going: _____

First words

Word	When (date)	What it sounded like
_____	___ / ___ / ___	_____
_____	___ / ___ / ___	_____
_____	___ / ___ / ___	_____
_____	___ / ___ / ___	_____
_____	___ / ___ / ___	_____
_____	___ / ___ / ___	_____



Word	When (date)	What it sounded like
_____	___ / ___ / ___	_____
_____	___ / ___ / ___	_____
_____	___ / ___ / ___	_____
_____	___ / ___ / ___	_____

The "she did *what?*" page

Keep a running list of the funny / wild / unexpected things she does. You'll forget. Future-you will thank present-you.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

A photo + a note

Print and stick a photo here. Below it, write what you want them to know about that day.

Photo from: ___ / ___ / _____

A note from me to you, future-baby:



Things I want to remember about this stage

The way her hair smells after a bath. The thump of her hand on the floor when she's frustrated. The face she makes when she sees the dog. The sound of her bare feet on the wooden floor.

Write the small things. They're the ones that go first.

A letter for them to read one day

