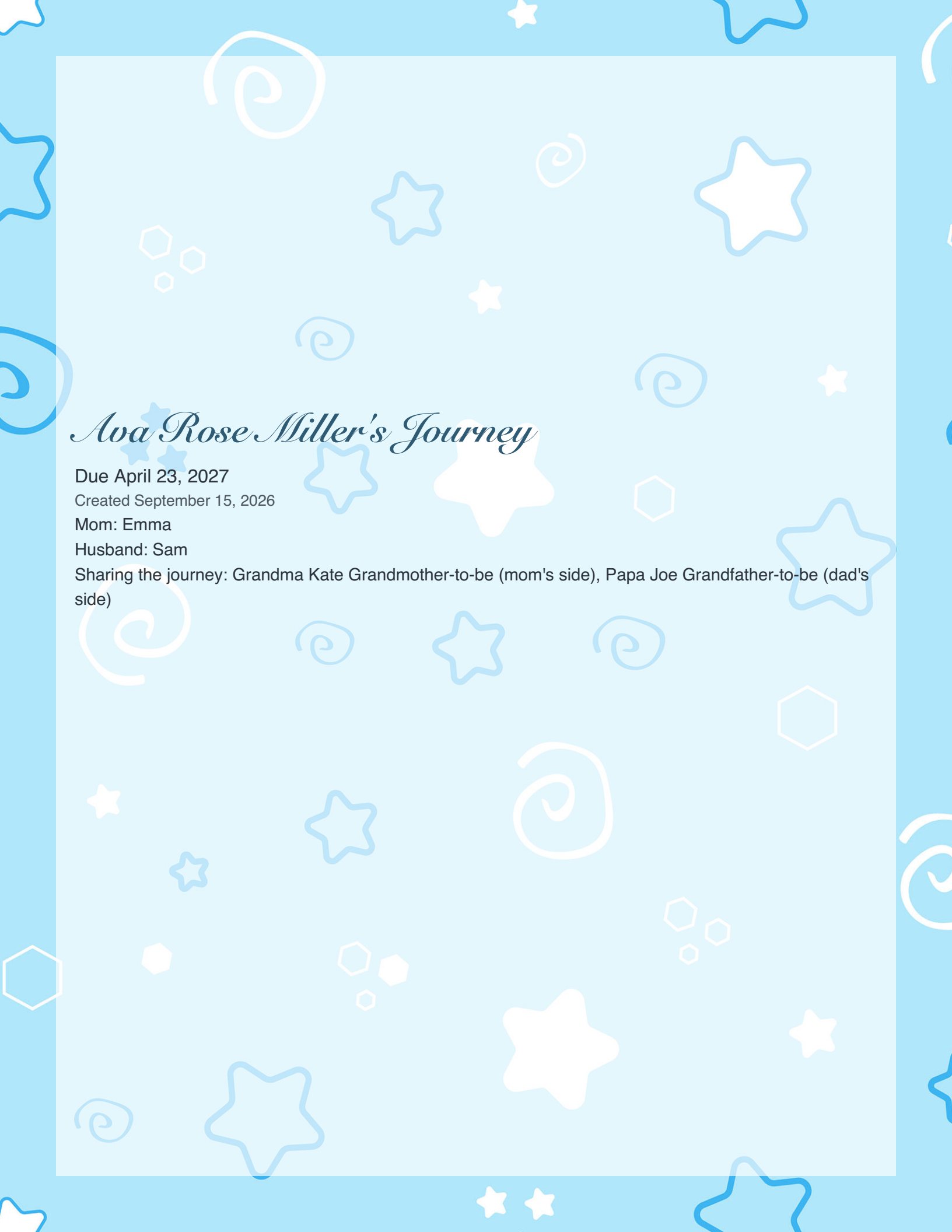




Ava Rose Miller's Journey

Due April 23, 2027

Created September 15, 2026

Mom: Emma

Husband: Sam

Sharing the journey: Grandma Kate Grandmother-to-be (mom's side), Papa Joe Grandfather-to-be (dad's side)

Emma · Aug 21, 2026

I found out I was pregnant on August 21. I told Sam just five minutes later — he was ecstatic.



Week 8 sonogram

Cravings, Aversions & Smells

Favorites: Pickles, Mango, Ice cream, Salt & vinegar chips

Made me queasy: Coffee, Eggs, Fried food

Smells: Perfume (Sep 18), Cooking onions (Oct 9)



12 Weeks

Littlest Lime 55 mm



Fingernails form, and the face develops a more defined profile with intestines now in the abdomen. The fetus begins sucking, makes random movements and produces insulin and urine (it also drinks the amniotic fluid which is mostly baby pee!). It measures about 2.5 inches long and weighs 0.5 ounces, the size of a small lime. Hands develop faster than feet, and the heartbeat can be heard with a bedside monitor (it can be difficult, so don't be surprised if it takes time). Your first trimester is ending, and soon too should your nausea.



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Emma · Nov 6, 2026

Felt the first little flutter today — like tiny butterflies. I sat completely still, grinning, waiting for it to happen again.

20 Weeks



Busy Banana 16 cm



The parts of the brain that handle the senses begin to develop. Movements like quickening may be felt, with regular sleep-wake cycles. The fetus is covered in lanugo and can produce some antibodies. It measures about 6.3 inches long and weighs 11 ounces, like a banana. Nails grow to finger ends, and the sucking reflex develops. Your baby can now swallow, and the digestive system is producing meconium, the dark sticky goo they'll pass with their first BM or if distressed in labor.



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Week 20 sonogram

The Reveal

It's a girl!

Here are my thoughts and feelings about the reveal of our baby's sex. The moment we cut into the cake and saw pink, my heart simply melted. We had waited so long for this day, and being surrounded by the people we love made it even more special. There were happy tears, warm hugs, and so much laughter filling the room. I keep replaying the looks on everyone's faces — pure joy and surprise all at once. It is a memory I will treasure for the rest of my life, and I cannot wait to tell her about it one day.

Everyone's guesses:

- Grandma Kate guessed Girl
- Uncle Joe guessed Boy
- Aunt Mia guessed Girl



Sam · Jan 1, 2027

We felt the baby's first real kick together tonight, and we both just froze and grinned at each other. It finally feels real — there is a little person in there getting stronger every day. I already love being part of every small moment of this journey.



28 Weeks

Eager Eggplant 37–38 cm



The third trimester is beginning. Eyelids partially open, and the central nervous system controls temperature and breathing. Eyelashes form, and skin is red with vernix. The fetus measures nearly 10 inches long and weighs about 2.25 pounds. Body fat comprises about 8% of total weight. Most babies born after 28 weeks do well with the close care of a NICU.



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Sam · Mar 12, 2027

We finished the nursery this weekend — the crib is built, the tiny clothes are folded, and the walls are painted. I stood in the doorway for a while just imagining bringing her home to this little room. We are as ready as we will ever be, and we cannot wait to meet her.

Baby Shower

March 12, 2027 · The garden room at Riverside

Hosted by Aunt Mia & Grandma Kate

Favorite memories: Grandma cried the happiest tears opening the tiny knitted booties. (Mar 12), Everyone guessed baby's due date — Aunt Mia was the closest!, The diaper cake was almost too pretty to take apart.



Celebrating with everyone



36 Weeks

Romping Romaine Lettuce 47–48 cm



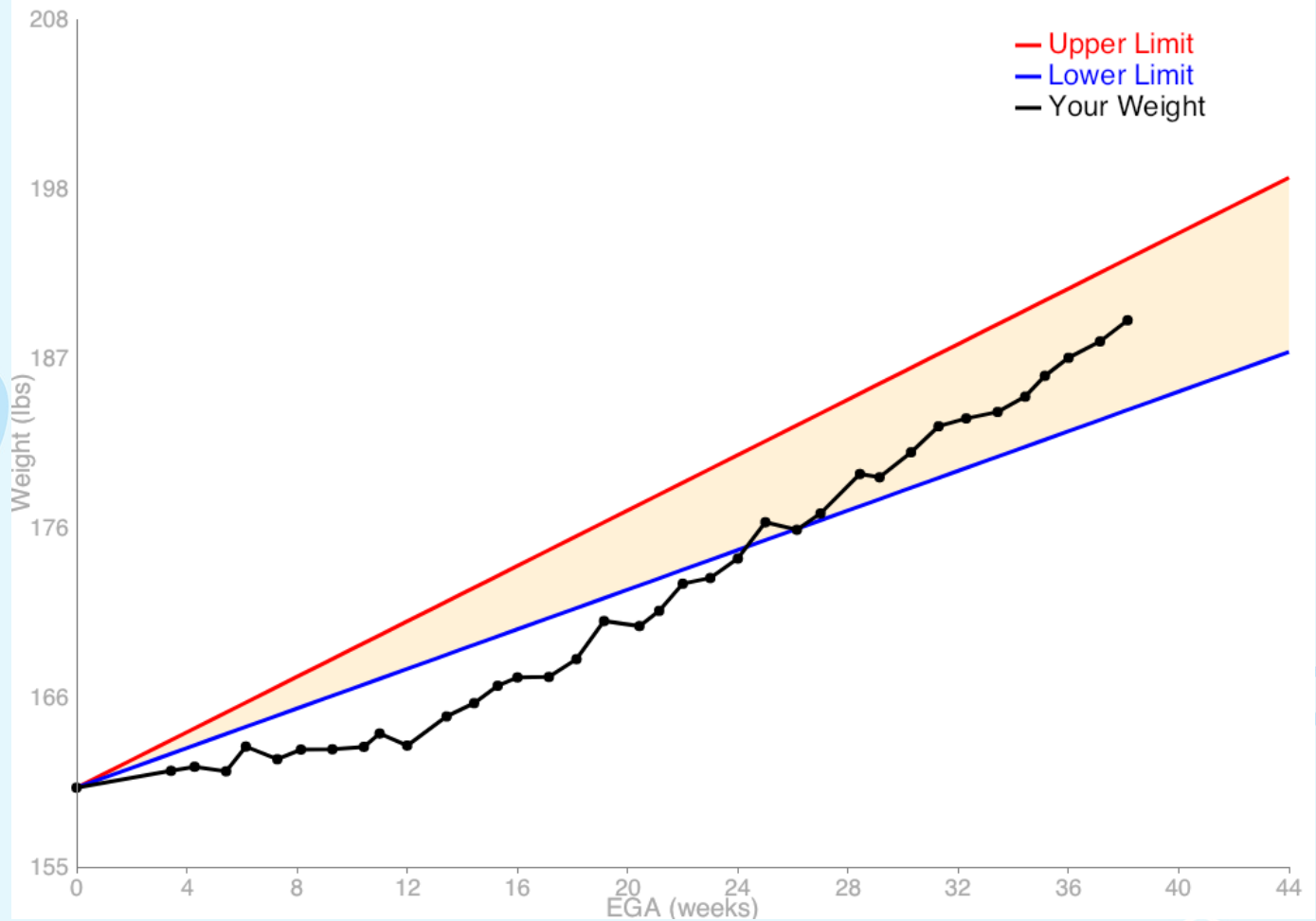
Skin smooths with added fat, making limbs chubby. Kicks and stretches persist but with less room. The fetus weighs 6-7 pounds. Most babies are head-down. check with your phsyician - you need to know, because its time to discuss what to do if your baby is breech (bottom down).



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Weight Journey



Total gained: +29 lbs

Baby's Arrival

Labor started: 2:30 AM, Tuesday

Water broke: on its own

Delivery: Vaginal

Epidural: 6:10 AM

Pushing: 45 min

Time to my room: 9:00 AM

Baby's sex: Girl

Weight: 7 lb 4 oz

Length: 20 in

Apgar: 8 / 9

Feeding: Breastfeeding

Baby spent time in the NICU.

Emma's thoughts and feelings

Here are my thoughts and feelings about laboring and bringing our baby into the world. It was the hardest and most beautiful thing I have ever done. The hours were long and there were moments I wasn't sure I

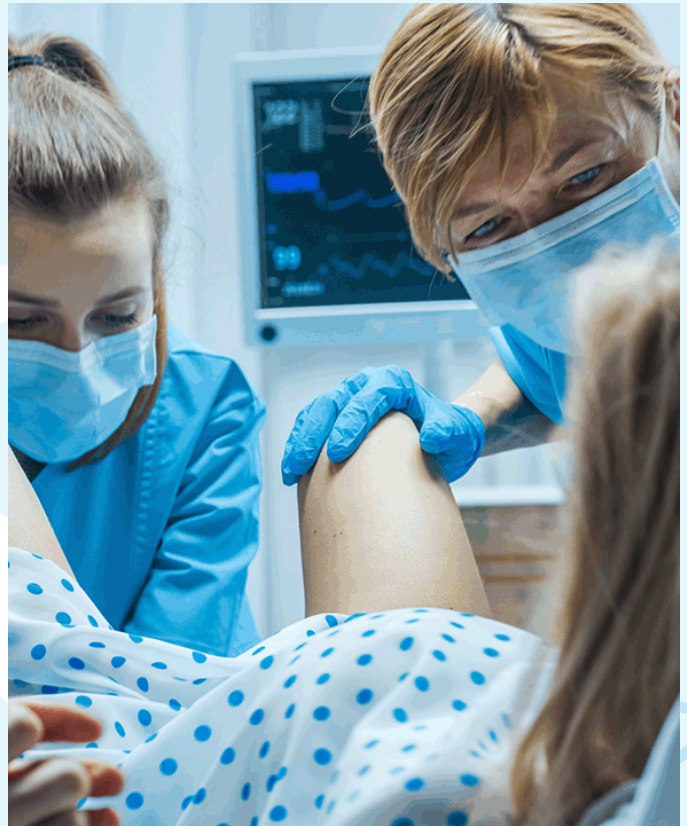
could keep going, but every contraction brought us one step closer to finally meeting her. When they placed her on my chest for the very first time, everything else in the world disappeared. I felt an overwhelming rush of love, relief, and gratitude that I will carry with me forever.

Sam's thoughts and feelings

Here are my thoughts and feelings as her partner during the birth. Watching her bring our daughter into the world left me completely in awe. I have never been more proud of anyone in my entire life. I tried my best to be her rock through every moment — holding her hand, wiping her forehead, and cheering her on. The instant our baby arrived and let out that first tiny cry, I became a father, and I knew in that moment that my heart would never be the same again.



Baby's first photo



Cutting the cord



In labor



Baby has arrived



Mom & baby



Our new family



First cuddle