

You MUST HAVE BEEN A BEAUTIFUL BABY!

AWWW!

Most people don't remember their first couple years of life. That's where parents come in handy! Ask your mom or dad these questions and fill in the blanks.

FACT

South Asia has more babies born with "low birth weight" than any other area. That's when babies weigh less than 5.5 pounds at birth. Babies with low birth weight can have more problems staying healthy.

FACT

Many parents in poor countries don't use throwaway diapers, which cost a lot and pile up in landfills. They use cloth diapers for their babies. They wash the diapers when they're dirty and reuse them.

FACT

In the Philippines, lots of babies eat a rice porridge called lugaw (recipe on page 7!) as their first food after milk.

FACT


Babies who don't get enough healthful food sometimes take longer to crawl and walk than other babies. That's because their bodies are growing slower than they should.

TOO CUTE!

_____ name

How much did I weigh when I was born?  _____

What time was I born?  _____ AM _____ PM

Who was there for my birth?  _____


Did I have any hair when I was born? If so, what color?  _____

Who visited me right after I was born?  _____


What was the first solid food I ate? _____

How long was mom in labor with me?  _____

What kind of diapers did I wear?  _____

How old was I when I took my first step?  _____

Did I use a pacifier as a baby?  Yes No

What was my favorite toy?  _____