B L O O M A R A

My pregnancy journal

A page for every week, and room for the words you want to keep.

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BEFORE WE BEGIN

This is our story

Names:

The day we found out:

Who we told first:

How I felt:

What I hope for these months:

How to use it: fill in a page at the start of each week. A few lines is enough. Tape in a scan picture, a ticket or a bump photo where it belongs. Bloomara is a journal, not a medical guide; for anything about your health, talk to your midwife or doctor.

WEEK 1

The Beginning

A Quiet Beginning

What does this week feel like, in three words?

What are you hoping for as this chapter begins?

Describe an ordinary moment from today you'd like to remember.

"Every beginning deserves to be welcomed gently."

WEEK 2

Before Anything Shows

Making Space

What would you like more space for in your life right now?

What part of becoming a parent are you most curious about?

Describe a place where you feel completely at ease.

“I make gentle space for whatever is ready to arrive.”

WEEK 3

A Quiet Spark

The Spark

If something were beginning inside you, what would you want it to know first?

What does waiting feel like for you?

Describe the light where you are right now.

“Small beginnings carry everything they need.”

WEEK 4

Taking Root

Finding Its Soil

How did you find out, or how are you hoping to find out?

What was the very first feeling you had?

Write a welcome note to your baby, just a few lines.

“Like a seed in good soil, we are taking root.”

WEEK 5

First Heartbeat

A Rhythm Begins

Somewhere inside you, a heart is beating. How does that make you feel?

What does your own heart need this week?

Write to your baby about the rhythm of your days.

“Two hearts are beating inside me now.”

WEEK 6

Something Is Happening

Changes You Can Feel

What has your body been telling you this week?

What feels different, and what feels exactly the same?

Tell your baby about the face you imagine they'll have.

"Every change in my body is a sign of life."

WEEK 7

Small and Mighty

Small and Mighty

What is one mighty thing you did this week that nobody saw?

How are you looking after yourself right now?

Tell your baby about the first time you held something small and precious.

“I am small steps and mighty love.”

WEEK 8

Building Foundations

Tiny Fingers

Your baby has fingers now. Write about what you can't wait to hold.

What foundations do you want to build for your family?

What did your own childhood home feel like?

"We are building something beautiful, day by day."

WEEK 9

Little Hands, Little Feet

Becoming Someone

Whose hands do you hope your baby will have?

What songs would you put on a playlist for your baby?

Describe the person you're becoming this week.

“I imagine your little hands and feet with wonder.”

WEEK 10

Tiny Movements

Rest Is Work

What does rest look like for you right now?

Write a first short letter to your baby: just a few sentences from your heart.

What are you learning about your own limits?

“Rest is part of the work I'm doing.”

WEEK 11

Almost Through the First Chapter

Gratitude for the Body

What has your body carried for you in these first weeks?

What are you most proud of so far?

Tell your baby about the first chapter of their story.

"Thank you, body, for carrying us this far."

WEEK 12

One Trimester Complete

New Territory

Twelve weeks of growing. What has this chapter meant to you?

What was the hardest part of the first trimester, and what got you through?

Write a letter to your baby about these first twelve weeks.

"I carried us through the first chapter."

WEEK 13

Turning the Page

A New Chapter

What intention would you like to set for the second trimester?

What are you happy to leave behind in the first chapter?

Imagine your baby's first laugh. Write about it.

"I turn the page with hope and courage."

WEEK 14

A New Season

Turning Towards the Light

What has changed for you since the first trimester began?

What are you most hoping for in these middle months?

Imagine your baby pulling their first funny face. Describe it.

“A new season is opening in me, and I welcome it.”

WEEK 15

Light Through the Skin

A Glow from Within

Where do you feel most at home in your own skin right now?

Describe a moment of light from this week: sunshine, a lamp, a laugh.

What song would you want your baby to hear first?

"I carry light, and I share it with my baby."

WEEK 16

Awakening Senses

Saying Hello

Have you felt anything yet? Describe it, or describe what you imagine.

Which of your senses feels sharper since you've been pregnant?

Write a letter to your baby about the first time you'll feel them move.

“Flutter or not, my baby is here with me.”

WEEK 17

Learning to Listen

The Sounds of You

What sounds do you hope your baby remembers from before they were born?

What is your body asking you for this week?

Write a letter to your baby describing the sound of your home.

“My voice is my baby's first song.”

WEEK 18

Hello, Flutter

Little Signals

Describe any movement you've felt, or what you're waiting for.

What 'firsts' are you most looking forward to with your baby?

Write a letter to your baby about the funniest thing that happened this week.

“Every little signal from my baby is a hello.”

WEEK 19

A Body That Knows

Quiet Wisdom

When did you last trust your instincts, and what happened?

What has your body done this week that surprised you?

Write a letter to your baby about the women and people who taught you to trust yourself.

"My body knows what to do, and I let it."

WEEK 20

Halfway

The Midpoint

Looking back over twenty weeks, what are you proudest of?

What has surprised you most about this first half?

Write a letter to your baby at the halfway point.

“I am halfway, and I am stronger than I knew.”

WEEK 21

A Taste of Your World

Savouring

What tastes like home to you?

Which family recipe or ritual do you hope to pass on to your baby?

Write a letter to your baby about your favourite meal and who you shared it with.

“I savour the sweetness of this season.”

WEEK 22

Feeling Each Other

Touch

Describe the movements you feel right now. What do they remind you of?

What kind of touch comforts you most?

Write a letter to your baby about the first time you felt them, or the moment you're waiting for.

“My touch tells my baby they are loved.”

WEEK 23

The Rhythm of Your Days

Finding a Rhythm

What part of your day feels most like you?

When does your baby seem most active? What are you usually doing?

Write a letter to your baby describing an ordinary day in your life right now.

“My days have a rhythm, and my baby knows it.”

WEEK 24

Little Fingerprints

Senses and Presence

What has surprised you most so far?

What makes your baby one of a kind, already?

Write a letter to your baby about the day their fingerprints were forming.

“My body knows how to grow my baby.”

WEEK 25

Growing Into the Space

Making Room

How do you feel about your changing body this week?

What do you imagine your baby's hair will be like?

Write a letter to your baby about the home they're coming to.

“I make room for my baby with love.”

WEEK 26

Eyes Opening

First Light

What do you imagine your baby will see first?

What have you started seeing differently since you've been pregnant?

Write a letter to your baby about the first time you'll look into their eyes.

“My baby is getting ready to see me, and I am ready to be seen.”

WEEK 27

Last Days of the Middle

Holding Both

What are you looking forward to, and what are you nervous about?

Looking back on the second trimester, what will you miss?

Write a letter to your baby at the end of the middle chapter.

"I can feel excited and nervous, and both are welcome."

WEEK 28

The Final Chapter

The Last Trimester Opens

The third trimester begins today. How does that feel in your body and your heart?

What do you want to remember about the person you were at 28 weeks?

Write to your baby about the first light they might be seeing.

“This last chapter is mine to live slowly.”

WEEK 29

Making Room

Space for Two Heartbeats

What are you making room for in your life right now?

What would you happily let go of before your baby arrives?

Describe the space where your baby will sleep, real or imagined.

“There is room in my life for this new love.”

WEEK 30

Dreaming Together

Imagining Your Little One

What do you imagine your baby's face will look like?

Describe your perfect slow Sunday with your baby, a year from now.

What's one tradition you'd love to start as a family?

"I dream of you, and I let the dream be gentle."

WEEK 31

Strong and Steady

The Strength You Didn't Notice

When did you feel strongest this week?

What has this pregnancy taught you about your own strength?

Describe your baby's moods as you've come to know them.

“My strength is quiet, and it is real.”

WEEK 32

Preparation

Practising for Each Other

What are you practising for, without even realising it?

What part of preparing makes you feel calm? What part feels heavy?

Write your baby a letter about what you're getting ready for them.

"I am preparing with love, not with fear."

WEEK 33

Nesting

Building the Nest

What does a safe, cosy place feel like to you?

Describe the nest you're building, at home or inside.

What object in your home do you hope your baby will love?

“Wherever I am, I am making a safe place for my baby.”

WEEK 34

The Space You're Making

A Calm Place to Arrive

Describe the calm space you hope to meet your baby in.

Who do you want near you on the big day, and why?

What words or sounds make you feel safe?

“I am creating a calm place for my baby to arrive.”

WEEK 35

Getting Ready to Meet

Packing Love Into a Bag

What's the smallest thing you've packed for your baby, and how did it feel to hold it?

What comforts do you want with you on the big day?

Write your baby a letter to tuck into the bag.

“I am getting ready to meet you, and I am not alone.”

WEEK 36

Almost

The Anticipation

What does "almost" feel like right now?

Write a letter to the you who will hold your baby for the first time.

What do you want to feel on the day you meet?

“I trust my body to know the way.”

WEEK 37

Almost There

Your Wishes for the Day

How do you want to feel on the day you meet your baby?

What helps you feel safe when things are uncertain?

What would you like your support person to say to you?

"My wishes matter, and I can hold them gently."

WEEK 38

Ready When You Are

Ready, in Your Own Way

What does ready feel like for you?

What would you like to say to your baby in the very first minute?

What has changed most in you since week one?

“I am ready when you are, my love.”

WEEK 39

The Waiting

The Beautiful Pause

How does patience feel right now, honestly?

What do you want to remember about being pregnant, just before it ends?

Write your baby a letter about the waiting days.

“I can wait with patience and peace.”

WEEK 40

The Meeting

Everything Leads Here

Forty weeks of hoping and dreaming. Write tonight's page.

Write the last letter to your baby before you meet.

What do you want to say when you first see your baby's face?

“I am ready to meet you, whenever you choose.”

Dear little one,

Date: _____ Week: _____

Dear little one,

Date: _____ Week: _____

Dear little one,

Date: _____ Week: _____

PART TWO

The fourth trimester

The first twelve weeks after birth.

The Fourth Trimester Begins

The Most Tender Beginning

What is the first thing you noticed about your baby's face?

Write a few words about the day your baby arrived, while it's still fresh.

What did your baby's hand feel like the first time it closed around your finger?

“I am meeting my baby, and there is no rush.”

Finding Your New Rhythm

Between the Long Nights

What does a night with your baby look like right now?

What tiny habit of your baby's do you already love?

When did you feel most at peace this week?

"There is no wrong way to find our rhythm."

Your Body's Recovery

Thank You, Body

What would you like to say to your body right now?

How have your feelings moved this week, from one day to the next?

Who made you feel cared for this week, and how?

"I thank my body for everything it has done."

The Bonding Journey

Love Like a Sunrise

When did you feel closest to your baby this week?

How has your love for your baby changed since the first day?

What do you think your baby already knows about you?

“Our bond is growing in its own time.”

Partner in Parenthood

Loving Differently

How has your relationship with your partner or closest person changed since your baby arrived?

What do you love seeing in the people who care for your baby?

What do you wish someone would ask you right now?

"We are learning to be a family, and that takes time."

One Month Milestone

A Whole Month Earthside

What has changed most about your baby in this first month?

What has changed most about you?

What moment from this month do you want to remember forever?

"One month in, I am doing this."

Self-Care Is Not Selfish

You Matter Too

When did you last do something just for yourself?

What fills you up, even in five minutes?

What do you miss doing for yourself?

“Caring for myself is part of caring for my baby.”

Growth Spurts & Wonder

Beautiful Chaos

What new thing has your baby done this week?

How do you find calm when the day turns upside down?

What has surprised you about yourself in the hard moments?

“Even when our days change, my love stays the same.”

First Smiles

I See You

Describe your baby's smile, or the moment you're waiting for it.

What makes your baby light up?

What made you smile this week?

“My baby's smile is a small hello from their heart.”

Returning to Yourself

A Fuller Version of You

What part of yourself have you missed most?

What part of yourself is coming back?

How are you different now, and what do you like about that?

"I am still me, and I am more than before."

Your Village

Let People In

Who is in your village right now?

Who surprised you by showing up?

What kind of help means the most to you?

“I don't have to do this alone.”

A Year of Love

From Stardust to This

Read your very first page. What would you tell the woman who wrote it?

What are you most proud of from this whole journey?

How has love changed you?

"I carried love, and love carried me."

Keep going in the app

The same chapters, with photos, voice notes, sealed letters and a keepsake at the end.

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