

# BABY SHOWER GAME QUESTIONS FOR DAD

## Study Guide

**baby shower game questions for dad** are an essential part of any memorable and fun-filled celebration welcoming a new bundle of joy. These questions not only entertain guests but also offer a glimpse into the dad's personality, bonding moments, and his knowledge about the upcoming arrival. Whether you're planning an intimate gathering or a large party, incorporating engaging dad-focused questions can elevate the event's enjoyment and create lasting memories. In this comprehensive guide, we will explore a variety of baby shower game questions for dad, tips on how to use them effectively, and ways to tailor the questions to suit your celebration style.

### Why Include Baby Shower Game Questions for Dad?

Integrating dad-centric questions into your baby shower serves multiple purposes:

- Breaks the ice: Light-hearted questions help guests relax and mingle.
- Celebrates dad's involvement: Recognizes his role in the upcoming journey.
- Creates fun memories: Sharing humorous or heartfelt answers fosters bonding.
- Provides entertainment: Engages all guests, not just the expectant mother and family.

### Types of Baby Shower Game Questions for Dad

When planning questions, consider varied formats to keep the game lively:

- Trivia questions: Test his knowledge about pregnancy, babies, or the parents.
- Personal questions: Reveal fun facts or stories about the dad-to-be.
- Predictive questions: Invite him to guess details about the baby or labor.
- Humorous questions: Add a touch of humor to lighten the atmosphere.
- Sentimental questions: Encourage heartfelt responses about fatherhood.

### Sample Baby Shower Game Questions for Dad

To help you get started, here's a curated list of questions across different categories:

#### Trivia Questions About Parenthood and Baby Facts

- What is the average weight of a newborn baby?
- At what age do babies typically start crawling?
- How many diapers does an average newborn go through in a day?
- What is the most common first word spoken by babies?
- Which parent is more likely to change a diaper first?

## Questions About Dad's Knowledge and Expectations

- What do you think will be the first thing your baby says?
- How many hours of sleep do you expect to get in the first month?
- What name do you like best for the baby?
- Are you planning to take paternity leave? If yes, for how long?
- What is the one thing you're most excited about becoming a dad?

## Personal and Fun Questions

- What was your first reaction when you found out your partner was pregnant?
- What do you think will be the funniest moment during labor?
- What's the craziest thing you've ever done for love?
- If you could choose one celebrity to be the baby's godparent, who would it be?
- What's your funniest memory with your partner?

## Predictive and Future-Oriented Questions

- Do you think the baby will look more like mom or dad?
- How many children do you see yourself having in the future?
- What will be the first word your baby says?
- What color do you think the nursery will be?
- Who will be the stricter parent?

## Humorous and Light-Hearted Questions

- If your baby could talk right now, what do you think they'd say about you?
- Who do you think will be the 'baby whisperer'? mom or dad?
- What's the most ridiculous thing you've done to prepare for the baby?
- If the baby could choose their first toy, what would it be?
- What's the weirdest advice you've received about parenthood?

## Sentimental and Heartfelt Questions

- What does becoming a dad mean to you?
- What's the most important lesson you want to teach your child?
- How do you envision your life changing after the baby arrives?
- What are your hopes for your child's future?
- What's the most meaningful thing you look forward to as a dad?

## Tips for Using Baby Shower Game Questions for Dad

To maximize the fun and engagement, consider these tips:

### 1. Customize the Questions

Tailor questions to reflect the dad's personality, interests, and experiences. Personalization makes the game more meaningful and entertaining.

### 2. Prepare in Advance

Print questions on cards or have them ready on a digital device. This ensures smooth flow without interruptions.

### 3. Incorporate a Prize System

Offer small prizes for correct answers or for the most humorous responses to encourage participation and add excitement.

### 4. Engage All Guests

Encourage everyone to participate—either by answering or by cheering on the dad. This creates a lively and inclusive atmosphere.

### 5. Use Visual Aids

Include photos or props related to questions for a more interactive experience.

### 6. Keep the Mood Light

Remember, the goal is fun and celebration. Keep questions playful and avoid anything that might embarrass or upset the dad.

## Creative Ways to Incorporate Dad's Questions into the Baby Shower

Beyond traditional Q&A formats, consider these creative approaches:

### 1. Baby Shower Quiz

Create a quiz with multiple-choice questions about the dad-to-be, the baby, and parenting. Guests can write down their answers, and the dad can reveal his responses afterward.

### 2. "Daddy Knows Best" Game

Ask the dad a series of questions beforehand and then quiz guests on his answers, seeing who knows him best.

### 3. Daddy Predictions Wall

Set up a board where guests can write predictions or answers to dad-focused questions, creating a fun memory board.

### 4. Video or Audio Questions

Record short questions for the dad to answer during the shower, adding a multimedia element.

### 5. Interactive Polls

Use digital tools like Kahoot or Poll Everywhere for real-time engagement.

## Conclusion

Baby shower game questions for dad are a delightful way to celebrate the upcoming arrival while highlighting the father's role and personality. Whether you opt for trivia, humorous prompts, or heartfelt questions, incorporating dad-centric content ensures the event is memorable, engaging, and full of joy. Remember to tailor the questions to suit your style, keep the atmosphere light, and encourage participation from all guests. With thoughtful planning, these questions will not only entertain but also create cherished moments that the family will treasure forever.

## Additional Resources

- Printable Baby Shower Question Cards for Dad
- Baby Shower Game Ideas and Tips

- Parenting Trivia Games for Celebrations
- Creative Baby Shower Themes and Activities

## Baby Shower Game Questions for Dad: Crafting Fun and Memorable Moments

Baby shower game questions for dad have become an increasingly popular way to add humor, challenge, and heartfelt moments to celebrations welcoming a new life. Traditionally, baby showers are centered around the mother-to-be, her friends, and family, but including the dad in interactive games fosters a sense of unity and shared anticipation. Whether you're a host looking to craft engaging activities or a guest eager to participate in lighthearted fun, understanding how to incorporate dad-focused questions can elevate the event from ordinary to unforgettable.

This article explores the importance of dad-centered baby shower questions, offers a comprehensive guide to selecting or creating them, and provides sample questions to inspire your own game ideas. From classic trivia to humorous challenges, discover how to make dad feel celebrated and involved during this joyful occasion.

## The Significance of Including Dad in Baby Shower Games

### Celebrating Fatherhood from the Start

Baby showers traditionally spotlight the mother, but including dad-focused games underscores the importance of his role in the child's life. It acknowledges that parenthood is a team effort and helps foster a bond between the couple and their loved ones before the baby arrives.

### Breaking the Ice and Building Connections

In many cases, guests at baby showers may not know each other well. Incorporating dad-centric questions serves as an icebreaker, encouraging interaction among guests, and allowing everyone to learn amusing or touching details about the father-to-be.

### Creating Lasting Memories

Fun and personalized questions about dad can lead to memorable moments, stories, and laughter. These moments become cherished memories that the new family can look back on long after the celebration.

## Designing Effective Baby Shower Game Questions for Dad

Creating engaging questions requires a thoughtful approach that balances humor, information, and sentimentality. Here are key considerations for designing the perfect dad-centered game questions.

## Know Your Audience

- Guest Demographics: Tailor questions to the age, background, and familiarity level of your guests. For example, questions about childhood favorites or shared experiences resonate more with close friends and family.
- Dad's Personality: Incorporate fun facts or quirks that reflect the dad's personality or interests, making the game more personalized.

## Balance Humor and Heart

- Light-hearted Humor: Use playful questions that prompt laughter, such as guessing games or funny anecdotes.
- Sentimental Touches: Include questions that highlight the dad's feelings or hopes for the baby, adding emotional depth.

## Keep It Interactive

Questions should encourage discussion, guesses, or storytelling, making the game participatory rather than purely quiz-like.

## Vary Difficulty Levels

Mix easy questions with more challenging ones to keep all guests engaged and prevent boredom.

## Types of Baby Shower Game Questions for Dad

Different formats can enhance the fun and interaction for dad-focused baby shower games. Here are some popular types:

- Trivia Questions About Dad

Test guests' knowledge about the father-to-be with questions about his childhood, hobbies, or preferences.

### - Guessing Games

Have guests predict facts about dad, such as his first words, or guess how he will react to certain baby milestones.

### - Personal Stories and Anecdotes

Invite guests to share or guess funny or touching stories involving dad and the pregnancy journey.

### - ?How Well Do You Know Dad?? Quizzes

Create a quiz about dad?s likes, dislikes, or habits, and see which guest knows him best.

## Sample Baby Shower Game Questions for Dad

To get started, here are some carefully curated questions that can be used directly or serve as inspiration for your own game:

### Trivia and Guessing Questions:

- What is dad?s favorite childhood toy?
- Which sports team does dad cheer for?
- What was dad?s first car?
- How many siblings does dad have?
- What?s dad?s go-to comfort food?
- When did dad first realize he was going to be a dad?
- What?s dad?s biggest pet peeve?
- How does dad prefer to spend his day off?

### Humorous and Light-hearted Questions:

- Who will be more likely to forget the baby?s diaper bag?
- Will dad be the first to cry during the baby?s first cry?
- Who is more likely to sleep through the baby?s first night?
- Which parent will have the messiest diaper-changing station?
- What ridiculous name should the baby be given if dad had his way?

### Personal and Sentimental Questions:

- What is dad most excited to teach the baby?
- What is dad's hope for his role as a father?
- How does dad imagine his first moment holding the baby?
- What's the one thing dad is most nervous about?
- What is dad's favorite thing about the pregnancy so far?

### Tips for Conducting Dad-Centered Baby Shower Games

To ensure your questions and games run smoothly, consider these practical tips:

- **Prepare in Advance:** Have questions printed or written on cards, and organize any needed props or answer sheets.
- **Set Clear Rules:** Explain how the game works, whether it's a quiz, guessing game, or storytelling activity.
- **Encourage Participation:** Make sure all guests, especially the dad-to-be, feel comfortable and engaged.
- **Use Visuals:** Incorporate photos or videos of dad from childhood or shared moments to add a multimedia element.
- **Keep It Short and Sweet:** Limit the game duration to maintain energy and enthusiasm.

### Creative Variations and Ideas

Beyond straightforward questions, consider incorporating these creative ideas:

- **Baby Shower Bingo for Dad:** Create bingo cards with dad-related facts or guesses, and mark off squares as guests learn new info.

- Daddy Predictions: Guests write down predictions about the baby or dad's first reactions, which can be revisited after the birth.
- Photo Guessing Game: Show baby or childhood photos of dad and have guests guess who is who.
- Role Play Challenges: Have guests act out scenarios, such as dad changing a diaper or calming a crying baby, and award fun prizes.

### Conclusion: Making Dad Feel Special

Incorporating baby shower game questions for dad is more than just entertainment; it's an opportunity to celebrate the upcoming arrival and the father's vital role in the family. Thoughtfully crafted questions foster connection, provoke laughter, and create shared memories that will be treasured for years to come.

Whether you choose trivia, guessing games, or heartfelt quizzes, the key is to keep the tone light, inclusive, and personalized. As you plan your baby shower, remember that involving dad not only honors his journey into fatherhood but also sets a warm, collaborative tone for the new chapter ahead. With a well-prepared set of questions and engaging activities, your baby shower will be a joyful event filled with love, laughter, and anticipation.

**Question** What is the dad's most anticipated moment during the baby shower? Many dads look forward to hearing everyone's well wishes and sharing in the excitement of meeting their new baby. **Answer** Can you name a funny or unusual fact about the dad-to-be? For example, he might be known for his dad jokes or his first reaction when he found out about the pregnancy. What was the dad's first reaction when he found out you were pregnant? Answers vary, but many dads describe feeling surprised, excited, or emotional upon hearing the news. Guess the baby's gender based on the dad's personality traits. Participants can guess whether the dad's traits suggest a boy or girl, often leading to fun discussions. How many diapers does the dad think he will change in the first week? This playful question highlights the anticipated diaper duty and can be fun to see the dad's estimate. What is the dad's funniest or most memorable parenting advice so far? Guests can share or guess the dad's best piece of advice or funny parenting stories. Can you name the dad's favorite baby item or nursery theme? Participants try to guess the dad's preferences or guesses based on his personality or style.

**Related keywords:** baby shower games, dad questions, parenting quiz, dad trivia, baby shower activities, fatherhood questions, pregnancy games, dad quiz ideas, baby shower fun, new dad games

## Esme My First Year Baby Book I Babyshower Or Baby

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Welcoming a new baby into the world is one of the most joyful and memorable experiences a family can have. As parents, friends, and loved ones prepare for this special occasion, capturing every precious moment becomes a cherished tradition. One of the most meaningful ways to preserve these memories is through a well-crafted baby book. Whether you're celebrating a baby shower or the arrival of your bundle of joy, a first-year baby book serves as a treasured keepsake. In this article, we will explore the importance of an Esme My First Year Baby Book, how to choose the perfect one, and creative ideas to make it a meaningful record of your baby's first year.

## Understanding the Importance of a Baby Book

A baby book is more than just a collection of photos and milestones; it is a narrative of your child's early life. It captures the tiny details, firsts, and special moments that you'll cherish forever. Here are some reasons why a baby book is essential:

### Preserving Memories

Documenting your baby's first smile, first steps, first words, and other milestones ensures that these moments are never forgotten. Over time, the baby book becomes a treasured family heirloom.

### Creating a Personal Story

A baby book tells the story of your child's early days, including details about pregnancy, family traditions, and your feelings during this exciting time.

### Sharing with Loved Ones

It provides a way to share your baby's growth and milestones with family and friends, especially those who may not be nearby.

## Why Choose the Esme My First Year Baby Book?

The Esme My First Year Baby Book stands out as an exceptional choice for documenting your baby's first year. Its thoughtful design, high-quality materials, and user-friendly layout make it a favorite among new parents.

### Features of the Esme Baby Book

- **Beautiful Design:** Elegant, modern aesthetic with soft pastel accents suitable for any gender.
- **Comprehensive Sections:** Covers pregnancy, birth details, monthly milestones, and special occasions.
- **Durable Material:** Made with high-quality, acid-free pages to last for generations.
- **Interactive Pages:** Includes prompts, spaces for photos, and fun activities to engage parents and children alike.
- **Size and Portability:** Compact enough to carry to baby showers or store easily at home.

## Benefits of Using the Esme Baby Book

- Encourages active participation in documenting your baby's growth.
- Provides a structured format that simplifies the recording process.
- Serves as a lovely gift for expecting parents at baby showers.
- Becomes a meaningful family keepsake for years to come.

## When to Start Using a Baby Book

Timing is crucial when it comes to documenting your baby's first year. Ideally, you should start filling out the baby book during pregnancy or immediately after your child's birth. Starting early ensures that details such as pregnancy milestones, ultrasound pictures, and first impressions are captured while memories are fresh.

## Baby Shower or Baby?

Many parents choose to gift or prepare a baby book during the baby shower, making it a collaborative effort from friends and family. Alternatively, some start the book after the baby arrives, focusing on the early days. Either way, the key is to begin early to avoid forgetting important details.

## How to Personalize Your Esme Baby Book

Adding personal touches makes your baby book even more special. Here are some ideas to customize your Esme Baby Book:

- **Include Family Tree:** Add pages or sections that highlight your baby's heritage and family history.
- **Write Letters:** Dedicate pages to heartfelt letters to your child that can be read when they are older.
- **Insert Keepsakes:** Attach small mementos such as hospital bracelets, first lock of hair, or favorite tiny outfits.

- **Document Traditions:** Record family traditions, cultural celebrations, and special routines.
- **Add Photos:** Incorporate candid shots, ultrasound images, and milestone pictures to enrich the narrative.

## Creative Ideas for Filling Your Baby Book

Making the process enjoyable and meaningful can turn your baby book into a treasured project. Here are some creative ideas:

### Milestone Charts

Create visual charts for tracking your baby's growth, such as height and weight progression, teeth eruption, or crawling milestones.

### Monthly Updates

Write a short paragraph at the end of each month describing your baby's personality, new skills, and favorite activities.

### Family Messages

Ask family members and friends to write messages or wishes for your baby, which can be included in the book.

### Special Occasion Pages

Design dedicated pages for birthdays, holidays, first holidays, and other memorable events.

### Quotes and Sayings

Include meaningful quotes about parenthood, love, and childhood that resonate with your family.

## Tips for Maintaining Your Baby Book

To ensure your baby book remains in pristine condition and continues to be a meaningful record:

- **Set Regular Reminders:** Dedicate a specific time each week or month to update the book.
- **Gather Materials in Advance:** Keep stickers, photos, and souvenirs handy to streamline the process.
- **Involve Your Partner or Family:** Sharing the task can make it more enjoyable and

comprehensive.

- **Use High-Quality Supplies:** Acid-free pens, photo corners, and archival-safe adhesives preserve the integrity of your entries.

- **Store Properly:** Keep the baby book in a safe, dry place away from sunlight to prevent fading or damage.

## Conclusion

The Esme My First Year Baby Book is more than just a record-keeping tool; it's a heartfelt tribute to your baby's earliest moments. Whether given as a thoughtful gift at a baby shower or used by parents to document their child's first year, it serves as a lasting memory of love, growth, and family traditions. Starting early, personalizing creatively, and maintaining consistency will ensure that this cherished keepsake becomes a treasured family heirloom for generations to come.

Embrace the journey of parenthood with the Esme Baby Book and savor every milestone, smile, and giggle along the way. Your child's first year will fly by, but with a beautifully filled baby book, those fleeting moments will be preserved forever.

Esme My First Year Baby Book | Babyshower or Baby is a charming and thoughtfully designed keepsake that captures the precious moments of a newborn's first year. Crafted with love and attention to detail, this baby book has become a favorite among new parents, baby showers, and gift-givers alike. Its comprehensive layout, adorable illustrations, and practical features make it an excellent choice for documenting a baby's milestones, memories, and precious first experiences. In this review, we will explore the various aspects of the Esme My First Year Baby Book, highlighting its features, benefits, and potential areas for improvement to help you decide if it's the perfect addition to your parenting journey or a thoughtful gift for new parents.

## Overview of Esme My First Year Baby Book

The Esme My First Year Baby Book is designed to be a keepsake for parents to record their baby's first year in a meaningful and organized manner. Its aesthetic appeal is soft, playful, and gender-neutral, making it suitable for any baby shower gift or personal use. The book typically spans about 60-80 pages, providing ample space for photos, notes, and mementos. Its durable cover and high-quality paper ensure that it can withstand handling over the years, becoming a cherished family heirloom.

Key Features:

- **Size and Design:** Compact yet spacious, usually around 8x8 inches, with a sturdy hardcover adorned with charming illustrations.

- Layout: The book includes predefined sections for each month, special milestones, and general memories.
- Content: Prompts for parents to write about their baby's growth, favorite things, and memorable moments.
- Extras: Space for photos, keepsakes like hospital bracelets, and notes on health, feeding, and sleep schedules.

## Design and Aesthetic Appeal

One of the standout features of the Esme My First Year Baby Book is its delightful design. The aesthetic is modern, minimalistic, and universally appealing, making it suitable for both parents and gift-givers. The cover often features soft pastel tones or neutral shades, with adorable illustrations of animals, clouds, or stars, creating a soothing and joyful vibe.

### Pros:

- Visually appealing to a wide audience
- Gender-neutral design allows versatile use
- Durable hardcover with quality binding
- Spacious interior with clear sections and prompts

### Cons:

- Some may find the design too minimalistic if they prefer more elaborate or colorful themes
- Limited customization options in terms of cover personalization

The overall aesthetic encourages parents to personalize the book further with their own photos and handwritten notes, making each copy unique.

## Content and Layout

The core strength of the Esme Baby Book lies in its well-organized content structure. It is thoughtfully segmented into various sections that guide parents through documenting their baby's journey from birth to one year.

### Monthly Milestones

Each month has dedicated pages that prompt parents to record specific details such as weight, height, favorite activities, and developmental milestones. These prompts help create a

comprehensive timeline of growth.

### Special Moments

Sections for recording firsts?such as first smile, first words, first steps?are included, often accompanied by space for photos and notes.

### Health and Care Records

Includes pages for tracking doctor visits, immunizations, allergies, and other health-related information.

### Personal Memories

Spaces for parents to jot down stories, feelings, or funny moments that happen throughout the year.

### Keepsakes and Photos

Designated areas for inserting photographs, hospital bracelets, or other mementos. Some versions include pockets or envelopes for extra storage.

### Features:

- Clear prompts to guide parents
- Ample space for customization
- Encourages reflection and storytelling

### Pros:

- Comprehensive coverage of the first year
- Helps parents preserve memories systematically
- User-friendly layout suitable for busy parents

### Cons:

- Some parents may prefer more open-ended pages without prompts
- Limited space for extensive journaling if parents are more expressive

Overall, the layout balances structure and flexibility, making it accessible for parents with different journaling styles.

## Functionality and Practicality

Beyond aesthetics and content, the practicality of the Esme Baby Book is a significant factor in its popularity. It is designed to be durable, easy to use, and to serve as a long-lasting keepsake.

### Durability

The hardcover binding and thick paper stock ensure the book can withstand frequent handling, accidental spills, and the passage of time. It's suitable for stacking on shelves or storing in albums.

### Ease of Use

The prompts are straightforward, and the layout is intuitive, making it easy for parents to fill out as they go. The size is manageable for holding comfortably during moments of reflection or photo insertion.

### Storage and Preservation

Many editions include pockets, envelopes, or extra pages for storing small keepsakes like hospital bracelets, first lock of hair, or ultrasound pictures. These features add practical value and help keep memories organized.

### Pros:

- Long-lasting construction
- User-friendly design
- Includes spaces for physical keepsakes

### Cons:

- Slightly heavier than softcover alternatives
- Might be less portable for on-the-go documentation

## Pros and Cons Summary

### Pros:

- Elegant, gender-neutral design
- Well-organized layout with prompts and spaces for photos
- Durable build for long-term preservation
- Comprehensive coverage of baby's first year milestones and memories
- Encourages storytelling and reflection

Cons:

- Limited customization options (e.g., personalized cover)
- May feel too structured for parents who prefer freeform journaling
- Slightly heavier, less portable
- Some parents may find the prompts restrictive

## Ideal Use Cases

The Esme My First Year Baby Book is versatile and suits various occasions:

- Baby Shower Gift: Its attractive design and comprehensive content make it a thoughtful and practical gift for expecting parents.
- Personal Keepsake: Perfect for new parents wanting to document their baby's first year in a meaningful way.
- Milestone Organizer: Helps families keep track of important events, health records, and memorable moments systematically.
- Family Heirloom: With proper preservation, it can become a treasured family keepsake passed down through generations.

## Final Thoughts and Recommendations

The Esme My First Year Baby Book stands out as an excellent choice for capturing the magic of a baby's first year. Its thoughtful layout, durable construction, and charming design make it a valuable addition to any new parent's collection or a perfect gift for celebrating a new arrival. While it may not satisfy those seeking an entirely open-ended or highly customizable journal, its structured prompts ensure that no special moment goes undocumented.

Recommendations:

- For parents who appreciate guided journaling with space for photos and keepsakes, this baby book is highly recommended.

- For those who prefer a more freeform approach, consider supplementing it with additional blank notebooks.
- To maximize its lifespan, store it in a cool, dry place and handle with care, especially when inserting photos or keepsakes.

In conclusion, the Esme My First Year Baby Book is a beautifully crafted, practical, and meaningful way to preserve the first year of a child's life. Its balance of structure and flexibility, combined with its aesthetic appeal, makes it a worthwhile investment for creating lasting memories of one of life's most precious journeys.

**Question** What should I include in the Esme My First Year Baby Book for my baby's first year? Include milestones, monthly photos, favorite memories, developmental achievements, and special moments to create a comprehensive keepsake of your baby's first year. **Is the Esme My First Year Baby Book suitable for a baby shower gift?** Yes, it makes a thoughtful and personalized gift for expecting parents at a baby shower, helping them document their baby's first year. **When is the best time to start filling out the Esme My First Year Baby Book?** It's best to start filling it out shortly after your baby is born or even during pregnancy to document everything from the beginning. **Can I customize the Esme My First Year Baby Book for my baby?** Many editions are customizable, allowing you to add personal touches like names, photos, and special messages to make it unique. **Are there any tips for organizing the entries in the Esme My First Year Baby Book?** Yes, keep a dedicated pen and notes handy, fill out entries regularly, and organize by months or milestones to ensure completeness and ease. **How durable is the Esme My First Year Baby Book for long-term keepsake purposes?** Most are made with quality materials designed to last for years, but it's best to store it in a safe, dry place away from sunlight to preserve it. **Is the Esme My First Year Baby Book suitable for both boys and girls?** Yes, it typically features gender-neutral designs, making it a versatile gift and keepsake for any baby.

**Related keywords:** Esme baby book, first year milestone, baby shower gift, newborn keepsake, baby memory album, baby milestone journal, infant record book, first year scrapbook, baby shower registry, new mom essentials

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