



280daya

JUN 05,2017 - MAR 19,2018



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Yuki & Satoshi



Amane

Delivery date : MAR 19,2018 20:38

Due date : MAR 12,2018

Real name : Amane Tanimoto

Delivery Journal

Parents' names



Dad : Satoshi
.....
Mom : Yuki
.....

Baby's data



Sex : Girl
.....
Weight : 2846.0 g
.....
Height : 48.8 cm
.....
Chest circumference : 28.7 cm
.....
Head circumference : 32.5 cm
.....

Birthplace etc.



Name : 280days Clinic
.....
Physician : Ichiro Sato
.....
Midwife : Hanako Suzuki
.....

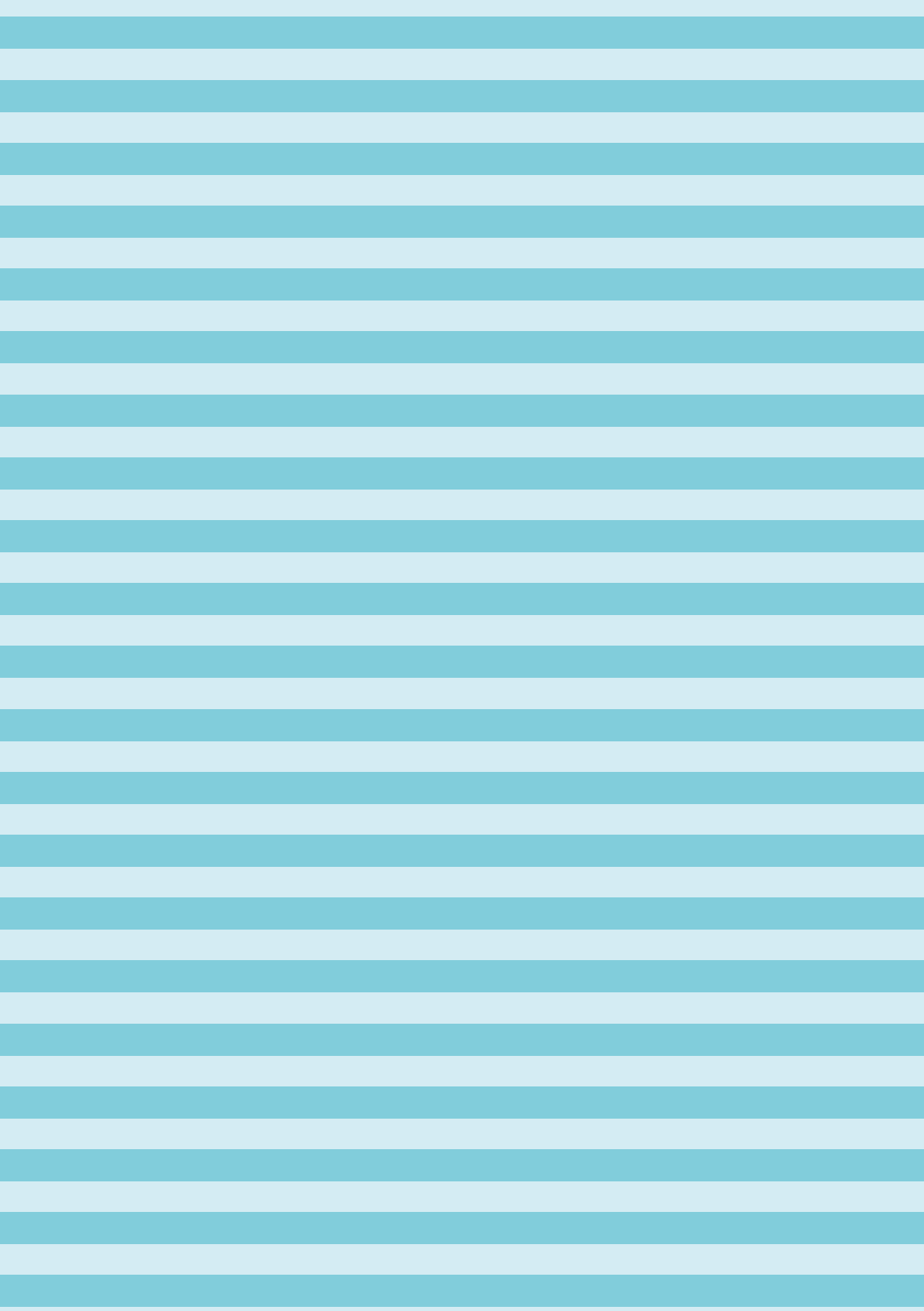
Delivery records



Duration of Labor : 8 Hours 1 Min
.....
Type of delivery : Natural Childbirth
.....

Progress of Labor :

Contractions → Contacted the clinic because the contractions were coming every 7 minutes → Arrived at the clinic at 13:00 → Physical examination confirmed cervix was 9 cm dilated! → Went to the labor room → hardly made progress → delivery in the labor room → safe delivery





Diary

Diary

JUN 05,2017 - MAR 19,2018



SAT, JUN 17 2017

1 weeks & 5 days
12nd days of pregnancy

Mom's

I made a contract for the construction of a house with construction conditions and the other day I had the first meeting with the designer. At that time, when I took a simple drawing in which I had tried to draw the kind of feeling I wanted the house to have I was surprised to get the response "That's got a nice feeling to it" and the plan was almost adopted as it was. In today's meeting it had been made into a proper design plan.

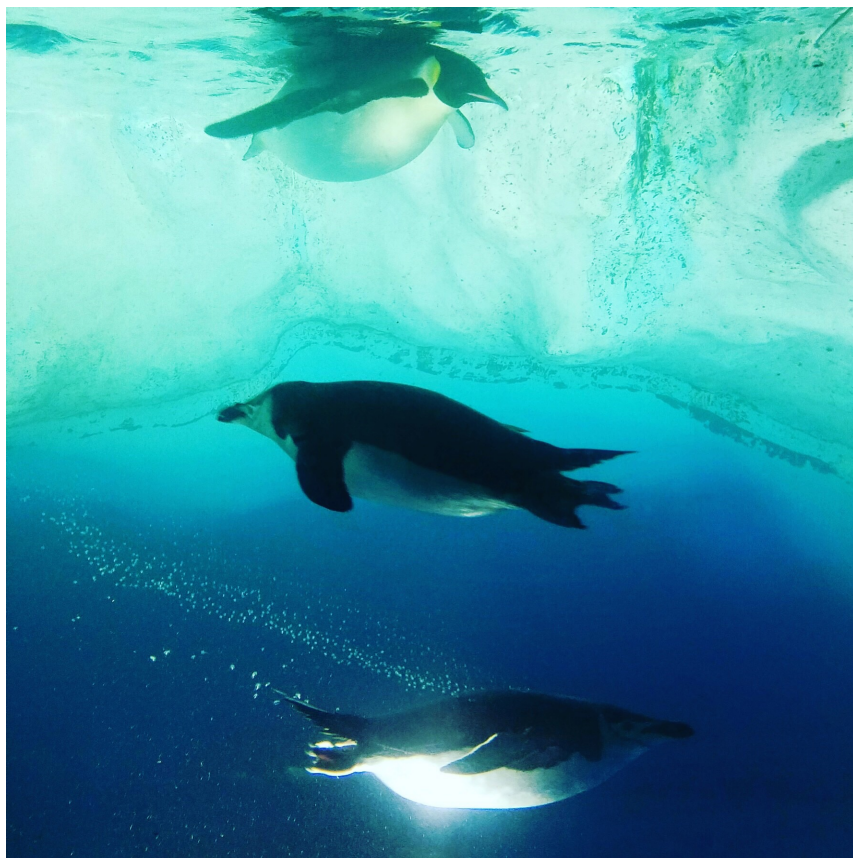
In fact when the strength of the building and so on was calculated, there were some minor changes, such as a window that could not be put in the place I desired, or having to place doors instead of sliding doors in certain rooms, but I felt happy that the design layout was almost the same as the image I had in mind.

The point was that we can go from the back of the kitchen to the bathroom from the hallway, and it is a layout that enables you to go round and round. And there is a small room behind the kitchen. I think it will be nice to use this room as a kind of utility room. And on the second floor, I made a spacious room that we could use as a room for our child in the future and I decided to arrange the layout so that the room could be divided if we have two children.

Today I made more concrete plans and had a meeting to choose the outside wall, kitchen and bathroom, but there were no colors like the one I had thought of for the exterior wall and the colors were quite far from my ideal and it was a shock. If I talked about what I really wanted, "This is more like what I want"...everything that I mentioned had an option fee, and would make a lot of difference to the total price. Although I cannot waste money, you know I really I want to make it into a house that I like ... so I felt full of conflicting feelings.

I am looking forward to having a south-facing garden with this next house. The reason that Satoshi said he decided on this house was because I like to have a garden and I'm likely to enjoy gardening as much as I want. I am really excited when I think about the garden. Since I have already got the design plan for my house, I have started drawing a blueprint for the garden now. Are my feelings running too quickly ahead? Lol

It would be nice to make a small path with bricks, plant trees like ash, laurel and dogwood, and grow trees that bear fruit like blueberries. After our child is born my dream is to enjoy harvesting the fruit together. I cannot sleep at night and I just seem to end up fantasizing. I know that after all I really want a baby to come into our home.



SAT, JUN 24 2017

2 weeks & 5 days
19th days of pregnancy

Dad's

Today Yuki and I went on a drive. When I thought about it I realized that it had been a long time since the two of us had gone out for fun. We always tend to go to the mountains as I like them but this time we went to Tokyo which was unusual for us.

First we went to Sensoji Temple in Asakusa. We strolled around Nakamise Dori street while eating things like Japanese ice cream and Ningyoyaki (doll-shaped sponge cake filled with red-bean paste). As expected there are a lot of foreign tourists there and it is a place where you can feel the good things about Japan.

We ate Monjayaki (Japanese-style savory pancake) for lunch at a restaurant nearby. We make Okonomiyaki at home, but rarely make Monjayaki. I do not request it much because I feel that it does not make my stomach full enough, but it is delicious and pleasant when eating it occasionally.

After that, we moved to the Sky Tree and went to the aquarium. Although it is crowded everywhere on Saturdays and Sundays, and we had to stand in line for some time, both Yuki and I loved this place. Something is different about it compared to ordinary aquariums and the atmosphere is good somehow. It seemed like the fish were living freely in tanks close to nature and it was fantastic.

The spotted garden that eels may seem creepy but they were also cute, the small fish that looked like they were playing in a field, penguins freely swimming around and around and the magical jellyfish; I could have watched these creatures forever.

Because it was an aquarium, there were many families with small children and babies. Sometimes I talked to Yuki about how much I wanted a baby, and imagined the day when I could enjoy taking my child out.

I do not get much time off and there are many times when I only have time on either the Saturday or the Sunday, but there must be lots of fun places to go without having to go too far.



SAT, JUL 15 2017

5 weeks & 5 days
40th days of pregnancy

Mom's

Today was such a memorable day! !

Today I was invited to the home of Satoshi's younger colleague and wife. They had bought a condominium and moved, and since they just had a baby they definitely wanted us to come. The wife is taking care of the baby with a gentle expression and she looks very happy. Her husband also treats his wife and baby tenderly and somehow time seems to pass in such a relaxed way. The smell of the baby in the room (the smell of milk?) is also rather soothing. So I thought how nice it actually is to live with a baby..

And today, as if to share this good luck, I decided to go for a checkup at a nearby clinic!!

Recently my body had often felt tired when I was walking for a while, I felt strangely sleepy and I had started to feel that the odor of foods and work tools, which normally smelled okay, had a foul odor. As I was always feeling feverish, I thought that I could be pregnant. Actually, the truth is that rather than thinking that I may have been pregnant ... it was more a point of somehow I was sure that I was pregnant (lol)! I tried a pregnancy test at home, but when I got a positive result, I said "Just as I thought" (lol). But I was happy!

And at the clinic as well, the doctor told me "You are pregnant" and my pregnancy was confirmed! However, it seems that the consultation was too early and nothing could be confirmed with the ultrasound, so I was told to come again after a week has passed. I had been in such a rush to go for the consultation (lol).

Satoshi who went with me was also surprised! Even though we were always saying that we wanted a baby, when it comes to the crunch we didn't know how we would really feel when told "the pregnancy is confirmed".

But let's first calm down and wait until the baby can be confirmed with the ultrasound before letting our friends and family know... is what I kept telling myself, but I ended up breaking the news to my mother over the telephone. Her delighted reaction was so loud that it must have drawn quite a few stares from the people around her (lol).

There is another life growing inside me. That is truly amazing!!

Though I am a little worried, I am going to try not to think too much until my appointment next week.



SAT, JUL 29 2017

7 weeks & 5 days
54th days of pregnancy

Dad's

Today we were able to confirm that the baby is properly in Yuki's belly and the baby's heartbeat! After finishing some other business that I had to do, I headed to the clinic and as I arrived early, Yuki and I killed time by having tea at a nearby cafe. Although I often eat out, it was the first time for me to have a cup of tea in a long time. Yuki had not been able to have the presence of the baby confirmed at the previous examination so was a little worried afterwards and seemed a bit nervous today as well, but it was good that she seemed to get a little better after eating cake and having tea.

Even though the two of us had been always saying how much fun it would be with a baby and how much we wanted to have a baby, I was very pleased when I was told that Yuki was pregnant the other day, but to be honest I did not feel that it was really happening at all.

But today we were able to actually confirm the presence of the baby and the baby's heartbeat with the ultrasound and I was able to really feel that a baby is there, a life is there, inside Yuki. When I think of the child that belongs to the two of us, I feel how strange and mysterious it is. From now, there will be really hard things ahead for Yuki, but I'd like to make sure that a healthy baby is born while supporting her properly.

There are many things that seem to be a little tough for Yuki, such as feeling dull and sleepy. She also has work but I don't want her to push herself. I am a man and there are many things that I do not understand, so I am reading the maternity magazines that Yuki bought and trying to study a little.

Well, today is a celebration dinner ... but even as I say that, there already seems to be some things that Yuki does not want to eat. It is a pity that Yuki will not be able to drink alcohol for a while, but it cannot be helped. I feel bad to drink by myself, so I think I will refrain a bit from alcohol.



FRI, AUG 18 2017

10 weeks & 4 days
74th days of pregnancy

Mom's

I was told to absolutely rest so I have taken a lot of time off from my work and am lying down in my futon all the time. I have so much time on my hands but there is nothing I can do about it.

Satoshi changed the position of the television so that it was easy for me to see it while lying down on the sofa but I have seen most of the dramas and I've gotten tired of the TV. I have read many of the "Anne of Green Gables" series as well. Reading books is a good way to kill time, but it is unexpectedly tiring for my arms to read while lying down. .

My morning sickness may not be so terrible, but it is hard for me to think of something that I want to eat. When I saw the recipes recommended for morning sickness in a magazine I did not feel like eating any of them at all. I often hear stories about pregnant women saying they feel like eating something refreshing, but that may not apply to me at all.

Satoshi asked me before, "Isn't there something that you would like to eat?" and for some reason I asked for grapefruit and he bought lots of grapefruits, but when I tried to take a bite it tasted somewhat different! ! I felt so sorry that I was not able to eat them after all. I'm sorry.

Sometimes what I want to eat is kimchi or potato chips, but are there any other pregnant women like this?

Yesterday, when Satoshi met a neighbor, the neighbor said, "We haven't seen your wife, recently." When Satoshi explained that I am resting, the neighbor told him that she had also had such a time when she was resting in the same way.

And the neighbor said "She must be getting bored" and "These manga are really funny, so if you would like to, please take them and give them to your wife to kill time." And she lent me a series of manga. How kind that is. By feeling the warmth from my neighbor, I got a lot of energy. I feel grateful! And I also laugh a lot at the funny manga. Isn't it better and easier than reading?

I was shocked when my bleeding occurred and I became extremely uneasy about whether my baby was all right. But I was relieved to find out that the baby is healthy at the clinic.

The only thing I can do is just to keep resting. Even if it says that trouble at this time is not caused by myself, I get worried and I want the baby to be born healthy by all means, but by researching a lot of things by myself as well, I worried even more.

But my baby is doing fine and doing its best in my stomach so I have to be strong, too... even though I am only sleeping. I feel that this period of rest in my life seems to be nearly over and I think that I want to spend as much time relaxing as possible for the baby's sake.

I am so grateful to Satoshi for doing the cleaning and washing even though he goes to work as well, and for not letting my selfishness get him down by even preparing the meals!



SAT, AUG 19 2017

10 weeks & 5 days
75th days of pregnancy

Dad's

Today I took Yuki to the clinic. She has been resting for a long time after she had bleeding, but I was relieved that the baby was doing fine. I was told that she should rest for one more week and finally I feel a little relieved that the end is in sight. After that, I think that the period of morning sickness will still continue, but how Yuki feels will be a little easier for her.

While Yuki is resting, I go shopping for food alone, cook some light food and do some things around the house. I can also take her to the clinic, and I really think that it is good that I have a lot of free time during the day due to working on a shift system now.

I am not good at cooking and I do not like it, so all I can make is something like curry. But it was good that Yuki can eat curry even though she has morning sickness. The other things I make are just simple and can hardly be called dinner but it cannot be helped.

Today Yuki's mother specially came all the way to do household chores and cooking. She said that she was going to make things that I like and she made a lot of my favorite dishes, such as meat and potatoes, goya champuru and boiled spinach with soy sauce, divided them into small portions and put them in the refrigerator so that they could be eaten for several days. So for Yuki who is always sleeping alone and feeling somewhat bored of the life just with me, she feels happy that her Mom comes sometimes and talks to her like this.

I think that by reading a lot of maternity magazines I have become quite an expert about pregnancy. Yuki says that it is scary the way I can always tell her what week and day in the pregnancy it is lol.



MON, SEP 04 2017

13 weeks & 0 days
91st days of pregnancy

Mom's

Although I still have symptoms of morning sickness, I am returning to work because the compulsory rest period was lifted and the baby is doing well. Also, I was told that editing work could be done at home. It helps me because commuting to work when I feel really sick is so hard.

But basically it is an easier feeling for me if I go to work. I somehow feel bad when I am alone at home, but I can change my mood a lot when I am working and at the same time enjoying lively chatter with my friends and senior colleagues at the company. I have stayed at home alone for quite a while, so I think that the time with my colleagues is very precious and pleasant.

Today, there was a shooting for a feature about party ideas and the food coordinator teacher was also there. Because there was a large number of items to shoot, there was a lot of running around in the test kitchen but it was a lot of fun because I was in good condition.

Among all of the items, I liked the styling of the salad bouquet very much, so I felt very excited. I thought that it would be definitely pleasing for people even if I made it at home when inviting guests. But you only have to imagine a bouquet of flowers while arranging the vegetables, so it is great that you can do it in no time. Because vegetables are plants, aren't they? When they are arranged like flowers, they instantly become a bouquet. I am looking forward to trying it next time.

Because my morning sickness got a little better (...even though it was not so terrible to begin with) I have started to enjoy making dinner, although of course I do focus on what I want to eat. I do not have much appetite yet because it is still hot, but I hope that when it gets cool and my morning sickness has gone that I will be able to enjoy cooking meals with the taste of autumn.

I also want to make Satoshi's favorite dishes as I have put him through a lot of trouble.



SAT, SEP 09 2017

13 weeks & 5 days
96th days of pregnancy

Dad's

After confirming that her physical condition had stabilized and the order to rest had been lifted, Yuki's morning sickness symptoms have improved a little and I feel relieved. Recently there are more and more things that she can eat.

My work right now is on the night shift, so it was easy to do things around the house and shopping while Yuki was resting. I am not good at cooking, so I cannot make much, and I realized again how hard it was to do the housework that Yuki usually does. Recently it seems that there are days when Yuki can enjoy cooking and it really helps me. Thank you. But I will continue doing what I can do from now on as well.

Today we went to eat the sushi that Yuki wanted to eat. Although she had been feeling bored, sick and miserable for a long time, it was good that today her physical condition seemed good and she was able to eat as much food as she wanted to eat. It would have been even better if Yuki had been able to drink alcohol together with me, but that couldn't be helped and it was a delightful meal.

When I think about it, it's been a long time since the two of us have eaten out. We used to eat out often before, but I wonder if it will be hard to go out after the child is born. I want you to take things slowly as much as possible during your pregnancy and that will probably put you in a good mood as well, so it might be good to occasionally eat out on the days when your physical condition is good.

Soon she is going to enter the stable period in the pregnancy so I think she will find that things taste more delicious. When I asked her just now, she said that she would like to go out and eat grilled meat or eel next time. I hope that we can go out to various places, one by one, in order to eat.

I have read the maternity magazines pretty thoroughly and I have also become well informed on the details about life during pregnancy. Maybe I might have a better understanding than Yuki. Please ask me anything as I am well informed about minor troubles that are likely to occur until childbirth and also familiar with the way of resolving those problems! It seems she might be surprised at what I say (lol)



SUN, OCT 08 2017

17 weeks & 6 days
125th days of pregnancy

Dad's

There was a time when Yuki was asleep and I was busy with things in the house, when I noticed that the plants outside had got into a terrible condition during the summer. Even though we are moving to our new home soon, we can't possibly leave it just as it is in this awful condition, so I did weeding and tended the plants. It became pretty neat.

Recently, I'm studying various ways how to handle the new garden by referring to gardening books. Yuki has really quite got into this as well and has been thinking about designs for the garden and drawing them on paper.

It seems that she wants to plant some rather large trees and make a small path with bricks but brick-work seems quite tough. I wonder if amateurs will be able to manage somehow. Also, we both have been talking about wanting to plant a tree in commemoration of the child's birth.

Today we started thinking about our child's name. I tried writing down names on paper just as I thought of them and there were many names for both boys and girls from cute names to interesting names. But any of the names I suggested were immediately rejected by Yuki (lol).

Several images of names and the kanji characters for the names that I wanted came to mind. But if it is a girl, the name in hiragana characters may be cute.

When I read the encyclopedia of names and started to think about the number of strokes etc. it seems to be quite a worry. Even if I think it is a good name, I do not feel like giving the child that name if there is a bad number of strokes in the name. Well, I don't think that we should worry too much about this.

I think that the name is pretty important as we carry it around for all of our lives. I want to think of a name that both the two of us and the child will like. I think that we should decide the name before the baby is born, and I plan to enjoy slowly thinking about it.



SAT, OCT 14 2017

18 weeks & 5 days
131st days of pregnancy

Mom's

One day of enjoyment in maternity life ♪ during the stable period... is to visit a shrine to pray for an easy birth. When it comes to praying for an easy birth there are famous shrines such as Suiten-gu, but even though I am in the stable period, I can't say that my physical condition is perfect! So I decided to ask a nearby shrine without overdoing things.

Today, with Satoshi, my father-in-law and my mother-in-law, I went to the shrine first thing in the morning. There is also a parking lot so it was easy to get there. I guess all pregnant women hope for an easy birth. Although it was a local shrine, there were also several other couples who had come to pray for an easy birth.

We went there first thing in the morning, so I was able to request the first prayer without having to wait. I brought the maternity belt that I had already bought before and we they prayed for me in a very welcoming atmosphere. I was very happy that I could experience this day because when I was told to rest there were days that I spent worrying about what would happen next.

The shrine gave me sacred rice wine and an amulet for an easy delivery. My father and mother also got me an amulet before this, so I'm sure I will be fine. Surely it will be an easy delivery! I hope to enjoy the time during the rest of my maternity life.

By the way, I was sitting with my legs folded under me during the prayers. Well it was alright because I'm used to it but for Satoshi it seemed to be tough right from the beginning (lol). When he got up, his feet seemed to be quite numb, so he walked unsteadily and we all laughed.

I had lunch in the neighborhood with my father-in-law and mother-in-law and afterwards I was able to go home a bit, make them tea and have a chat. Everyone is looking forward to the baby being born and I feel encouraged.

To the baby in my stomach I say that everyone wants to see you so much. I am waiting for many happy things after you are born. Please look forward to it all. I am really looking forward to the day when I can see our baby.



TUE, OCT 31 2017

21 weeks & 1 days
148th days of pregnancy

Dad's

Yuki began to make sweets again sometimes after her physical condition got better. Today it was Halloween, and she made such interesting sweets. I can see her putting a costume on our child when he or she gets bigger, making sweets every year and doing trick or treat (lol)!

I was not particularly interested in Halloween, but it seems to be extremely popular, and today I saw a lot of people dressed in costumes, including adults.

There was a house called "Halloween House" in a place that we could walk to from our house and after getting home from work I went to see it with Yuki. Yuki said she wanted to go there after hearing about it from neighbors but the first thing that surprised me was the number of people wearing costumes who were gathered there. And I felt how serious the people at that house were about Halloween by the full-fledged illuminations and Halloween decorations.

We also lined up at the entrance to the doorway but the atmosphere inside was exactly like some kind of attraction, the house itself was in disguise and it seemed to greet us with "Welcome to Halloween House!" This is where we have to say "Trick or treat!" and after receiving candy, we came home (lol).

I heard that they do this as a hobby and I was just so surprised that such amazing houses also exist.

But if you decorate your house with electric decorations like that at Halloween and Christmas and make your house look cute, your children will surely be pleased. We are also building our house so it may be good for us to have such a hobby, too.



SUN, NOV 12 2017

22 weeks & 6 days
160th days of pregnancy

Mom's

I did not like the accommodation that Satoshi and I stayed at yesterday so we canceled the second night of the 2 nights that we had booked and we were desperately searching for another room. And unexpectedly, a nice hot spring inn tucked away in a quiet mountain area came up.

We forgot all about our conversations about saving money. Totally unexpectedly, we decided to stay in quite a luxurious accommodation. But we thought that it was okay because we hardly ever do this and it seems that it may be hard for us to do it once the baby is born ... so we decided to enjoy it as much as possible.

Upon arriving at the inn, the landlady guided us to a nice space where they served tea and cakes. I was deeply moved by the feeling of being warmly welcomed as a customer with such great hospitality. The special cakes were also very tasty.

The room was in a secluded place and outside the window there was our own open-air family bath. The pillars and beams were dark brown creating a calm atmosphere, oh how I like this kind of feeling of Japanese houses! There was a massage chair as well, and I felt it was so good that we had taken the big step of changing our accommodation. Of course we could also use the big outdoor bath, and I have just been in it and it felt so good.

Oh yes, I remember when I traveled with Satoshi when we were newly married and I saw a pregnant woman with a big belly in the outdoor bath. I thought it was so nice the way the husband and wife had come on a relaxing hot spring trip while the wife was pregnant and I really admired them, so I asked the clinic and when they said it was OK for me to go in a hot spring, I was so happy that my dream of a maternity hot spring trip came true.

The meal was not served in the room, but in a building for meals that was like a relaxing and serene restaurant. It was a course of Japanese cuisine made from plenty of seasonal ingredients, with dishes that you could tell were all carefully made, and it was so delicious that I felt impressed with every bite I took. This is definitely the best of all of the inns I have ever stayed at.

After dinner we took a walk around the inn. It was a bit chilly but both the well-kept garden and the mountain air felt very comfortable. There was nothing around the inn but it is perfect for enjoying a relaxing time, hot springs and delicious cuisine.

Our wedding anniversary hot spring trip is now a good memorable moment in my life as a pregnant mother.

Although the location might not be suitable for a family with a baby, I would still like to visit this inn again as a family once our child has gotten a little older.



SAT, NOV 25 2017

24 weeks & 5 days
173rd days of pregnancy

Dad's

Today I participated in a parents' class held from time to time at a baby goods shop.

First of all, there was a talk by a midwife. It was a talk about things such as taking care of the physical condition of pregnancy and mental preparation for childbirth. Yuki goes to the physical checkups alone or goes to the clinic's classes for mothers and listens to talks, but when I thought about it, it was the first time for me to hear about the mental preparation for childbirth and the situation when giving birth.

Although I often become uneasy or feel fearful as the birth of our baby comes nearer, it seems that I do not have to be so afraid, I do not have to worry if she does what she can right now by taking care of her physical condition and having all of the physical checkups. So it seems that the best support is for Dad to relieve Mom's anxiety and to treat her kindly. (Am I doing this?)

There was an explanation using a doll about how babies come down through the birth canal when giving birth and what kind of pain there is. The person I worry about most is Yuki but imagining the pain that is purported to be unbearable for a man if he experienced it makes me feel a bit embarrassed about the situation of me getting scared.

I tried wearing a pregnant woman's suit, but it was much heavier than I had thought. It is no wonder that pregnant women get stiff shoulders or back pain. And I experienced just a bit of bathing a baby. I thought it was very difficult to wash the baby while holding the heavy baby with one hand. There was also talk of male participation in childcare and when I heard such a talk I could really feel aware that the baby would actually be born soon.

After that, I selected some big items like a baby futon and a baby bath, bought them and brought them home. Although we were told that it will probably be a girl we were not clearly told this, so I chose the neutral color of yellow which can also be used if we have a second baby. The day the baby will use what I chose this time is surprisingly close.



WED, DEC 13 2017

27 weeks & 2 days
191st days of pregnancy

Mom's

Today I got together for the first time in a while with the members of the same group from when I did my homestay in the United States! It's been 7 years since we were students at university that happened to get to know each other well and after that met every year.

After that, we each got a job, one of them had got married and had a baby and even I somehow have a baby on the way, too. All kinds of things that we never imagined at that time when all we did was roll about laughing.

We gathered together in Minato Mirai this time. We went to Yamashita Park and after taking a walk, we ate a meal in Chinatown. Talking while looking at the sunny ocean felt comfortably pleasant and after talking only for a short time our mood returned to the time when we were students, remembering the nostalgic scenery of San Francisco, the color of the sky and even the air, so it felt how strange it is that it is so pleasant to meet friends from a long time ago.

What interested them most about me was my pregnancy. They said that they thought I seemed to be working hard but they were so surprised that I had gotten married so early and now already having a baby. Well I am surprised at myself as well, but lol.

Everyone was worried about my pregnant belly but I was in good physical condition and walking also made me feel good, so I felt that the exercise was just right. I also have to be careful not to gain too much weight.

I was happy to eat a dim sum set in Chinatown. Everything is tasty and I liked it, but the absolute best are the steamed soup dumplings of Chinatown. Also, I love sesame dumplings. Everyone there engaged in an animated nostalgic conversation and talked so much that our mouths became dry, and the time passed in the blink of an eye.

I will soon have maternity and childcare leave and although I will spend more time staying at home, I think that it is good to meet with my favorite friends sometimes in this way, recharge my batteries and enjoy my daily life.



SUN, DEC 24 2017

28 weeks & 6 days
202nd days of pregnancy

Mom's

It is Christmas Eve today! This year I bought a big new tree, bought some more ornaments and made Christmas icing cookies and displayed them so it seemed pretty Christmassy in the house. Satoshi made a hard effort to finish work quickly and hurried home. He also hung some Christmas bell ornaments on the tree and I felt the atmosphere of Christmas even more.

I also made quite an effort for the dinner and made tuna carpaccio salad, homemade pickles, penne in olive sauce and roast beef. The roast beef was cooked well with the recipe I learned before this from my mother-in-law. The Christmas cake that Satoshi bought was also very tasty and my stomach became full. Thank you for the meal.

When I think about it, this is the last Christmas that we will spend just the two of us. We will spend Christmas next year with the baby so there will be three in our family. When I thought about buying Christmas presents or becoming Santa, I felt very happy.

. . . .

Because I am on maternity leave and I am spending time slowly at home, I feel that my belly has become even heavier and heavier these days. It is funny that you can't see your feet when you are standing because your belly is sticking out so much.

I feel itchy sometimes under my belly but I can't see the place myself. The itching is caused by the skin stretching so when I looked at it by putting a mirror in front of me, I got a shock to know that little pregnancy lines had been made in the lower part of my abdomen. I was putting cream on properly as well. It may be because my belly suddenly grew. Well let's just say that this is also a medal of motherhood (lol)

But from now on I will try to be more careful. I have to be careful not to gain too much weight. Oh yes, I heard from a friend who is already a mother that it is recommended to wear a postpartum support and tighten it gently soon after I give birth, in order to properly return my stomach after delivery. I'd like to use it because I want to get my stomach back to its original shape properly. When I go to the clinic next time, I will consult the midwife.

I tend to feel bloated more often recently, so I try to lie down and rest whenever that happens. I am also a little worried about the swelling of my feet, but I looked it up and found that apparently it is not unusual? Sometimes I feel a little worried when I am alone, but I think I am going to try to enjoy little tea breaks and spend my time as relaxed as possible.



SAT, JAN 13 2018

31 weeks & 5 days
222nd days of pregnancy

Dad's

Today I went to a handmade furniture store that I have been interested in from before. Yuki's father and mother also like furniture and wanted to go with us so the four of us went.

It is a specialist shop for wooden furniture in slightly dark shades. I really like furniture in a beautiful wood grain with a calm atmosphere. Both Yuki and I more or less shared the same image of the new house, so I believe that it will have a chic atmosphere with all such dark furniture.

The first thing I liked was a single board dining table using solid wood from a large castor aralia tree. It is hard to find wood in a natural form that has such a solid mass and sense of presence. The chairs made to match the table also had an unusual design and were stylish. As they looked comfortable to sit on, I sat down at the dining table for a while.

Yuki liked a simple cupboard for dishes very much. Anyway it seemed that she liked the non-glossy wood grain and the moderate size seemed to be good, too. Yuki also was opening and closing the drawers and doors many times (lol).

After we had slowly looked around the shop and were thinking of leaving, I was so surprised to hear that my mother-in-law was buying the dining table and cupboard that I just mentioned. I was saying something to her about it being so expensive ... but my mother-in-law said that she had decided to buy us some furniture that we liked, such as a dining table set, from the time that the two of us had decided to build a new house. She said that above all she was happy to be able to buy something for us that both of us really liked.

Although we felt a little bad, we were happy that she bought these things for us. I am now looking forward to the new house more and more! Thank you very much.

Today, after we parted from my mother-in-law and father-in-law, we went to our new house. Since the interior was nearly finished, I was able to see how the curtains that I liked and ordered from the curtain store I went to the other day would look.

The Swiss-made curtains with a texture like Japanese washi paper that we saw the other day that Yuki liked surprisingly did not suit the new house according to Yuki. Because such things do happen, it seems that it is recommended to actually see how they look at home.

Today I was having a hard time trying to decide but reached a decision about the curtains that we would put in the living room and the child's room. The curtains in the child's room are light blue on a wooden curtain rail and match well with the cream-colored walls. The baby goods and toys which we have received or I had bought without thinking even though the baby is not born yet also seem to totally suit the room. And I thought that the sight of a child playing in that

room would be cute.

I am really looking forward to the day I can move to our new house.



SAT, FEB 03 2018

34 weeks & 5 days
243rd days of pregnancy

Mom's

The baby dress that I have been knitting little by little from autumn is finally finished! I am happy that I made it so cute. Maybe it is cuter than the baby dresses being sold around here (self praise). I was slightly worried that I would not be able to keep working on it until it was properly completed, but I gradually became accustomed to the work, my knitting became faster and it turned out to look more beautiful than I had thought. It was really good to take up the challenge to make it by hand.

I am very excited to be able to put this baby dress on the baby on the day of discharge from the hospital and on my way home together with the baby for the first time in my life. We have planned to visit the shrine in April, but I think that seasonally that day the baby can still wear the dress. I hope that it will suit the baby.

It was my first time to make such a big item by crocheting, but when I noticed that I was really concentrating and got quite hooked on it. It might be fun to also make something like a cape or a vest. ... but I wonder, once the baby is born, whether I would get busy and not be able to do such things.

It is really fun to imagine my life after the baby is born. Yes, I really want to see the baby soon.

After starting maternity leave, I spend my days relaxing everyday, thinking about the baby in my belly, cleaning my house and choosing baby goods little by little. As the baby is coming, the house should be made as comfortable as possible.

When I am sitting on the sofa and drinking tea and relaxing sometimes the baby kicks inside my stomach. I think the baby may be happy that Mom is relaxing. Today the baby kicked me with so much strength from the inside of my ribs and although it was painful I think it is certainly proof that the baby is healthy. Today the baby kicked just when Satoshi was touching my stomach and Satoshi was also delighted.

I want to actually meet our baby soon, but now is the only time I have to spend with my baby in my belly. It's only a short period in my life, so I really want to treasure and enjoy this time.



SUN, FEB 04 2018

34 weeks & 6 days
244th days of pregnancy

Dad's

Today I invited Mr. and Mrs. Suzuki to our home for the first time in a while. They brought their cute baby who will be six months old soon.

They are really particular about the way that they do things and when we were invited to their house before, when they served us the meal and alcohol, everything was so stylish, from the dishes that they used, the food that they served and how they served the alcohol, to the BGM and the lighting. Yuki and I were extremely impressed.

My colleagues used to say something like, "Satoshi is happy as long as he has fried chicken and fried potatoes, right?" and although I was indifferent about food, and was happy to eat whatever there was, I started to get particular about the light dishes eaten with alcohol. In time I even started asking Yuki to make some special dishes and started to enjoy drinking alcohol, so I think the influence of these two people was probably great.

Anyway seeing as Yuki is pregnant and Teru brought his baby who is still breast-fed, today 's theme was not a drinking party at night but a luncheon party. (Although I feel bad for Yuki, I did drink alcohol.) Yuki made a meal in which we could eat a lot of vegetables and it was a menu that also went well with the alcohol. And she even made some desserts that were all delicious, so it was nice that the two guests could be happy.

Babies have the smell of babies. Having to breastfeed in the middle of something, cuddling the baby when it cries and changing diapers. It seems to be very difficult when you go out. But the presence of a baby is soft, fluffy and healing. Somehow the image of how it is came to me a little. Yuki was also able to ask the experienced mother various things and it was good that the information seemed to be helpful.

It was an enjoyable day in which I could relax and pass the time as adults like to do on their time off. Yuki, thank you for today. Good work. I worked hard to clean up afterward lol.



SAT, FEB 24 2018

37 weeks & 5 days
264th days of pregnancy

Dad's

Moving to the home of our dreams!

Although our move has ended up taking place while Yuki has a big belly, fortunately the amount of belongings that the two of us have is small and it was not too much of an effort to do the packing. I only had Yuki do some light work such as slowly packing the dishes.

Because it was a short-distance move, we carried the cardboard boxes back and forth by car, and we only requested a company to help us with the big items such as the refrigerator and sofa. We asked Mr. Tanimoto, who is really kind, to help us move out, and we had Yuki be on stand-by at the new place and do some simple cleaning up.

When moving there is an image of opening the cardboard boxes as being a difficult job, but we transported clothes and so on just as they are. Also today we received the cupboard and dining table that were ordered the other day and placed them in our home. The cleanup was pretty easy, too, so it was good that we managed to get our rooms in considerably good order today.

I have placed shelves for the child's things in the child's room on the second floor and I also put the baby goods there temporarily. Although the room looks bare now, someday the day will come when the child is playing in this room. The clinic told us that if possible they wanted the baby to stay in the mother's belly until the 35th week, but we are already past that time and the move is also finished so, well, I guess it will be no problem for the baby to be born any time now.

Because I had dinner with Mr. Tanimoto in return for him having helped me, I will take a bath and I think that I will go to bed early today.



FRI, MAR 02 2018

38 weeks & 4 days
270th days of pregnancy

Mom's

I listen to the sophrology birth CD every day before sleeping or when I want to relax and am doing the image training for childbirth but with the peaceful music that sends you to sleep and the voice, I can't always listen to the end. But since I heard that means that I am relaxed and shouldn't worry about it, I will take it as being okay.

Satoshi is also working hard together with me to do image training, but as soon as we start listening to the CD, he falls asleep faster than me! Well I guess that goes to show just how relaxing the music is, though.

Today I went to the clinic as there was a training class on sophrology birth. It had a practical feeling because it was a class held just ahead of giving birth.

First I saw a video of the birth of a baby by a mother who gave birth using sophrology, but I was a bit surprised with the way the video showed the whole birth from the beginning to the end. But it certainly was a very quiet birth, and the expression on the Mom's face afterwards also looked fresh, so I wish I could give birth like this.

Sophrology has a soft image, and if it makes it hard to feel the pain then that would be good, but it seems not to be so.

It is a matter of just accepting the pain positively as "collaboration with the baby". Childbirth is painful for the mother and really hard, but isn't it also a hard trial for the baby to fold up its head bones small in order to be born through the narrow birth canal? That's why the way of thinking in sophrology is about the mother and baby becoming one and getting over the trial together.

It definitely seems cramped even just imagining it and if I think how hard it is for the baby, too, I think that I want to face the birth by relaxing and breathing properly so that I can send as much oxygen as possible to the baby.

Oh yes, it might be because babies are listening to the music of sophrology as well, so even after they are born and they are grizzling, if you play the music to them they may settle down. Even if I listen to it everyday, I do not feel tired of it or bothered by it, I just want to properly continue using it until the birth date and even after my baby is born.



MON, MAR 12 2018

40 weeks & 0 days
280th days of pregnancy

Mom's

Today is March 12th, my due date. There is nothing to worry about like contractions and there is no sign yet that the baby is going to be born.

When I went for my medical checkup, I was told that the baby is going down a little but it is not ready to be born yet.. I was told that the baby is doing fine and coming along well, so I just have to wait patiently. I'm sure my belly is nice and comfortable and the baby does not wish to go out yet (let's just say that).

I just had a feeling that the baby would be born on the due date so I was looking forward to it a little. Of course I am really looking forward to the day we can meet the baby, but if I think that there is a baby in my belly and only for a little longer, I feel full of love after all, so I think I will slowly enjoy the time until the birth.Even though I say that, my belly is already too big and heavy lol.

From some time ago Satoshi and I were thinking of the baby's name from time to time, and we had almost decided on the name Amane, but when I wrote the name on paper again today, I started wondering about it again. Since the name is going to last a lifetime, the responsibility is serious. If the person himself likes it, I am glad and it is good if it has a pleasant sound to it when we call the name, as well.

Well, we should keep a couple of names as candidates, and hope to decide by looking at the face of the baby after it is born.

Today I ate dinner at a nearby Italian restaurant. I hadn't had Italian for a long time and it was pretty tasty. I have to eat well and have physical strength to prepare for giving birth. Satoshi likes alcohol, but he did not drink a single drop today. Well, we do not know when something might happen, so I feel very relieved that he is always in a state in which he can drive anytime. I appreciate Satoshi's cooperation!



MON, MAR 12 2018

40 weeks & 0 days
280th days of pregnancy

Dad's

Today was the due date. When I accompanied Yuki to the clinic for a medical checkup without a sign of the baby being born, we were told that her uterus was going down but it seems that it will still take some time. But it was good that the baby seems to be fine, anyhow.

The birth is coming near at last, but Yuki is acting normally. It seems that childbirth hurts, and actually she must be scared. There may not be much that I am able to do, but I'd like to talk a lot to Yuki and listen to disperse her anxiety even a little and I want to do everything possible to be with her for the birth.

Yuki is saying that she may go into the hospital soon, preparing a variety of meals that will keep for a long time and putting them in the fridge for the period that I will be alone, or stocking up on easy-to-cook foods. She explains to me things like "after you use the gas for cooking ..." or "detergent for washing everyday clothes is ..." but actually I have learned how to do things around the house pretty well after doing them at times like when Yuki had to rest lol.

The child room on the 2nd floor is still bare, but there is bedding for the baby, a baby bath, a bassinet, baby clothes and diapers all prepared in one corner, ready to welcome the baby.

Yuki has knitted a baby dress and vest to put on the baby at the time of discharge from the hospital, even recently she has been putting her heart into making bibs and small gloves, but it seems strange that I haven't seen the face of the baby wearing them yet.

What kind of girl will come to us? I can't wait to meet her. I'm waiting.



MON, MAR 19 2018

0 weeks & 0 days

0 month old

to birth,

0 days

Mom's

Finally I could meet Amane! ! Truly I think today is such a special day and the happiest day I have ever had. Anyway, thank you to Amane for being born in good health. I am full of gratitude to everyone who supported me: Satoshi, my father and mother, everyone.

In the morning, I felt that I was having contractions at regular intervals, but I questioned whether I was wrong about it being the beginning of labor because the only image I had of contractions was of suffering pain. Originally, I was scheduled to have a checkup today, so I decided to slowly spend time till that time and I did a few things around the house to make it okay to leave the house for a while.

In the meantime, my contractions started to come every 7 minutes, so I called the clinic to be safe. They told me that as I did not seem to be in much pain that it was okay if I came in at the appointment time.

When I got to the clinic at the appointment time, the doctor asked me, "Is your pain getting stronger?" I answered "Well, it is becoming a bit stronger." However, when the doctor examined me the words the doctor said were "I should not laugh, but you did so well to endure it this far at home." At that time the cervix was 9cm dilated! So I was immediately transferred to the labor room, and my hospitalization was decided.

Contractions are often described as "as painful as the tongue turning to the back of the head" or "a feeling like a watermelon coming out of the nose", aren't they? So, because I had the image of the pain to be something unimaginable, I had thought "I am not like this yet". Well of course there was pain, though.

Even though I hurriedly entered the labor room, after that my progress was not so fast. In the device to see the contractions, when the waves of contraction come, the motion of the wave becomes big, but while Satoshi who accompanied me was listening to the sophrology music and watching those waves, he started to snooze! "Hey, I am in pain!" I said waking him up by banging on his shoulders lol. He made the excuse "Well, you don't have a painful look on your face."

As the time of birth overlapped exactly with another pregnant woman, I was taken to give birth in the labor room and Satoshi was unable to be present at the birth after all. Preparations were made right in front of my eyes and, just as I had done in the image training, I breathed so as to relax my body as much as possible... but even so the pain at the end was pretty strong and difficult to stand, after all.

Eventually, it seems that using the breathing method of sophrology means that the baby's advancement is a little slow, and at the end I switched to the pushing breathing method. I

breathed in deeply and held my breath, and pushed the baby out with my breath while watching my belly. The midwife told me each stage, when the baby's head could be seen, when the crown of the head appeared, and when it was exposed. At the end there was a pain like burning, but I felt well the feeling of the head as it came out and the feeling of the body from the shoulders down as it came out.

Along with the voice of the midwife saying "A healthy baby girl has been born ~, there was the baby's first cry of "wah-wah", a sound that seemed to be cut short. At last I could feel relieved that I had given birth and at the same time the feeling of pain I had felt until then flew away. The midwife cleaned up Amane and let me hold her. She was warm, small, but with a solid weight. Finally I got to see her and I was really happy.

It seems that Satoshi and both sets of parents were overjoyed outside. A little later Satoshi entered the room with a sense of relief and said to me, "Thank you. You did a lot of hard work." It was decided that I should take a rest in the labor room for a while, and it was already the night so Amane went to the newborn room. It will be tomorrow when I can spend time together with her in the room, but I am really looking forward to it.

Later when the midwife said to me, "Anyway, you gave birth really quietly, without even complaining" I replied, "Even if I told you it was painful, I thought that you couldn't relieve the pain anyway," and she laughed and praised me by saying "Usually women can't stay that calm and end up screaming. You were amazing!"

I was moved when I saw Satoshi gently touching our baby. Let's work hard together to bring our child up.



MON, MAR 19 2018

0 weeks & 0 days

0 month old

to birth,

0 days

Dad's

Today was such a long long day, and it was an emotional day because I became a father for the first time.

I had a funny dream this morning. In that dream, Yuki and I went to the waiting room of the clinic, and all of the couples who are my friends were there and had become pregnant with big bellies and were sitting down waiting for their turn to be called lol. And I was the first to be called for the delivery of the baby but when I was walking through the courtyard I was overcome with fierce contractions and when I collapsed, I woke up.

Just as I was thinking that it was just a dream, Yuki who was next to me said that she was feeling contractions. Because she said that they was coming at regular intervals, I thought that the labor contractions had started but I was surprised because it was after the funny dream.

When I was watching Yuki, I saw her rushing to do housework and as she wasn't particularly complaining of any pain, I wondered if it was really true, but I took time off from work and took Yuki to the clinic. When we got there even the doctor was surprised at the progress of the labor and it was decided to transfer her to the labor room straightaway.

I also accompanied her so I was next to her, but it was rather long from there. Although it must have hurt, Yuki was not making a painful face, and as I was watching the waves of the contractions on the monitoring device for a long time, I felt sleepy and started to drop off when Yuki got angry and scolded me, "This is painful for me" (Sorry).

My parents were worried and had come to the clinic, so I quickly went to lunch with them and when I came back I helped Yuki with eating lunch and snacks, but although I actually had requested to be present at the birth, other pregnant women were giving birth at the same time so due to the space factor etc. I had to wait outside.

As I did not know what was happening inside I was so worried and could not calm down, but my parents and Yuki's parents were also all worried. I felt like we were waiting for a really long time but apparently this was not so. When I could hear the baby's cry and the midwife announcing the birth from inside, I was deeply relieved. Yuki, thank you so much for your hard work.

Although I could not hold the baby today, when I looked at our baby through the window of the newborn room, I thought she looked cute though it was a very strange feeling.

Today I came home alone to a quiet house. In a few days time Yuki and the baby will come home together. I am really looking forward to my life from now on.

memo

.....




Mom


*** Health Journal ***



JUN 05,2017 - MAR 19,2018

MON, JUN 05 2017 0 weeks & 0 days



So-so



 **50.2** kg  -----

Icons for physical condition records : Bleeding/Backache/Headache/Stomachache

Notes about health

First day of menstruation

There is little menstrual volume.

It is rainy today, my head feels heavy.


Abdominal pain and lower back pain are lighter than usual.

Message to Dad and Baby


You must be tired!



What time will you be home today?

MON, JUN 12 2017 1 weeks & 0 days



Fun!



 **50.0** kg  OK

Icons for physical condition records : Bowel motion

Notes about health

Menstruation has finished!

I'm in good physical condition.

I hope I can get pregnant in this cycle.





I'll measure my basal body temperature and do my best every day!

Message to Dad and Baby

Shall we go out for dinner together tonight?

TUE, JUN 20 2017

2 weeks & 1 days

 Tired		
	 50.0 kg	 Coming home!

Icons for physical condition records : Medicine

Notes about health

Hangover. Even though the amount of alcohol was small ... I have a really bad headache so I'll take medicine.





I hope that we can get the timing right this week.

Message to Dad and Baby

I got a hangover.

SUN, JUL 02 2017

3 weeks & 6 days

 Blessed		
	 50.0 kg	 OK

Icons for physical condition records : Bowel motion

I'm in good physical condition.

My high temperature continues! My body feels a little warm. The timing was good, maybe ...

I feel that I'm pregnant.



I am going to be home a little later today because of work.

WED, JUL 05 2017

4 weeks & 2 days



Nervous



49.7 kg



OK

Icons for physical condition records : Brown discharge/Sleepinness/Languor

There is only a little bleeding. Menstruation? Possibly implantation bleeding! ! !

High temperature is ongoing. My body feels dull and I feel a little burning.


Let's go to the clinic soon. I hope that it's a baby.




Please come home early today!



SAT, JUL 15 2017

5 weeks & 5 days



Nervous



 **50.0** kg
  We got this!

Icons for physical condition records : Sleepiness/Languor/Bowel motion

Notes about health

High temperature continues.

There is no morning sickness like nausea.

I feel a little tired. Somewhat sleepy

Smells that I don't usually care about bother me. I must be pregnant without a doubt!


Today I have my first checkup. My heart is beating fast.

Message to Dad and Baby


I am so happy that we are having a baby! Let's work hard together!



THU, JUL 20 2017

6 weeks & 3 days



So-so



 **50.5** kg
  -----

Icons for physical condition records : Morning sickness/Sleepiness/Languor/Bowel motion

Notes about health

I feel zoned out. My stomach feels a bit strange.

I feel a little like just lazing around at home.

My drowsiness has not changed. I have a feeling something like floating.

I have salivary reflux when I am hungry.


I hope the baby's heartbeat can be confirmed at the next examination.

Message to Dad and Baby


Somehow I am always feeling sleepy...



SAT, JUL 29 2017

7 weeks & 5 days



Happy



 **51.0 kg**  I love you

Icons for physical condition records : Morning sickness/Sleepininess/Languor

Notes about health

I feel sleepy however much I sleep ...

The amount of vaginal discharge has increased a little. It is the effect of pregnancy.

I do not have much appetite. There is no change in my feeling of morning sickness.


At last the baby 's heartbeat could be confirmed. I feel relieved. Anyway I'm happy.

Message to Dad and Baby


I saw the baby's heart beating! I cried. Thank you for coming with me. It was very reassuring.



THU, AUG 03 2017

8 weeks & 3 days



Unrest



 **52.3 kg**  OK

Icons for physical condition records : Morning sickness/Nausea/Languor/Breast pain



Notes about health

Morning sickness has got a bit tough.

I am bothered by smells and I do not have an appetite, but I feel sick if I don't eat.

The inside of my mouth has a kind of sticky feel.

There are only certain things that I can eat.

It's hot and I can't stop eating ice cream.

My weight is on the increase. I wonder if it is okay...

I also feel some tension in my breasts. I wonder if my body will gradually change. A little uneasy.



Message to Dad and Baby

My morning sickness has gotten worse... Please eat out tonight.

TUE, AUG 08 2017

9 weeks & 1 days



Unrest



52.5 kg



Thanks!

Icons for physical condition records : Bleeding



Notes about health

A little bleeding. According to my examination I must have absolute rest.

No problem with the baby. That was good.

There is a feeling that my stomach does not settle. I have no appetite. Anyway spending time sleeping.

I have constipation. I'll do my best to drink more water.




Message to Dad and Baby


The baby is fine!!



I'm glad!

WED, AUG 16 2017 10 weeks & 2 days



So-so



 **53.6 kg**  OK

Icons for physical condition records : Languor

Notes about health

I am in the middle of absolute rest

I am getting tired of spending all the time sleeping I'm bored. My physical condition is not bad, but I have no appetite.

I'll do my best to keep resting for the baby's sake.

Message to Dad and Baby


Please buy some grapefruits.

THU, AUG 24 2017 11 weeks & 3 days



Unrest



 **54.0 kg**  We got this!

Icons for physical condition records : Languor/Rough skin

Notes about health

Resting.

It is also due to the temperature, but my body is hot.

Although I was only sleeping, I got a little heat rash from sweat. I feel down sometimes. Maybe this is maternity blues.





It's pretty tough to be pregnant...

Message to Dad and Baby

Thank you for doing the laundry today. I will do my best too.

WED, AUG 30 2017

 12 weeks & 2 days

 Nervous		
	 54.8 kg	 We got this!

Icons for physical condition records : Bowel motion

Notes about health

Somehow I have come to understand my swelling belly.

I feel that I have to go to the toilet more often.





I've gained a lot of weight, so my figure has become round. Morning sickness has got better, everything tastes delicious! I must manage my weight.

Message to Dad and Baby

My stomach is getting a little bigger!

TUE, SEP 05 2017

 13 weeks & 1 days

 So-so		
	 55.5 kg	 I love you

Icons for physical condition records : Rough skin/Bowel motion

Notes about health

Morning sickness is over. Good physical condition and feel refreshed.

I am worried about eating too much as everything tastes delicious.

My belly has got a little bigger.

My breasts may have got a big bigger, too.

I feel that the freckles have become a bit darker.

I feel that my body is gradually changing.

I feel bewildered that I seem to be getting ugly,
but as I will become a mom, I think I will take it positively.


Message to Dad and Baby

My morning sickness seems to have ended.

























I am feeling really good both physically and mentally!


TUE, SEP 12 2017

 14 weeks & 1 days




Exhausted





55.2 kg



Coming home!

Icons for physical condition records : Anemia/Palpitation/Bowel motion

Notes about health

Hot days continue. I feel a bit weary from the summer heat.

I get tired just from doing a little. I get short of breath on the stairs. I feel like I have a bit of anemia.


I have a relaxed feeling and am living a calm life.

I am happiest when I think about the baby.


Message to Dad and Baby



I am a little tired today.

MON, SEP 18 2017 15 weeks & 0 days



Fun!



 **55.3** kg  We got this!

Icons for physical condition records : Sleepininess

Notes about health

I am in good physical condition.

I feel that my basal body temperature has come down a little and I am free from the dull feeling.

My belly has gone up a little, so it has got easier.

I'm getting used to pregnancy, my mood is now the best since I got pregnant.


I think I should take a walk in the evening when it is a little cool.

Message to Dad and Baby


I feel a lot better now!



Thank you for everything!

THU, SEP 28 2017 16 weeks & 3 days



Happy



 **55.3** kg  Thanks!

Icons for physical condition records : Sleepininess/Arthralgia/Bowel motion

Notes about health

I've entered the stable period! ! ! ! !

My belly has swollen.


Both my physical condition and mood are stable.
I only have a slightly uncomfortable feeling in the joints in my hips and legs.
Maybe because my posture is bad. I'll be careful.
And, my worry is weight management. It's difficult....

Message to Dad and Baby

























I just entered the stable period!
Let's celebrate!


TUE, OCT 03 2017

17 weeks & 1 days




Fun!



55.4 kg



OK

Icons for physical condition records : Sleepinness/Rough skin/Bowel motion

Notes about health

My figure has become very round.
My backside seems to have got big,
and the number of trousers I can't wear has increased.
I'll look for cute maternity wear.
My mood is stable, feeling active.
It is fun to go out, too.
Looking in the mirror I found I have black line on my belly!!! It seems to be called the median line.
Somehow pregnant women have changes in their skin.

Message to Dad and Baby

Let's go shopping together this weekend!

WED, OCT 11 2017

18 weeks & 2 days



I hope that I return to normal after giving birth.

I hope you look forward to it!

Icons for physical condition records : Constipation/Swelling/Rough skin

My belly and breasts are a bit itchy.





It's because the skin gets stretched by the size of the body becoming larger.
I have to be careful not to scratch as much as possible by applying cream.

Message to Dad and Baby

I am going out for a walk!

TUE, OCT 24 2017

 20 weeks & 1 days

 Blessed																				
	 56.2 kg	 Thanks!																		

Icons for physical condition records : Fetal movement/Constipation/Backache

Notes about health

Entering 6 months!

And finally I felt the fetal movement. I was moved! !

Baby, you are growing healthily.

My belly is getting bigger and bigger. My back has started to hurt. Constipation has come back.

I'll try to actively eat vegetables.

Even though it's been getting cooler, I easily sweat.


The bodies of pregnant women are strange.

Message to Dad and Baby













The baby moved!!!


TUE, OCT 31 2017

 21 weeks & 1 days




Unrest



56.8 kg



OK

Icons for physical condition records : Anemia/Swelling/Ill health/Languor


Notes about health

Due to weight gain, or the feeling of anemia, my legs feel tired, I'm swollen and easily get tired. Just as I was thinking this, I found that I had some small bumps. After some research I found that they seem to be varicose veins. I have to think about massaging and being able to relax.













Message to Dad and Baby


I want to go on a trip.

WED, NOV 08 2017 22 weeks & 2 days




Blessed



56.7 kg



I love you

Icons for physical condition records : Sleepiness/Rough skin/Leg cramp/Bowel motion

Notes about health

I got cramp in my feet for the first time! It was painful. I did not know how to make it better but I asked Satoshi for help. Bend and stretch the big toe in the opposite direction. I learned a lot. I feel happy when I feel the fetal movement. Tapping and wriggling. It's a strange feeling.





However, it is lovely. I was told that it is a girl,
I wonder if she's a naughty girl.

Message to Dad and Baby

Thank you for getting rid of the cramp in my feet.
I'm counting on you!

WED, NOV 15 2017

 23 weeks & 2 days

 So-so	
	 56.6 kg  Coming home!

Icons for physical condition records : Tension/Bowel motion

Notes about health


I was in a good mood and went around everywhere looking at baby clothes
but I had a sharp pain in my belly and got impatient.
This is my uterus tightening. It is not good to do too much.
Recently, my temperature has fallen so much, I am taking care not to cool my body.

Message to Dad and Baby













I panicked because my stomach started hurting.
I'm okay now!


MON, NOV 20 2017

 24 weeks & 0 days




So-so



57.8 kg



OK

Icons for physical condition records : Fetal movement/Backache/Sleepiness/Insomnia/Bowel motion

Notes about health

I've entered the 7th month!

I am completely use to life as a pregnant woman,

I got used to minor troubles such as lower back pain and frequent urination, too.

But recently, my sleep is shallow and I always feel tired.

There is nothing to be worried about in particular.

I think I'll increase a little the distance I go for a walk.

I may be able to sleep soundly.


Message to Dad and Baby

You must be tired!













I will be home soon.


TUE, NOV 28 2017

25 weeks & 1 days




Blessed



58.4 kg



Thanks!

Icons for physical condition records : Fetal movement/Sleepiness/Rough skin/Bowel motion

Notes about health

I got pimples! I haven't had those in a long time.

I have to take considerable care so that they don't turn into age spots. Fetal movement has

become quite frequent.

Moreover, I am surprised because it suddenly pushes quite strongly.

Nothing better than healthy.

Recently I have been saying "Good morning" and "Good night" each morning and night, as a daily routine to greet the baby.

Message to Dad and Baby


I am happy every day!



Thank you.

WED, DEC 06 2017 26 weeks & 2 days



Exhausted



 **58.4 kg**  We got this!

Icons for physical condition records : Constipation/Ill health/Sleepiness/Languor/Insomnia

Notes about health

I have really bad stiff shoulders.

I wonder if it's because my breasts are heavy ...

I wake up in the middle of the night, have constipation etc., Somehow it is exhausting.


Pregnant women have such a hard time.

Message to Dad and Baby


I will do my best today too!



Thank you for your support!

TUE, DEC 12 2017 27 weeks & 1 days



Irritated



 **58.6 kg**
 OK

Icons for physical condition records : Fetal movement/Tension/Constipation/Palpitation

Notes about health

I get serious palpitations when I go up the stairs.

I usually feel my heart beating fast all of the time.

My belly tightens when I stand for a long time.

When my body is getting exhausted, I tend to get irritated.

I'll focus on relaxing.


Message to Dad and Baby

I will be resting today.


Please eat out tonight.



SAT, DEC 23 2017

28 weeks & 5 days



So-so



 **58.9 kg**
 OK

Icons for physical condition records : Swelling/Bowel motion

Notes about health

It has become 8 eight months in no time at all. I have broken into the second half of pregnancy.

My belly is protruding way out in front.

I can't see my feet, I can't put on my socks,

I am experiencing what it is really like.





Today, I feel a little tired.
I also have swelling. Let's spend time slowly.

💬 Message to Dad and Baby

It's Christmas Eve tomorrow!

TUE, DEC 26 2017

 29 weeks & 1 days

 Exhausted		
	 59.3 kg	 We got this!

Icons for physical condition records : Fetal movement/Constipation/Swelling

💡 Notes about health


Even though I worked as well as doing housework,
finally my belly is too heavy and it has become difficult to move.
I feel uncomfortable with the constipation and feeling of residual urine.
As I am not unwell, I tried stretching
and the stiffness in my back and shoulders abated.
Exercise is important.

💬 Message to Dad and Baby


My stomach is heavy...



FRI, JAN 05 2018

 30 weeks & 4 days



Blessed



 **59.5 kg**
 I love you

Icons for physical condition records : Fetal movement/Sleepiness/Bowel motion

Notes about health

The baby is moving a lot today!

The feeling of her wriggling around.

It feels cute and feels strange.

I can really feel that the baby is in my belly.

I was shocked when I found the pregnancy line, but think of it as Mom's medal.

I'm really happy!

Message to Dad and Baby

The baby is moving a lot.

It's really cute.


TUE, JAN 09 2018

31 weeks & 1 days



So-so



 **60.3 kg**
 OK

Icons for physical condition records : Tension/Sleepiness/Insomnia/Palpitation

Notes about health

It is hard to go up the stairs at the station when I'm commuting.

Because I can't see below me with my big belly, I am careful not to fall when I get off.

In the evening, when I get tired my belly tightens.





I like my job but I can hardly wait for maternity leave.
I hope I will have a good night's sleep tonight.

Message to Dad and Baby

Dinner will be a little late tonight.
You can take your time to come home!

THU, JAN 18 2018

 32 weeks & 3 days

 So-so	
	 60.5 kg  Thanks!

Icons for physical condition records : Fetal movement/Backache/Insomnia/Palpitation/Bowel motion

Notes about health


My weight has gone overboard...
It's cold outside and I haven't been taking a walk.
I'll try not to increase my weight too much.
Palpitations and frequent urination are as always.
It seems like it can't be helped to a certain extent.
Since I have a big belly and a lot of hardships, I want to see my baby soon.

Message to Dad and Baby













It's chilly today.
Be careful not to catch a cold!


TUE, JAN 23 2018

 33 weeks & 1 days




So-so



60.7 kg



We got this!

Icons for physical condition records : Nausea/Fetal movement/Sleepiness/Languor/Insomnia

Notes about health

My stomach gets nauseated.

It's known as morning sickness in the final trimester.

Breathing is a bit painful, too.

It was cold during my company's lunch break but I dared to go out.

Waving my hands and walking in a lively way, feeling refreshed.

It is pleasant to breathe fresh air.

I feel so much better.


Message to Dad and Baby

I'm having my lunch break now.













I'm taking a walk to clear my mind!


FRI, FEB 02 2018

34 weeks & 4 days




Fun!



61.1 kg



OK

Icons for physical condition records : Anemia/Backache/Bowel motion

Notes about health

I am on maternity leave and have a relaxed feeling.

My back hurts. My eyes get tired easily.


Since I do not have to commute, I do stretching and cleaning so that I get enough exercise.
There are times when the baby does not move. I wonder if she is sleeping
Because I have time, I will make a nice dinner with a good menu for my body.
Let's replenish iron by eating spinach.

Message to Dad and Baby


Please buy some milk.



TUE, FEB 06 2018

35 weeks & 1 days



Nervous



 **61.5 kg**  Thanks!

Icons for physical condition records : Brown discharge/Tension/Rough skin/Bowel motion

Notes about health


Today, my belly tightened many times.
My vaginal discharge has increased a little.
I wonder why? I'll ask for advice at the clinic.
My belly is so bloated and under my belly it is so itchy.
It might be the dryness.
I have to make sure that the pregnancy lines do not increase.
It will be the last month of pregnancy soon. I feel nervous and excited.

Message to Dad and Baby


I hope you have a good day at work!



TUE, FEB 13 2018

36 weeks & 1 days



So-so



 **61.3 kg**
 OK

Icons for physical condition records : Ill health/Sleepinness/Breast pain

Notes about health

The 10th month and the final month!

Sometimes I have a feeling of pressure and breathing feels a bit painful.

I have a feeling of my stomach being pressed, too. But my appetite has not reduced.

I do not have a job, I have a lot of time,

I eat snacks without thinking when I'm bored.


Even if I gain weight, isn't that to be expected?

There are only a few days left to relax like this. I hope I can give birth well.


Message to Dad and Baby



A single plum blossom bloomed in the garden!

TUE, FEB 20 2018 37 weeks & 1 days



So-so



 **62.4 kg**
 Coming home!

Icons for physical condition records : Backache/Sleepinness/Arthralgia

Notes about health

The feeling of pressure in my body has gone.

It makes my stomach and breathing easier and I feel relieved.

Instead, my pubic bone hurts! It seems to be pubic pain.


I also have a pain in the joints of my legs as I walk.
Fetal movement has also decreased, it is boring.
It seems that it is a full-term birth from 37 weeks. The baby is ready to be born.
I wonder if we can meet soon.

Message to Dad and Baby


My joints hurt.



TUE, FEB 27 2018

38 weeks & 1 days



Blessed



 **61.6 kg**  I love you

Icons for physical condition records : Sleepinness/Rough skin/Bowel motion

Notes about health


I am often in a daydream.
My mood has a fluffy feel and I am just zoning out.
I have to go to the toilet often, I feel that I am only going to the toilet.
My physical condition is good. I did stretching and took a walk.

Message to Dad and Baby


We are having fried shrimp tonight!



THU, MAR 08 2018

39 weeks & 3 days



Exhausted



 **61.3 kg**
 We got this!

Icons for physical condition records : Backache/Languor/Insomnia/Bowel motion

Notes about health

I got a little nervous when I thought about it being the due date soon.

My belly is bloated.

Anyway it's heavy.

It is really hard to move and sleep.


I have come to feel like wanting to give birth soon.

Taking a walk with that motive in mind today, I took a walk for more than an hour.


Message to Dad and Baby



I walked a lot today!

MON, MAR 12 2018 40 weeks & 0 days



Nervous



 **61.0 kg**
 OK

Icons for physical condition records : Swelling/Backache/Sleepininess/Rough skin

Notes about health

long last it is my due date to give birth!

But it seems that nothing has changed from the usual.

No signs, no Braxton-Hicks contractions, or sign of my waters breaking at all.

Only my heart is beating fast.

.....



memo

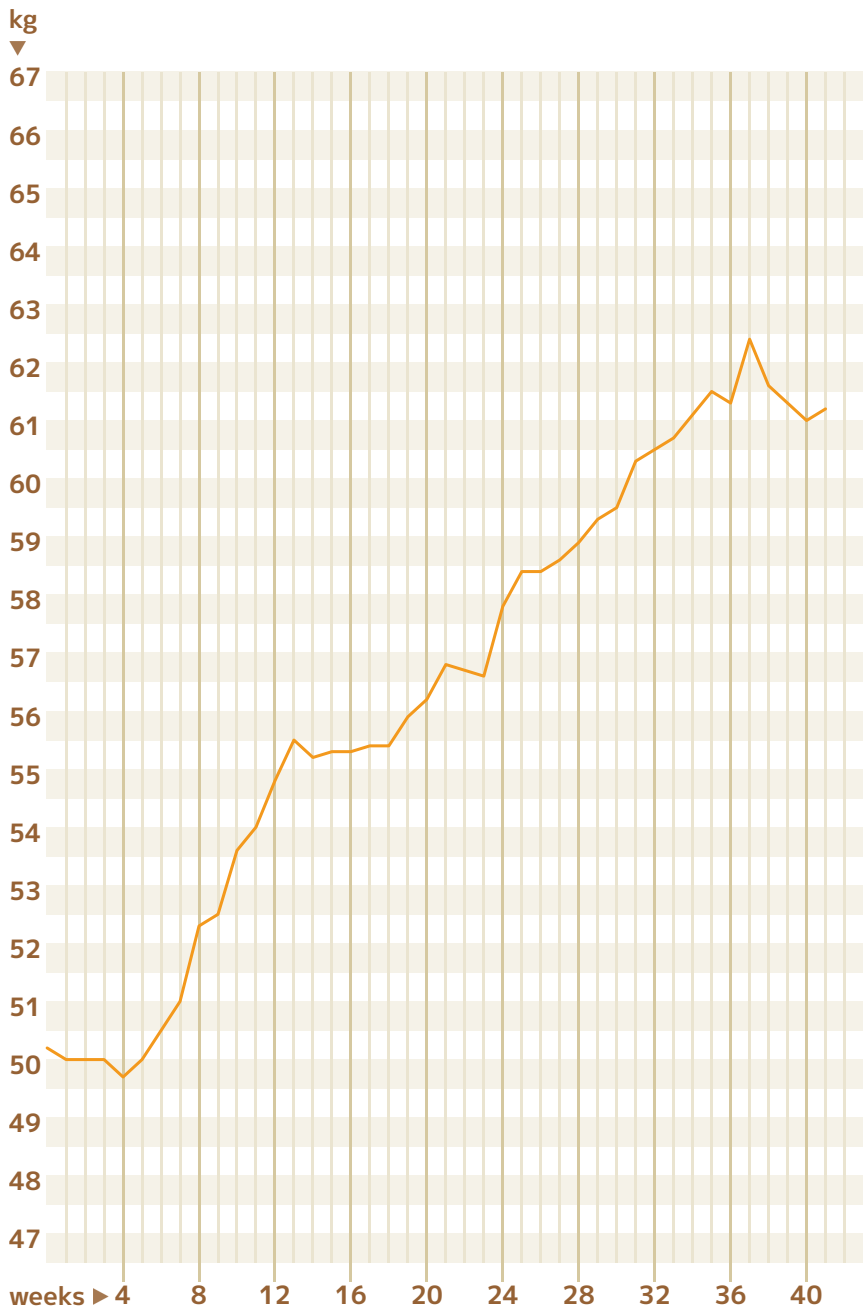
.....



Weight

*** Weight graph ***

JUN 05,2017 - MAR 19,2018



* We will create a graph recording average body weight for each week of pregnancy from Week 1 to Week 42.



Check

Check-up record

JUN 05,2017 - MAR 19,2018

SAT, JUL 15 2017

5 weeks & 5 days

Baby's data



Name : Amane

Weight : g

Height : mm

Sex : TBC

Mom's data



Weight : 50.0 kg

Height of uterine fundus : cm

Abdominal circumference : cm

Blood pressure : 95.0 / 64.0

Edema : -

Urine protein : -

Urinary glucose : -

Other check-ups : US&IE

※ US: Ultrasound/IE: Internal exam

Notes

First physical examination. The result was positive!

I was told that I was pregnant as a result of the blood tests. Unfortunately nothing could be confirmed yet by ultrasound.

However, it seems that it is common for physical examinations to be too early and confirmation not possible.

I hope that the presence of the baby you can be confirmed at my next checkup.

I'm looking forward to it in a week's time.



SAT, JUL 29 2017

7 weeks & 5 days

Baby's data



Name : Amane

Weight : g

Height : mm

Sex : TBC

Mom's data



Weight : 51.0 kg

Height of uterine fundus : cm

Abdominal circumference : cm

Blood pressure : 94.0 / 63.0

Edema : -

Urine protein : -

Urinary glucose : -

Other check-ups : US

※ US: Ultrasound



Notes

The heartbeat could be confirmed!

I saw the small heart moving with Satoshi.

Tears came out. We were delighted.

There were no abnormalities in the blood test results.

Both mother and baby are doing fine!

We had an explanation about changes in physical condition from now on, such as morning sickness and the checkup schedule and reservations for delivery.

I'm going to be a Mom. I'm going to look after this tiny life so carefully. I will do my best!



SAT, AUG 19 2017

10 weeks & 5 days

Baby's data



Name : Amane

Weight : g

Height : mm

Sex : TBC

Mom's data



Weight : 53.7 kg

Height of uterine fundus : cm

Abdominal circumference : cm

Blood pressure : 96.0 / 69.0

Edema : -

Urine protein : -

Urinary glucose : -

Other check-ups : US

※ US: Ultrasound



Notes

There is no problem with either mother or baby. The baby has been growing healthily. I was relieved.

The small shape of the baby shown on the ultrasound is cute! It was good that I worked hard to keep resting.

I was told to rest for one more week.

I was instructed to make sure that I drink enough water.

I was told that my unbalanced food intake was nothing to be worried about during the period of morning sickness.



WED, SEP 06 2017 13 weeks & 2 days

.....

Baby's data



Name : Amane

.....

Weight : 25.0 g

.....

Height : 70.0 mm

.....

Sex : TBC

.....

Mom's data



Weight : 55.5 kg

Height of uterine fundus : 14.0 cm

Abdominal circumference : 72.0 cm

Blood pressure : 93.0 / 66.0

Edema : -

Urine protein : -

Urinary glucose : -

Other check-ups : US

※ US: Ultrasound



Notes

There are no problems with the baby. I was told that the mother's physical condition was also stable.

I was not told to take absolute rest, but I was instructed not to overdo things.

I was advised to make sure I have enough water and a balanced diet.



WED, OCT 04 2017 17 weeks & 2 days

.....

Baby's data



Name : Amane

.....

Weight : 100.0 g

.....

Height : 120.0 mm

.....

Sex : TBC

.....

Mom's data



Weight : 55.4 kg

Height of uterine fundus : 16.0 cm

Abdominal circumference : 76.0 cm

Blood pressure : 80.0 / 47.0

Edema : -

Urine protein : -

Urinary glucose : -

Other check-ups : US&FH

※ US: Ultrasound/FH: Fetal heartbeat



Notes

Both mother and baby are doing fine.

I reported that my morning sickness had finished.

I was happy to be told that I had entered the stable period.

I was instructed about weight management.

I was told that since women easily sweat during pregnancy I should make sure that I get enough water.



WED, NOV 01 2017 21 weeks & 2 days

.....

Baby's data



Name : Amane

.....

Weight : 300.0 g

.....

Height : 160.0 mm

.....

Sex : TBC

.....

Mom's data



Weight : 56.8 kg

Height of uterine fundus : 19.0 cm

Abdominal circumference : 78.0 cm

Blood pressure : 96.0 / 65.0

Edema : -

Urine protein : -

Urinary glucose : -

Other check-ups : US&FH

※ US: Ultrasound/FH: Fetal heartbeat



Notes

Result of the physical examination: no problem.

The gender of the baby turns out to be a girl!!! A long-awaited girl, Satoshi and I are delighted!

The baby is doing exceedingly well.

Satoshi and I looked at the ultrasound together.

I was happy to see the baby's face that seemed to be winking. I was instructed again to keep managing my weight.

I consulted with the doctor about a trip to a hot-spring and the doctor told me that there is no particular problem if I am careful not to fall over etc.,

so as a result I reported to the doctor about our plans to go on a trip.



WED, NOV 29 2017 25 weeks & 2 days

Baby's data



Name : Amane

Weight : 650.0 g

Height : 320.0 mm

Sex : Girl

Mom's data



Weight : 58.4 kg

Height of uterine fundus : 20.0 cm

Abdominal circumference : 80.0 cm

Blood pressure : 91.0 / 50.0

Edema : +-

Urine protein : -

Urinary glucose : -

Other check-ups : US&FH

※ US: Ultrasound/FH: Fetal heartbeat



Notes

I was told that baby and mother are doing fine, and there is no problem.

I was advised to refrain from eating between meals because I was concerned about a little weight gain.

I was instructed to contact the hospital at once if stomach tightening does not stop.

After consulting the doctor about my rough skin, I was prescribed moisturizing cream.

WED, DEC 13 2017

27 weeks & 2 days

Baby's data



Name : Amane

Weight : 1000.0 g

Height : 350.0 mm

Sex : Girl

Mom's data



Weight : 58.6 kg

Height of uterine fundus : 22.0 cm

Abdominal circumference : 83.0 cm

Blood pressure : 97.0 / 52.0

Edema : -

Urine protein : -

Urinary glucose : -

Other check-ups : FH

※ FH: Fetal heartbeat

Notes

Both mother and baby are doing well

I consulted the doctor about my palpitations.

The doctor explained that it often happens during pregnancy, and I was instructed to refrain from sudden movement and excessive exercise.

I was told how to deal with anemia.

I was cautioned to try my best for weight management.

I was given an explanation about the items and baby care products necessary at the time of admission to the hospital.

WED, DEC 27 2017 29 weeks & 2 days

Baby's data



Name : Amane

Weight : 1100.0 g

Height : 380.0 mm

Sex : Girl

Mom's data



Weight : 59.3 kg

Height of uterine fundus : 25.0 cm

Abdominal circumference : 83.0 cm

Blood pressure : 97.0 / 57.0

Edema : -

Urine protein : -

Urinary glucose : -

Other check-ups : FH

※ FH: Fetal heartbeat

 Notes

Both mother and baby are doing well.

Today I was not told anything in particular to be careful about.

I was given the birth plan table and received an explanation.

I was told to fill in the birth plan table and submit it by 37w.



WED, JAN 10 2018 31 weeks & 2 days

.....

Baby's data



Name : Amane

.....

Weight : 1300.0 g

.....

Height : 400.0 mm

.....

Sex : Girl

.....

Mom's data



Weight : 59.7 kg

Height of uterine fundus : 28.0 cm

Abdominal circumference : 86.0 cm

Blood pressure : 102.0 / 59.0

Edema : +

Urine protein : -

Urinary glucose : -

Other check-ups : US&FH

※ US: Ultrasound/FH: Fetal heartbeat



Notes

Both the baby and the mother are doing well, no problem.

We were able to see the face and legs moving a little by ultrasound which we usually can't see well!

Satoshi and I laughed at the way the baby seems to have a worried expression on her face.

Today the clinic was crowded and there were no special instructions or explanations.

Satoshi came to the checkup with me and afterwards we went for lunch together.

It was a lovely checkup day.

WED, JAN 24 2018

33 weeks & 2 days

Baby's data



Name : Amane

Weight : 1600.0 g

Height : 420.0 mm

Sex : Girl

Mom's data



Weight : 60.7 kg

Height of uterine fundus : 27.0 cm

Abdominal circumference : 86.0 cm

Blood pressure : 91.0 / 53.0

Edema : -

Urine protein : -

Urinary glucose : -

Other check-ups : FH

※ FH: Fetal heartbeat

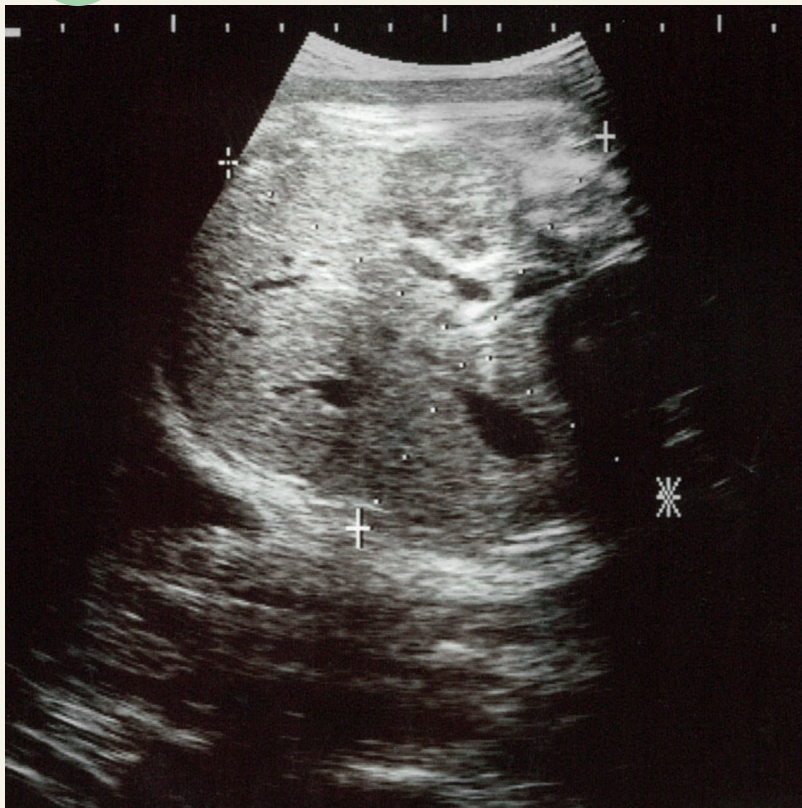
Notes

Both mother and baby are doing fine. There is no problem with the amount of amniotic fluid.

I have to take care about weight gain.

I was instructed to do exercise such as walking while watching my physical condition.

I was told about the period of hospitalization and the costs for the different rooms.



WED, FEB 07 2018 35 weeks & 2 days

Baby's data



Name : Amane

Weight : 1950.0 g

Height : 450.0 mm

Sex : Girl

Mom's data



Weight : 61.5 kg

Height of uterine fundus : 29.0 cm

Abdominal circumference : 86.0 cm

Blood pressure : 107.0 / 70.0

Edema : -

Urine protein : -

Urinary glucose : -

Other check-ups : US&FH

※ US: Ultrasound/FH: Fetal heartbeat



Notes

Both mother and baby are doing fine.

I was asked about the tightening of my stomach.

I was given the explanation about how it is natural for stomach tightening to increase during this period, due to the body preparing for childbirth.

I was advised to keep my stomach warm without letting it get cool. That was good. I was relieved.

I was given an explanation about how to spend the 10th month.

MON, FEB 12 2018

36 weeks & 0 days

Baby's data



Name : Amane

Weight : 2000.0 g

Height : 460.0 mm

Sex : TBC

Mom's data



Weight : 61.3 kg

Height of uterine fundus : 30.0 cm

Abdominal circumference : 86.5 cm

Blood pressure : 105.0 / 64.0

Edema : -

Urine protein : -

Urinary glucose : -

Other check-ups : FH

※ FH: Fetal heartbeat

Notes

The results of the physical examination showed that there were no problems.

Both mother and baby are doing fine.

After listening to an explanation about NST, I had the first NST.

The measurement went on for quite a long time.

When I was watching the movement of the waves during the measurement, I fell asleep halfway through.

The result showed that the baby is fine. I am happy.

MON, FEB 19 2018

37 weeks & 0 days

Baby's data



Name : Amane

Weight : 2200.0 g

Height : 470.0 mm

Sex : Girl

Mom's data



Weight : 62.4 kg

Height of uterine fundus : 30.0 cm

Abdominal circumference : 90.0 cm

Blood pressure : 107.0 / 69.0

Edema : -

Urine protein : -

Urinary glucose : -

Other check-ups : FH

※ FH: Fetal heartbeat



Notes

The results of the medical examination showed that there are no problems.

The baby is not showing any signs of coming down.

I consulted the doctor about my pubic bone pain.

I was told that this is one of the preparations for childbirth, so it cannot be helped to a certain extent.

Since there is a possibility for it to be eased by posture and stretching etc., I was instructed to

try these things.

I had NST. I submitted the birth plan table.

MON, FEB 26 2018

38 weeks & 0 days

Baby's data



Name : Amane

Weight : 2500.0 g

Height : 480.0 mm

Sex : Girl

Mom's data



Weight : 61.6 kg

Height of uterine fundus : 30.0 cm

Abdominal circumference : 91.0 cm

Blood pressure : 111.0 / 64.0

Edema : -

Urine protein : -

Urinary glucose : -

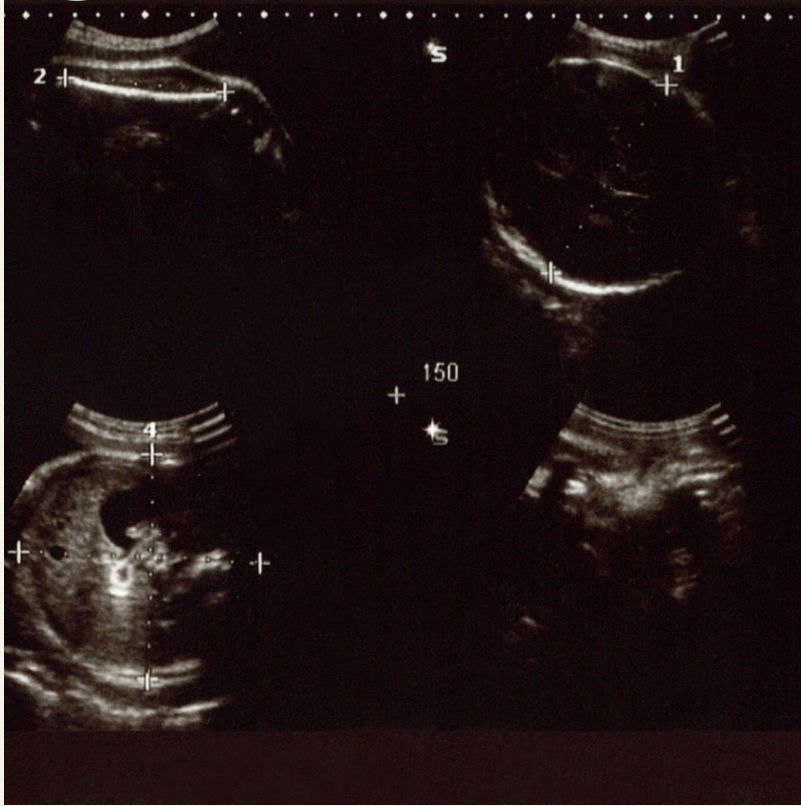
Other check-ups : FH

※ FH: Fetal heartbeat

Notes

Both mother and baby are good! As it is easy to gain weight during this period, I was instructed to do some exercise that is not too hard, such as walking, in order to take care of weight management.

After NST, I was given an explanation about breast milk and the way to do breast massage.



MON, MAR 05 2018 39 weeks & 0 days

Baby's data



Name : Amane

Weight : 2700.0 g

Height : 490.0 mm

Sex : Girl

Mom's data



Weight : 61.4 kg

Height of uterine fundus : 31.0 cm

Abdominal circumference : 92.0 cm

Blood pressure : 112.0 / 66.0

Edema : -

Urine protein : -

Urinary glucose : -

Other check-ups : US&FH

※ US: Ultrasound/FH: Fetal heartbeat



Notes

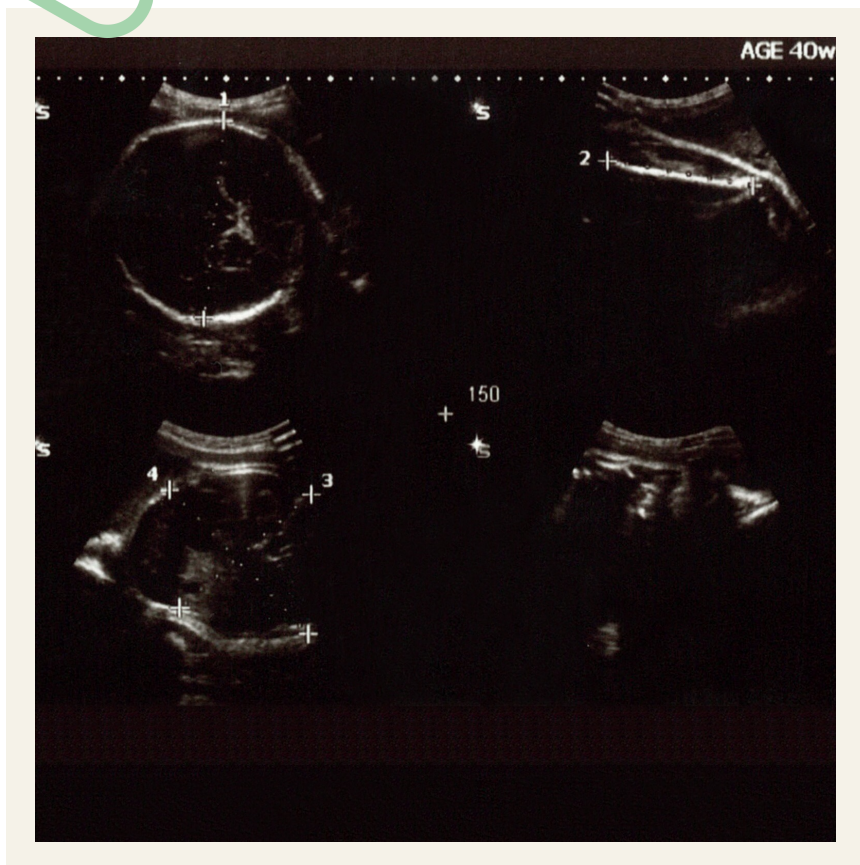
There are no signs that the baby is coming down.

I wonder if she is laid back? But it is not the due date yet. I can wait patiently.

I was given an explanation about the signs, waters breaking and Braxton-Hicks contractions.

Also, they explained the timing of contacting the clinic when such signs appear.

I had an NST.



MON, MAR 12 2018 40 weeks & 0 days

Baby's data



Name : Amane

Weight : 2800.0 g

Height : 500.0 mm

Sex : Girl

Mom's data



Weight : 61.0 kg

Height of uterine fundus : 31.0 cm

Abdominal circumference : 92.0 cm

Blood pressure : 111.0 / 65.0

Edema : -

Urine protein : -

Urinary glucose : -

Other check-ups : US&FH&IE

※ US: Ultrasound/FH: Fetal heartbeat/IE: Internal exam



Notes

My checkup on the due date.

The baby is going down a little.

Finally, I have become excited.

My internal examination hurt!

As it was a bit of stimulation, I hope that the baby will be born soon.

I was praised by the midwife for working hard to control my weight.

It is finally getting near the birth. Next time I go to the clinic it will be the birth.

memo

.....



Card

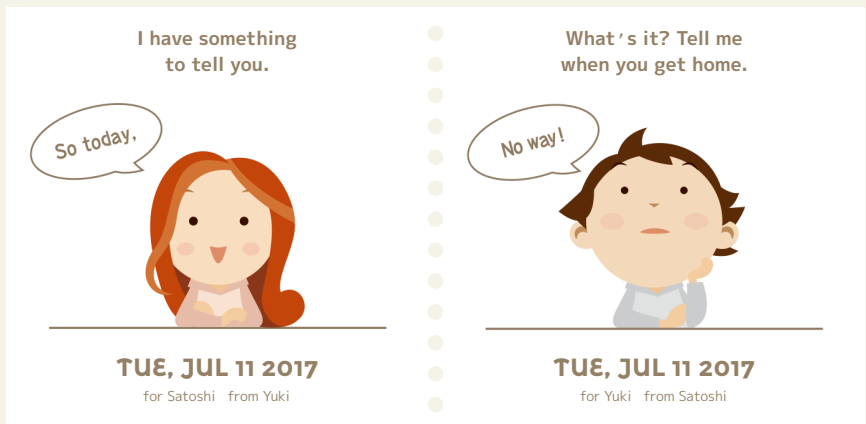
Card

JUN 05,2017 - MAR 19,2018



MON, JUL 10 2017 14:35 From: Satoshi

MON, JUL 10 2017 15:05 From: Yuki



TUE, JUL 11 2017 17:38 From: Yuki

TUE, JUL 11 2017 18:15 From: Satoshi



SAT, JUL 15 2017 16:20 From: Yuki

SAT, JUL 15 2017 16:25 From: Satoshi



THU, JUL 27 2017 12:16 From: Yuki

There are such
cards like these!



THU, JUL 27 2017
for Yuki from Satoshi

THU, JUL 27 2017 12:42 From: Satoshi

Thank you always
for everything.



WED, AUG 09 2017
for Yuki from Satoshi

WED, AUG 09 2017 17:10 From: Satoshi

Same to you.
Thank you so much.



WED, AUG 09 2017
for Satoshi from Yuki

WED, AUG 09 2017 17:22 From: Yuki



MON, AUG 21 2017 08:16 From: Satoshi

Cute!
Thanks.



MON, AUG 21 2017
for Satoshi from Yuki

MON, AUG 21 2017 09:03 From: Yuki

I'm proud of you!

11
weeks



WED, AUG 23 2017

for Satoshi from Yuki

WED, AUG 23 2017 10:10 From: Yuki

I'm so excited!



months

WED, AUG 23 2017

for Yuki from Satoshi

WED, AUG 23 2017 10:36 From: Satoshi

Great! you cleared
the rest period!



THU, SEP 07 2017

for Yuki from Satoshi

THU, SEP 07 2017 12:35 From: Satoshi

Thanks for always
helping me.



THU, SEP 07 2017

for Satoshi from Yuki

THU, SEP 07 2017 12:40 From: Yuki

I love you.



months

MON, SEP 18 2017

for Satoshi from Yuki

MON, SEP 18 2017 08:24 From: Yuki

Keep it up!!

15
weeks



MON, SEP 18 2017

for Yuki from Satoshi

MON, SEP 18 2017 08:27 From: Satoshi



FRI, SEP 22 2017 20:10 From: Yuki



FRI, SEP 22 2017 20:15 From: Satoshi



MON, SEP 25 2017 15:08 From: Yuki



MON, SEP 25 2017 15:14 From: Satoshi



TUE, OCT 31 2017 12:12 From: Yuki



TUE, OCT 31 2017 15:11 From: Satoshi



MON, NOV 13 2017 17:05 From: Yuki



MON, NOV 13 2017 17:15 From: Satoshi



MON, JAN 01 2018 12:18 From: Satoshi



MON, JAN 01 2018 12:25 From: Yuki



SUN, JAN 14 2018 10:02 From: Satoshi



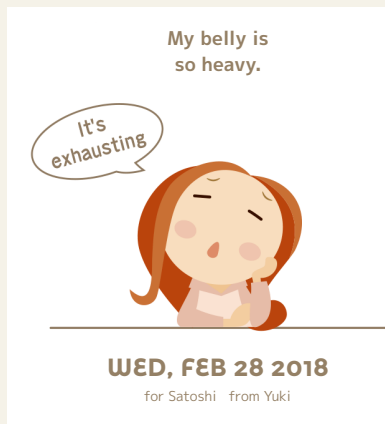
SUN, JAN 14 2018 10:04 From: Yuki



MON, FEB 05 2018 11:25 From: Satoshi



MON, FEB 05 2018 12:06 From: Yuki



WED, FEB 28 2018 17:14 From: Yuki



WED, FEB 28 2018 17:18 From: Satoshi



MON, MAR 19 2018 23:18 From: Satoshi



MON, MAR 19 2018 23:24 From: Yuki

memo

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Wishing you a future
filled with happiness!!

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I love you.

28odaya

Author : Yuki & Satoshi

Date and time of creation : NOV 13,2019 13:19

Data ID : 1911130001454

