Have you noticed any triggers that remind you of particularly difficult experiences in the hospital?

- Smells
- Sounds
- People
- Baby’s behavior

- Hand sanitizer
- Aquaphor®
- Foods from pregnancy
- __________

- Phone
- Hospital monitor
- Alarm clock
- __________

- Doctor
- Nurse
- Family
- __________

- Crying
- Erratic breathing
- Turning red or pale
- __________

My Triggers:

Space for you to write down some of your own: