

Triggers

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

<input type="checkbox"/> Smells	<input type="checkbox"/> Sounds	<input type="checkbox"/> People	<input type="checkbox"/> Baby's behavior
<input type="checkbox"/> Hand sanitizer <input type="checkbox"/> Aquaphor® <input type="checkbox"/> Foods from pregnancy <input type="checkbox"/> _____	<input type="checkbox"/> Phone <input type="checkbox"/> Hospital monitor <input type="checkbox"/> Alarm clock <input type="checkbox"/> _____	<input type="checkbox"/> Doctor <input type="checkbox"/> Nurse <input type="checkbox"/> Family <input type="checkbox"/> _____	<input type="checkbox"/> Crying <input type="checkbox"/> Erratic breathing <input type="checkbox"/> Turning red or pale <input type="checkbox"/> _____

My Triggers:

Space for you to write down some of your own: