

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
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- 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: