On My Way
Journal of a Child’s First Three Years
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Ideas for using this journal

Special Moments & Memories

Writing down your young child's interests, abilities, favorite things to do, and experiences is a great way to record special memories as you watch your baby grow. Unlike traditional baby books that focus on baby's “firsts,” On My Way is designed to help you focus on, identify, and follow your child's interests as they change over time. The first three years of life are an amazing time during which you can discover and build on your child's ever-changing curiosity about the world!

On My Way is divided into sections for each of your child's first three years. You can use the printed prompts to help you think about and jot down the ways your child shows interest in the world. The Windows of Opportunity Windows to Wide Open Learning workbook will also help you remember the activities you have already identified as your child's interests. The photo spaces are great areas to show activities your child finds exciting and special moments that you and your child share together. Although the words “Mommy” and “Daddy” are used in this baby book, On My Way is meant to be used by any primary caregiver (for example, a grandparent, step parent, foster parent, etc.) of young children.

We hope you enjoy On My Way and find that it becomes a treasured keepsake full of special memories shared by you and your child!
A record of the growing strengths, interests, and activities of

Date of birth
Today's date __________ .
Child's age __________

Today I smiled when ...
_______________________________________________________
_______________________________________________________

I always chuckle when ...
_______________________________________________________
_______________________________________________________

What my parents enjoyed watching me do today:
_______________________________________________________
_______________________________________________________

Special ways my parents show how much they love me:
_______________________________________________________
_______________________________________________________
_______________________________________________________
_______________________________________________________

Ways to be comforted:
_______________________________________________________
_______________________________________________________
_______________________________________________________
_______________________________________________________

Some of the new things I'm learning to do:
_______________________________________________________
_______________________________________________________
_______________________________________________________
_______________________________________________________

Things I love to do with my parents:
_______________________________________________________
_______________________________________________________
_______________________________________________________
_______________________________________________________

My Favorites!
My First Year

Today's date _____________
Child's age _______________

I've just figured out how to ...

___________________________________

Activities I enjoy doing now:

___________________________________

Ways I show I'm pleased:

___________________________________

Something that brought me a big smile today:

___________________________________

PHOTO

My Favorites!

Picture books:

___________________________________

___________________________________

Songs:

___________________________________

___________________________________

Bedtime routines:

___________________________________

___________________________________

Games on my parents' laps:

___________________________________

___________________________________
My First Year

Favorites!

Things to look at:

____________________________________

____________________________________

____________________________________

____________________________________

Things to touch:

____________________________________

____________________________________

____________________________________

____________________________________

Games to play with my parents:

____________________________________

____________________________________

____________________________________

____________________________________

Things and activities that keep me interested and involved:

____________________________________

____________________________________

____________________________________

____________________________________

What I love to do now

PHOTO

Today’s date _____________
Child’s age _____________

Today I tried hard to ...

____________________________________

____________________________________

____________________________________

____________________________________

I laugh and laugh when ...

____________________________________

____________________________________

____________________________________

____________________________________
My First Year

Today's date _____________
Child's age _______________

I'm having fun learning to ...
__________________________
__________________________

Folks smile, cheer, and clap when I ...
__________________________
__________________________
__________________________

I get excited when I see ...
__________________________
__________________________
__________________________

I love to listen to ...
__________________________

Folks smile, cheer, and clap when I ...
__________________________
__________________________
__________________________

I surprised my parents when I ...
__________________________
__________________________
__________________________
__________________________

Look what I can do now!

PHOTO

Favorites!

Places to go:
__________________________
__________________________
__________________________

People to see:
__________________________
__________________________
My First Year

Today's date ____________
Child's age ____________

I smiled today when ...
____________________
____________________
____________________
I laughed today when ...
____________________
____________________
____________________

Favorites!

My favorite things to do in our home:
_______________________________________
_______________________________________
My favorite things to do outdoors:
_______________________________________
_______________________________________

New activities I've experienced in our community recently:
_______________________________________
_______________________________________

I've just learned how to ...
____________________
____________________
____________________

Things I do that make my parents very proud:
_______________________________________
_______________________________________
_______________________________________

We celebrated my first birthday by ...
________________________________________
________________________________________
________________________________________

The birthday activity I liked best was ...
________________________________________
________________________________________
________________________________________

A birthday gift that especially interested me and what I enjoyed doing with it:
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________

On My Big Day

My Birthday Favorites!
Party foods
________________________________________
________________________________________
________________________________________

Visitors
________________________________________
________________________________________
________________________________________

PHOTO
Today's date _____________
Child's age _______________

I get especially excited when ...

__________________________________
__________________________________
__________________________________

I show I'm excited by ...

__________________________________
__________________________________
__________________________________

In our kitchen I like to:

__________________________________
__________________________________
__________________________________

In my room I like to:

__________________________________
__________________________________
__________________________________

In my bed I like to:

__________________________________
__________________________________
__________________________________

On car rides I like to:

__________________________________
__________________________________
__________________________________

Favorites!

People:

__________________________________
__________________________________
__________________________________

Toys:

__________________________________
__________________________________
__________________________________

I had the most fun this week when ...

__________________________________
__________________________________
__________________________________

__________________________________
__________________________________
**My Second Year**

**Today's date** ___________
**Child's age** ___________

**New things I'm learning:**
____________________________
____________________________
____________________________
____________________________

**Something amusing I did today:**
____________________________
____________________________
____________________________
____________________________

**Things that always make me laugh:**
____________________________
____________________________
____________________________
____________________________

**How I have fun playing in the bath tub:**
____________________________
____________________________
____________________________
____________________________

**Other places and ways I enjoy playing in water:**
____________________________
____________________________
____________________________
____________________________

**Favorites!**

**Animals**
____________________________
____________________________

**Songs**
____________________________
____________________________

**Foods**
____________________________
____________________________

**Places to play**
____________________________
____________________________
Today's date _____________
Child's age _____________

Hooray!
I'm always happy during these everyday activities:
____________________________________
____________________________________
____________________________________
____________________________________
____________________________________
____________________________________

I've just learned how to ...
____________________________________
____________________________________
____________________________________

Some of the things I'm trying to do on my own now:
____________________________________
____________________________________
____________________________________

Places/things/ways I love to explore OUTDOORS:
____________________________________
____________________________________
____________________________________

Places/things/ways I love to explore INDOORS:
____________________________________
____________________________________
____________________________________

Having Fun Outdoors

PHOTO
Today's date _____________
Child's age _____________

When I hear music I ...
________________________________
________________________________
________________________________
________________________________

The songs I most like to hear my parents sing are:
________________________________
________________________________
________________________________
________________________________

Sounds I enjoy making and/or things I like to say:
________________________________
________________________________
________________________________
________________________________

A few things my parents enjoy doing with me are ...
________________________________
________________________________
________________________________

My parents are so happy and proud when I ...
________________________________
________________________________
________________________________

One of my best recent “adventures” was ...
________________________________
________________________________
________________________________
My Second Year

Today’s date _____________
Child’s age_______________

New things I’m learning to do:
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

Things and activities that capture my interest and keep me involved:
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

Favorites!

Books:
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

Games to play on a parent’s lap:
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

Toys I take with me from place to place:
_________________________________________________________________
My Second **BIRTHDAY**

Today’s date _____________
I’m two years old!

How we celebrated my special day:
________________________________________
________________________________________
________________________________________

When I saw my birthday cake, I ...
________________________________________
________________________________________

The activities and new experiences I enjoyed the most on my birthday were ...
________________________________________
________________________________________
________________________________________

**My Birthday Favorites!**

**Toys**
________________________________________
________________________________________

**Foods**
________________________________________
________________________________________

**Friend**
________________________________________

**I’m Terrific at Two!**

PHOTO
Today’s date ___________
Child’s age ___________

Some things I enjoy doing or trying to do “all by myself”:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Words and phrases I say most often:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

My parents are amused when I say:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What I want to do first when we go to a park or playground:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
My Third Year

An experience or a sight that absorbed my attention today:

__________________________________
__________________________________
__________________________________
__________________________________
__________________________________
__________________________________
__________________________________

I always have fun with these friends (real and imaginary!):

__________________________________
__________________________________
__________________________________
__________________________________

Some of the ways I enjoy playing “pretend” are ...

__________________________________
__________________________________
__________________________________

Some of the things I'm trying to do “all by myself” are ...

__________________________________
__________________________________
__________________________________

Favorites!

Color
__________________________________

Places
__________________________________
__________________________________

Snacks
__________________________________
__________________________________

Events
__________________________________
__________________________________

People/Characters
__________________________________
__________________________________

Today's date ____________
Child's age _____________
Today's date _____________
Child's age _____________

I'm very proud I've learned to ...

__________________________________
__________________________________
__________________________________
__________________________________
__________________________________

My parents couldn't believe it when I ...

__________________________________
__________________________________
__________________________________
__________________________________
__________________________________

The most fun I've had all week was when ...

__________________________________
__________________________________
__________________________________
__________________________________
__________________________________

Favorites!

Songs
__________________________________
__________________________________

Special treat
__________________________________


PHOTO

The most fun I've had all week was when ...

__________________________________
__________________________________
__________________________________
__________________________________
__________________________________


Favorite!

Songs
__________________________________
__________________________________

Special treat
__________________________________


PHOTO
My Third Year

My parents are very happy and proud when I ...

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

My parents show they love me and enjoy being with me by ...

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

My favorite playground:  
________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

My favorite games:  
________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

Things I like to collect  
(example: sticks)
________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

Friends:  
________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

Today’s date _____________  
Child’s age _____________  

My favorite things to do and see when shopping are ...

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

What I enjoy doing on car rides:  
________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________
Today’s date _____________
Child’s age _______________

I surprised my parents when I ...
_________________________________
_________________________________
_________________________________
_________________________________

What I’m most curious about
_________________________________
_________________________________
_________________________________
_________________________________

Ways I “help” around the house
_________________________________
_________________________________
_________________________________
_________________________________

My favorite smells
_________________________________
_________________________________
_________________________________
_________________________________

Things I like to touch
_________________________________
_________________________________
_________________________________
_________________________________

This week, the most fun I had was when...
_________________________________
_________________________________
_________________________________
_________________________________

Today, the activity I stuck with the longest was ...
_________________________________
_________________________________
_________________________________
_________________________________
My Third BIRTHDAY

Favorite people I invited to my birthday party:
___________________________
___________________________
___________________________
___________________________

Some of the things I said at my party:
_______________________________
_______________________________
_______________________________
_______________________________

Things that surprised me on my birthday:
_______________________________
_______________________________
_______________________________
_______________________________

Today's date _____________
Today I'm Three!

Fun things I did at my 3rd birthday party:
_______________________________
_______________________________
_______________________________
_______________________________

Birthday gifts that I found most exciting, and how I played with them:
_______________________________
_______________________________
_______________________________
_______________________________

Me at Three!

PHOTO
More PHOTOS of Special Moments