

Hello Baby

 Cherish precious moments with your baby
with a keepsake journal of milestone moments



Made With Love

Birth Certificate

This Certifies That

Renée Johnson
(Name)

was born to

Alice Johnson and Thomas Johnson
(Mother) (Father)

on 30/05/18 at 16:35
(Date) (Time)

weight 7 lbs 3 oz length 19"
(Weight) (Length)

at Broomfield Hospital
(Location)

in Chelmsford Essex
(City) (State)

[Signature]
(Signed)

[Signature]
(Signed)

all about Mummy & Daddy

MEDICAL RECORD		POSTNATAL CARE		DATE <u>31/05/2018</u>				
PATIENT INFORMATION								
LAST NAME <u>Johnson</u>		FIRST NAME <u>Alice</u>		MIDDLE INITIAL <u>R</u>				
STREET ADDRESS <u>5 Boringdon RD</u>		TOWN <u>Braintree</u>		CITY <u>Essex</u>	POSTCODE <u>CM75JR</u>			
TELEPHONE <u>1376 842 638</u>		NI No. <u>QQ 8008 79</u>		DOB <u>22/11/1990</u>	AGE <u>27</u>			
RACE <u>White British</u>		EDUCATION LEVEL <u>A levels</u>		OCCUPATION <u>PA</u>				
MARITAL STATUS <u>Married</u>		EMERGENCY CONTACT						
HUSBAND/FATHER OF BABY		NAME		<u>Martha Cox</u>				
		TELEPHONE		<u>07854108638</u>				
NAME <u>Thomas Johnson</u>		NEWBORN'S PHYSICIAN <u>Dr. Richards</u>		REFERRED BY <u>Dr. Smith</u>				
TELEPHONE <u>07326552160</u>								
DELIVERY DATE <u>30/05/18</u>		HOSPITAL <u>Broomfield</u>						
NUMBER OF PREGNANCIES								
TOTAL <u>1</u>	FULL TERM <u>1</u>	PREMATURE	ABORTIONS INDUCED	ABORTIONS SPONTANEOUS	ECTOPICS	MULTIPLE BIRTHS	LIVING <u>1</u>	
PAST PREGNANCIES (LAST SIX)								
DATE	GA WEEKS	LENGTH OF LABOR	BIRTH WEIGHT	SEX	TYPE DELIVERY	ANESTHESIA	PLACE	PRETERM?
<u>01/05</u>		<u>15 hrs</u>	<u>7lbs 3oz</u>	<u>F</u>	<u>✓</u>			<u>N</u>
COMMENTS/COMPLICATIONS		Patient suffered third degree perineal tears. Damage to the anal sphincter. Patient was given stitches. Observations will continue for 24 hours. She reported her pain levels to be 8 on the shown scale. Baby is happy and healthy.						
DEPT/SERVICE		HOSPITAL OR MED FACILITY		RECORDS MAINTAINED AT				
REGISTER NO.		WARD NO.						

31st May

They want me to leave. They've spoken to Tom and they've told him it's time to go home. To take it and leave.

But I can't leave. I can feel the stitches prying apart from one another and one blood spilling down my thighs like a leaky pipe. They change the sheets before they think I'll notice. But I do. I can feel myself come undone, ripping strand by strand. It makes me retch to think about.

When I'm home they won't be there. The nurse with her kind hands and years of experience. The doctors with their assured gaze. The equipment that will keep me alive if I start to bleed out.





All about

MEDICAL RECORD

POS

But they won't listen.

I'm going to die.

I know it. I feel it.

But they don't care.





Please don't make me
leave.

BREAST IS BEST

Waiting for Baby

1. Wash your hands before you start. And have a glass of water close by in case you become thirsty. Get comfortable by sitting down with your back straight and your lap flat. Pop a couple of cushions behind you to support your back. Use another cushion on your knees to help bring your baby closer to your breast if needed.
2. Find the right position. Lay your baby across your lap supporting their head, shoulders and body in a straight line. Position their nose opposite your nipple and allow their head to tilt back, supporting it with one hand. Use the other to hold your baby on their side.
3. Line up your baby's nose with your nipple. Their mouth should open wide, enough to cover your nipple and the lower part of the dark areola. If it doesn't, brush your nipple across their top lip to encourage it.
4. Make sure your baby has a good breastfeeding latch. Your baby will tilt their head back and their chin will be touching your breast. They should take a large mouthful of breast and your nipple should go towards the roof of their mouth. You may need to support your breast for your baby and make sure it doesn't obstruct their breathing.
5. Check for swallowing. When your milk begins to flow (known as the let-down reflex), you'll hear your baby swallowing and see their jaw moving. As your flow increases, you may feel some tingly sensations in your breast — this is quite normal.
6. Feed on demand. To satisfy their hunger and thirst, let your baby feed for as long and as often as they want. The more your baby drinks, the more milk your breasts produce. If your baby still wants more milk, offer the other breast. When they've had enough, your baby will let go of your breast or fall asleep.

Feminism, Breasts and Breast-feeding

When they do breast-feed, why don't they do so for longer? How can this situation (low incidence, etc.) short duration of breast-feeding) be altered?

There has been and still is an international controversy involving organizations like the World Health Organization (WHO, 1981a; WHO, 1981c) and the United Nations Children's Fund (UNICEF, 1990), as well as national governments, in attempts to devise policies which, they hope, will increase breast-feeding. Concern to promote breast-feeding, rest on what has become the dominant understanding of the close relationship between breast-feeding and infant health, as expressed here by UNICEF:

It has been consistently demonstrated, over many years, that bottle-fed babies contract far more illness than those who are exclusively breast-fed. Infants who are exclusively breast-fed are 25 times more likely to survive the first year of life. In those early months, breast-feeding with powdered milk can put the infant in the risk of death. (UNICEF, 1990: 81)

In many countries, the British government firmly supports breast-feeding; it is the best means of ensuring a healthy start to life. It is natural and provides a balance of nutrients for healthy growth, but also protects against infection. (Department of State for Health, 1991: 81)

As part of their efforts to encourage breast-feeding, both Labour and Conservative governments have conducted surveys (OPCS) in 1975, 1980, 1985, 1990 and 1992. Initially the focus of this

3rd June

one
be ab
this
see
resistant
it know

My breasts ache. They pulse in a way I've never felt before. She's hurt me. My milk seeps to the cotton of my tops. I don't have time to change before she cries again. The smell of the curdled placenta follows us around the rest of the day.

It's enough to make us both cry.



OPEN
me



OPEN ME

She's so beautiful. Everyone tells me so.

When she laughs people can't help but smile.

I feel so proud. I know Tom does too. We stare at this little ball of energy until our eyes grow sore. The fat little legs attached to a chunky belly with a round head.

I know she's beautiful. I'm proud.

I should be able to love her. I want to love her.

But when I look at her I can see what she's stolen. Tom's eyes. My nose. His time. My

time. my sleep. my job. my
ambitions. my friends. my
family. my plans. my body.
my money.

My life.

But I can't say this. It's not
okay to say this or think this.
It's impossible. I should love my
child. I'm trying to love my
child. But most days, I wish
I'd never had her.

Is that so bad?

♡ Lovely Mummy and Brilliant Daddy ♡



Smile

Other!



♡ L

Idy ♡

My darling,

I only have time to write you a short letter today. I'm sorry!

Tom mentioned you're having a hard time adjusting. That's normal! Not everyone slips right into the role. If you did there would be no need for the baby books or designer push-chairs or mother and baby blogs or anything else they push down our throats. It takes time.

When they're younger it's harder. They scream constantly, they need you for everything. But it will pass, and then you'll realise what a joy it is to watch that life grow into something. Grow into something that you and Tom created. I can't describe the feeling of pride that comes with that darling.

23rd June

Today when she cried I pretended not to hear. I pressed the pillow down onto my ear until she wasn't there anymore. It was nice. It was so nice.

Then Tom came in. He was early. He screamed at me. He never used to scream at me, not like that anyway. She'd fallen out of the crib. I ignored her. It was my fault. I left the crib unlatched. It was my fault. I hadn't rocked her to sleep. **It was my fault.**

She was fine.

A part of me wished she wasn't.

I hate that part of me.



25th June

When she laughs I swear I could cry? It's a sound I want to record and play over and over. I want to show it to the people passing by. I want to stop them on days when she is crying and tell them about this sound. So they don't judge her too harshly. We all have bad days but I make her sound like this.

I bring this girl joy.

This is what mum was talking about.

My sweet girl is happy.

Best shows c

Best selling

Films rele

I wonder what my mother would think. If she knew I think the thoughts I do. Or my sister. My dad. Tom. They'd be ashamed, I'm sure. Because who could ever claim to love someone who has such vile thoughts. Who has a child? Who has a family? Yet, claims to be completely alone.

I don't understand it myself, so how could I expect them to?

I read about mothers who kill, harm or abandon their children. I read the graphic details of their crimes and the detailed accounts of their trials. I read about the tears they cried to the courts, how they begged to the jury, to the

Best shows o

judges that they weren't
monsters. Or in some cases
how they were.

Best selling b

And I feel jealous. I'm envious
that they no longer have the
burden of a child on their
shoulders. No chubby hands
prying at their face for atten-
tion. No shrill cries to tell you
they've shit themselves again.

Films released

But it isn't lost on me that
they never lose the label.
They were mothers, are mothers,
will always be mothers. Call
it what you will; a life sen-
tence or a death sentence. But
it's inescapable. But I can't
help but wish I was as
brave as those women

Best shows or

Best selling b

Films released

And I'm disgusted with myself
that I have the nerve ~~to~~
do this. I'm a disgrace.

DEAD

Mother kills child before committing suicide

IRRESPONSIBLE

Evil mother burnt two-month-old baby son to death because his 'crying kept her awake at night'

Main news headlines

EVIL

INNOCENT

'Evil' Russian mother, 21, left her three-year-old daughter to die of starvation alone while she went on a week-long party 'spree' with friends

GUILTY

ABANDONED

INHUMANE

Evil mother Karen Matthews' 'only friend in the world' is her pet budgie Bobby - who she treats like a child and calls her 'baby'

STARVED

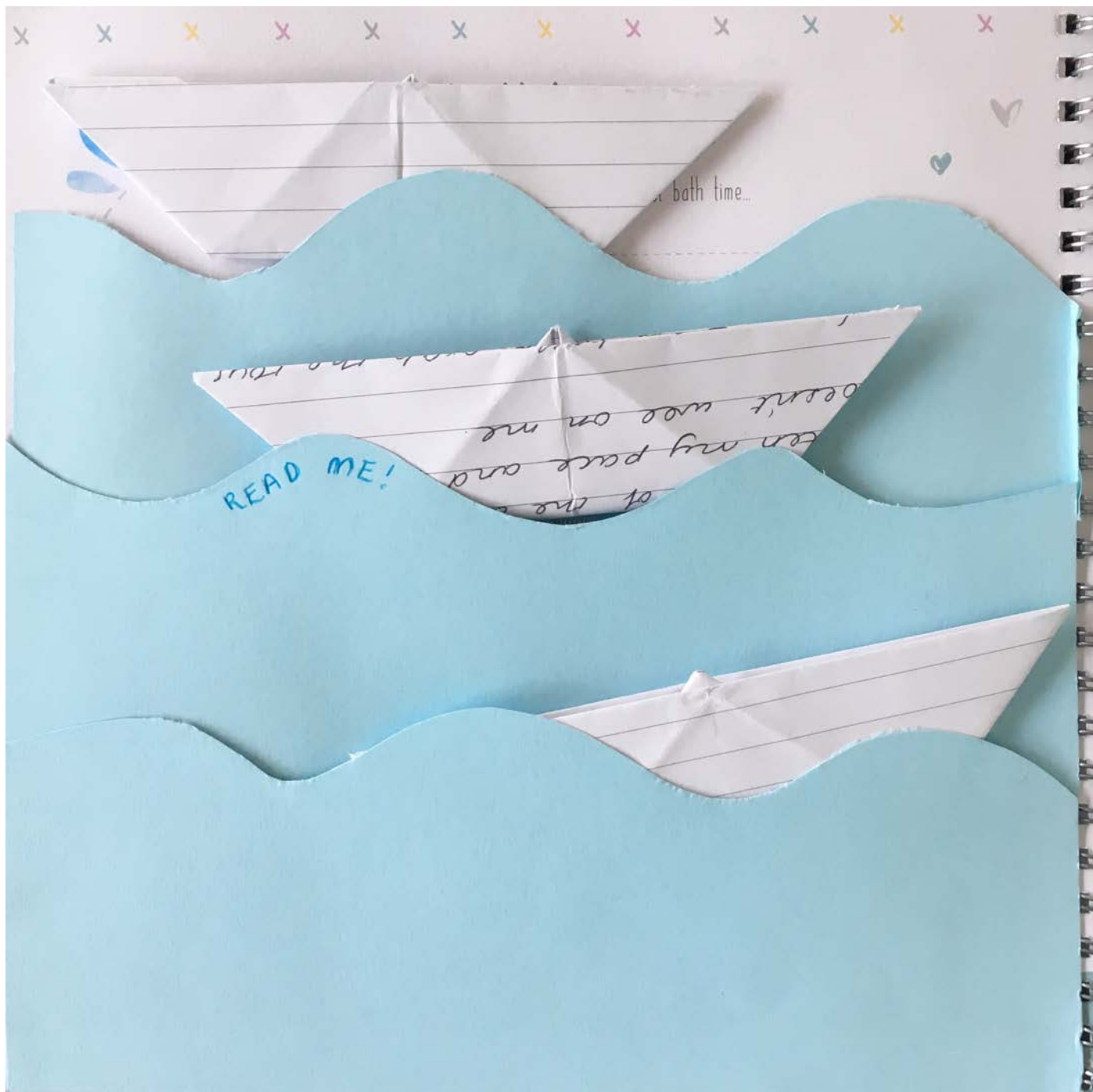
SUFFOCATED

New mother abandons her one-day-old baby in a rubbish bin on the way to work in Brazil 'because she didn't want to lose her job'

SENTENCED

Woman Beats, Abandons Child on Highway: 'I Don't Want Him'

DISPICABLE



27th June

Bathtime is hard. Normally Tom will do it. But on occasion, when he's late or having a drink with the boys, it's up to me. I peel her pink cotton onesie down her swollen body. She kicks and smiles at me. I imagine this to be one of the nice moments they tell you about when you're pregnant. Mummy and me time.

And then we shuffle into the bathroom. She writhes in my arms, aware of the impending excitement of the water. I hasten my pace and pray she doesn't wee on me.

We run the bath, grab the toys, and in she goes. And she splashes. And splashes. And

splashes some more. She screams
and laughs and snorts through
the bubbles.

And I sit. And I wait. And I
wonder when I last felt so
happy.

Bath time

A picture of me with bath bubbles
on my head

30th June

Shitty nappies. I'm sick of shitty
nappies.





Twinkle Twinkle Little Star

Baby is good at sleeping...

During the day

☐

At night

☐

All the time

☐

During feeding

☐

Never!



PLEASE STOP

I'll do anything

It's been hours. Please let me sleep. Please stop crying. Please tell me what you want.

She won't stop crying.

5th July





Jacqueline Thurstan @JacquieThurstan · May 8
Note to Duchess of Sussex.

From The Head of Public Relations.

YOU CAN SWAP THE MOONBUMP NOW.

USE A SMALLER VERSION. AFTER ALL THE YAPPING ABOUT THE YOGA, YOU OUGHT TO LOOK SMALLER NOT NOT THE SAME BLOODY SIZE.

#moonbump



nirvana
@nirvana1481202

Catherine looks perfectly normal here. Bigger breasts, still round and very visible tummy, fuller arms. Maggot with her weird looking waist and giant tummy, toothpick limbs. Oh dear, how I hate this grifter's guts (pun slightly intended).



Why can't Meghan Markle keep her hands off her bump? Experts tackle the question that has got the nation talking: Is it pride, vanity, acting - or a new age bonding technique?

By Mail on Sunday Reporter
Updated at 7:59 am on 27 January 2019



Royal baby watch: Where will Meghan Markle have her baby? Due date, godparents and all you need to know ahead of the birth

Meghan Markle will be 'ultimate empowered mother' by breastfeeding in public expert

claim 'Empowered mother' Meghan Markle to ditch the nanny and sleep in bed with her baby?

Why do we care??



BananaBaroness
@BananaBaroness

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When you order something online vs when you receive it



Feb 19 Feb 2019

106 Likes



12

106



M Y

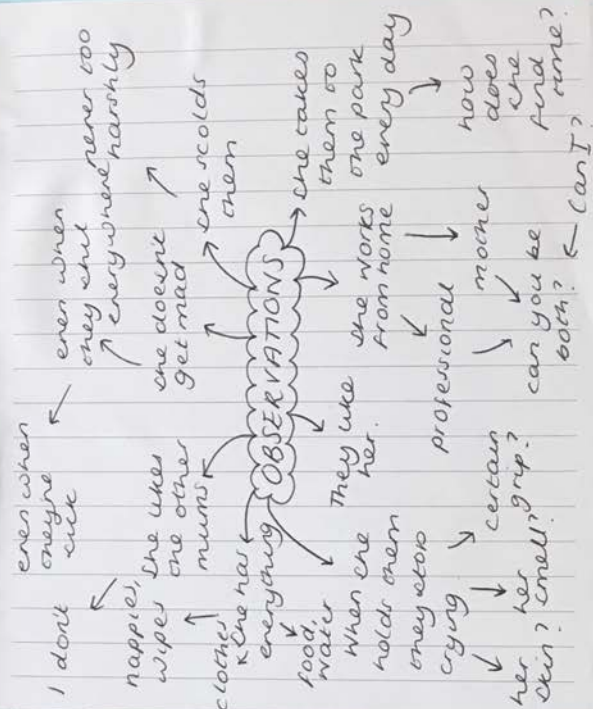
S I S T E R

S A R A H

15th July

She makes it seem so easy. My sister was born to be a mother. That's what everyone says. I'll grow into it, but she was always meant to do this. I wish my baby could have a mother like that. I can't be like that. I never will.

I've tried to work it out, what makes her so great. I want to understand. How do you **be** a mother? But it doesn't make sense. The lines get tangled. I can't see it.



CONCLUSIONS

- * I am not my sister
- * I am not a good mother.

← Reply ↶ Reply all → Forward 📁 Archive 🗑 Delete 🚩 Set flag ...

From: Sarah.n@live.co.uk

To: A.Johnson@hotmail.com



Hey sis,

Just checking in! No one's heard from you in a while. I was thinking we could meet up for dinner sometime this week? I know its short notice but Sam said he could watch all the kids so no need to worry about a babysitter.

I bet you're needing a break with that little one growing up so fast! We saw the pictures on facebook, she's getting so old!

Anyway, let me know what you think.

Love you,

Sarah

20th September

Tom wouldn't consider an abortion.

If I aborted the baby we were done. That's what he said.

I thought I couldn't live without Tom. I think I could now. I think he could do the same.

2019 July

Lunch with Zoe

Friday 19
(200-165)

Night out with Claire

Saturday 20
(201-164)

Coffee with mum

Sunday 21
(202-163)

* Pick up milk and
sterilizer.

Notes



My darling, dad's come down with the flu! Don't want to pass anything to you or the little one so can we rearrange for next week? Do you have plans?

Nope, I'm free. Hope he feels better soon x

Great see you then! Chin up x

2019 July

Lunch with Zoe

Friday 19
(200-165)

Night out with Claire

Saturday 20
(201-164)

Coffee with mum

Sunday 21
(202-163)

* Pick up milk and
sterilizer.

Notes



2019 July

Lunch with Zoe

Friday 19
(200-165)

Night out with Elaine

Saturday 20
(201-164)

Coffee with mum.

Sunday 21
(202-163)

* Pick up milk and
sterilizer.

Notes

9:41 AM 54%
Chats Zoe Fullerton
online

Hi hun, I'm so sorry but I've got
to cancel on lunch today!
Raincheck?

No problem. Everything okay? x

Darren's booked a surprise trip
to London! So excited x

Have fun x

↑ Add Message

↑ Add Message

Certificate of Death

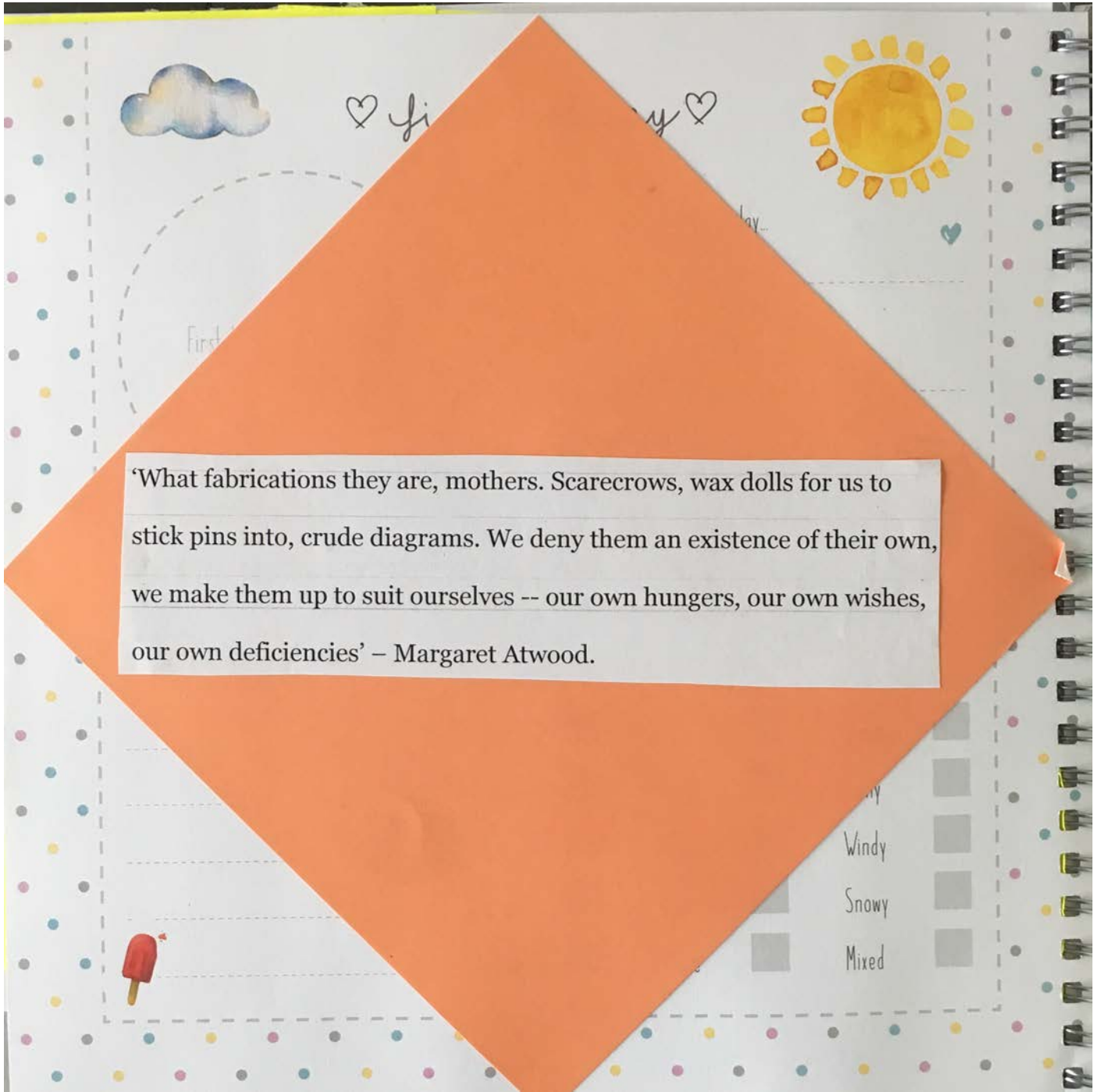
This is to acknowledge the death of

ALICE ROSE JOHNSON

On the 30th day of MAY In The Year 2018.

At: BROOMFIELD HOSPITAL

Signed: MS



'What fabrications they are, mothers. Scarecrows, wax dolls for us to stick pins into, crude diagrams. We deny them an existence of their own, we make them up to suit ourselves -- our own hungers, our own wishes, our own deficiencies' – Margaret Atwood.

