



THE KINS KEEPSAKE COLLECTION

YEAR 0 / 0-12 months

The first year

The Story of Your First Year



A little of today. Theirs forever.

KEPT WITH LOVE BY

kins.love

K I N S • T H E E V E R Y D A Y , K E P T

The Story of Your First Year

A little of today. Theirs forever.



Affix First Official Portrait

4 × 6 KEEPSAKE PHOTOGRAPH

Baby's Full Name: _____

Born into our arms on: _____

At (City, State / Hospital): _____

Kept with love by: _____

The Day We Found Out

Date: _____

THE FIRST WHISPER

Where were we, and who discovered the news first?

THE INITIAL REACTION

Tears, stunned silence, joyous shouts, or disbelief?



*Affix the positive test photograph or
our first overjoyed selfie*

KEEPSAKE SNAPSHOT

THE SECRET CIRCLE

Who did we tell first, and how did they react?

Person 1: _____

THEIR REACTION:

Person 2: _____

THEIR REACTION:

Kept secret for: _____ weeks Shared immediately: ☐ Yes ☐ No

PARENT REFLECTIONS: WHAT WE TALKED ABOUT THAT FIRST NIGHT

Hopes, quiet fears, whispered nicknames, and plans before falling asleep:

"Before you were even the size of a poppy seed, our hearts had already expanded to fit your whole life."

First Sight & Fluttering Heartbeat

Dating Scan: _____



Ultrasound Scan Snapshot (12-Week Scan)

CROWN-TO-RUMP: _____ MM



Anatomy Scan Snapshot (20-Week Scan)

PROFILE, LITTLE HANDS & FEET

SOUND OF YOUR HEARTBEAT

Pounding like a galloping train (BPM: _____):

THE FIRST FLUTTERS & KICKS

Week ____: Bubbles, rolls, or karate kicks:

ULTRASOUND NOTES & ESTIMATED MEASUREMENTS

Observations, sonographer reactions, and little movements seen on screen:

Estimated Due Date: _____ Gestational Age: _____

Amniotic Fluid & Placenta: _____ Sonographer's Note: _____

| "Seeing that tiny flicker on the screen turned a wild hope into an absolute reality."

A Name to Call Your Own

Finding Your Name

THE NAME WE CHOSE:

Why this name? What does it mean to us and our heritage?

THE CONTENDERS LIST

Other names we tested out for months:

1.

2.

3.

4.

5.

6.

THE DECIDING MOMENT

When did we know without a doubt?

MIDDLE NAME HERITAGE & FAMILY TIES

Honoring our loved ones and ancestral roots:

"A name is the first gift we give you, wrapped in every hope we share."

Nesting & Making Room for You

Your First Room

COLORS, FABRICS & TINY HANGERS

How we prepared your sleeping corner:

THE VERY FIRST OUTFIT

Folded and waiting inside your drawers:



Affix a photo of the cot, bassinet, or nursery nook
QUIET SANCTUARY BEFORE YOUR ARRIVAL

NURSERY CHECKLIST & DETAILS

The special touches chosen with love:

Crib / Cot Model: _____	Lullaby Mobile Motif: _____
Softest Swaddle Fabric: _____	Nightlight Glow: _____

"Washing those miniature socks and folding little blankets made everything real."

Surrounded by Your Village

Celebration & Shower

THE GATHERING OF LOVE

Who hosted, who came, and the games or laughter we shared:

MOST THOUGHTFUL KEEPSAKE GIFT

Something treasured forever:

FUNNIEST ADVICE RECEIVED

Words that made us laugh out loud:



Photo of the baby shower or friends placing hands on the bump
SURROUNDED BY WARMTH & BLESSINGS

GUESTS' WISHES FOR YOUR LIFE

Hopes, prayers, and blessings written into our guestbook:

"We loved you before you drew your very first breath."

Hello, Beautiful World

Official Arrival Record

YOUR FULL GIVEN NAME: _____

Date of Birth: _____ Time of Arrival: _____

Birth Weight: _____ Birth Length: _____

Eye Color: _____ Hair Color & Texture: _____

Place of Birth (Hospital/Home/City): _____



Affix your very first official portrait taken in the hospital bassinet
ZERO DAYS OLD • PURE MAGIC

FIRST IMPRESSIONS IN THE DELIVERY ROOM

The first breath, the quiet tears, and who you looked like right away:

The Journey to Meet You (Part 1)

Labor & Delivery

THE FIRST CONTRACTION / SIGNS IT WAS TIME

What time of day was it, and what were we doing?

THE RIDE TO THE HOSPITAL / MIDWIFE ARRIVAL

The weather outside, the rush of adrenaline, the suitcase by the door:

LABOR SOUNDTRACK & SUPPORT TEAM

Who held our hands, encouraged each breath, and what songs played?

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The World When You Arrived

Keepsake Snapshot

A SNAPSHOT OF THE DAY YOU ENTERED THE WORLD

The sky, the stars, and the everyday numbers of that morning:

Moon Phase Above: _____	Birth Flower: _____
Zodiac Sign: _____	Birthstone: _____
Weather on the Day: _____	Price of a Loaf of Bread: _____

#1 SONG THE WORLD WAS SINGING

The tune playing on car radios and streaming charts everywhere:

MAJOR HEADLINE IN THE MORNING NEWS

What gripped the front pages on the morning of your arrival:

LEADERS OF THE WORLD & CULTURAL MOMENTS

The era, the slang, and the trends defining humanity this week:

| "The world was noisy and busy, but in our room, there was only you."

Tiny Hands, Tiny Feet

Ink Impressions



LEFT & RIGHT HANDS

STAMP BOTH TINY PALMS WITH BABY-SAFE INK



LEFT & RIGHT FEET

STAMP BOTH TINY SOLES WITH BABY-SAFE INK

HOSPITAL BRACELET & BASSINET CARD POCKET

Tape your original newborn identification bracelet below:

[AFFIX HOSPITAL ID BRACELET HERE]

"Ten tiny fingers, ten tiny toes, reaching out into all the possibilities ahead."

First Hellos & Gentle Hugs

Hospital or Home Visitors

GRANDPARENTS' FACES

The first time they laid eyes on their grandchild:

SIBLINGS OR FURRY SIBLINGS

Curious sniffs, shy smiles, or gentle pats:



Photo of Grandparents or Family holding you for the very first time

SURROUNDED BY WONDER & GENERATIONS

FIRST WORDS SPOKEN OVER YOU BY FAMILY

Blessings, quiet gasps, and emotional declarations whispered by visitors:

"You brought generations together into one quiet, breathless circle of love."

Coming Home Through the Front Door

Welcome Home

THE FIRST CAR RIDE

Driving at 10mph, checking the mirror every 5 seconds:

CARRYING YOU IN

Crossing the threshold as our brand-new family:



Photo of Baby in Car Seat on the living room floor or front porch

OUR HOME HAS A NEW MASTER

GOING-HOME OUTFIT DETAILS

The first clothes that welcomed you home:

Outfit Color & Style:

Gifted by:

Temperature Outside:

First Room We Walked Into:

The First Night Home

Night 1 Earthside

THE 3:00 AM SILENCE

Whispering in the dark, checking your chest rise and fall:

HOW MOM SURVIVED

Tea, adrenaline, soothing skin-to-skin:

HOW DAD SURVIVED

Burping shifts, diaper tutorials, quiet wonder:

MORNING LIGHT: SURVIVING OUR FIRST 24 HOURS TOGETHER

When the sun came up, what did we look at each other and say?

| "Exhausted, overwhelmed, and never more completely in love."

One Month of You

Weight: ____ | Height: ____



One Month Milestone Portrait (4 × 6 Keepsake)
365 DAYS OF WONDER

Current Nicknames: _____	Diaper Size: _____
Favorite Soother: _____	Longest Sleep Stretch: _____
Clothing Size: _____	Daily Feed Count: _____

PHYSICAL QUIRKS & FAVORITE SENSATIONS

Newborn acne, peeling ankles, milk blisters, warm baths, white noise, and wraps:

"Softest cheeks, sweetest milk sighs, and a world learned entirely through scent and touch."

The Little Rhythms

Month 1 Memory Log

THE WAY YOU SLEEP

Arms flung out or swaddled tightly:

THE WAY YOU FEED

Cluster feeding, milk drunk smiles:

MILESTONE CHECKLIST: MONTH 1

- ☐ Focuses on faces 8-12 inches away
- ☐ Strong grasp reflex on adult fingers
- ☐ First reflexive half-smiles in sleep
- ☐ Reacts to loud unexpected sounds
- ☐ Turns head toward familiar parent voice
- ☐ Lifts head briefly during tummy time

OUR HARDEST DAY

When fatigue peaked:

PARENT CONFESSION

The funny thing we worried about:

A LETTER FROM MOM/DAD AT 4 WEEKS

Looking back at 28 days of parenthood:

Two Months of You

Weight: ____ | Height: ____



Two Months Milestone Photo (First Real Social Smile)

365 DAYS OF WONDER

Smile
Triggers: _____

Eye Color
Shifting: _____

Daily Nap
Count: _____

Bathtime
Mood: _____

THE FIRST DELIBERATE SMILE

Who were you looking at, and what made your face break wide open?

"Your first smile made every sleepless hour vanish in an instant."

New Sights & Coos

Month 2 Memory Log

EYE TRACKING & SHADOWS
Following ceiling fans and morning light:

FIRST LITTLE COOS
Gurgles, vowel sounds, and talking back:

OUR DAILY STROLLER WALK TOGETHER
Where we stroll, fresh air, and your sleeping patterns on the move:

MILESTONES & VACCINATIONS CHECK-IN

Pediatrician Check: Healthy growth

Tears shed during shots: Quick hug & comfort

Three Months of You

Weight: ____ | Height: ____



Three Months Milestone Photo (Discovering Hands)

365 DAYS OF WONDER

Favorite Teething Toy: _____

Head Control Status: _____

Favorite Play Mat Toy: _____

Nighttime Routine: _____

DISCOVERING YOUR OWN FINGERS

Staring at your hands like they are brand-new toys:

"Watching you discover that your hands belong to you is pure wonder."

Tummy Time & Strong Neck

Month 3 Memory Log

THE TUMMY TIME DRAMA

Do you push up like a proud cobra, or protest face-down on the rug?

FAVORITE MOBILE / TOY

What captures your gaze longest when kicking on the mat?

BEDTIME SONGS AT 3 MONTHS

The melody that calms the evening storm:

PARENT RHYTHMS: STARTING TO FEEL LIKE OURSELVES AGAIN

Small rituals that returned and new joy in the daily groove:

Four Months of You

Weight: ____ | Height: ____

Four Months Milestone Photo (The Belly Laugh Face)

365 DAYS OF WONDER

First Real Laugh
Date: _____

Ticklish
Spots: _____

Favorite Silly
Sound: _____

Rolling Over
Attempts: _____

THE FIRST TRUE BELLY LAUGH

The unforgettable sound, and what ridiculous face triggered it:

"Your laugh is the sound track our home was waiting for."

Grabbing & Rolling

Month 4 Memory Log

THE 4-MONTH SLEEP SHIFT

How our nights look right now, leaps and sleep rhythms:

FIRST ROLLING EPISODE

Tummy to back, or back to tummy? Who witnessed the triumph?

REACHING FOR HAIR, GLASSES & COFFEE MUGS

Hands with a vice-like grip and curious fingers exploring everything:

REFLECTIONS ON MONTH 4: THE EMERGING LITTLE PERSON

The distinctive personality shining through your bright eyes:

Five Months of You

Weight: ____ | Height: ____



Five Months Milestone Photo (Grabbing Tiny Toes)
365 DAYS OF WONDER

Bibs Used Per Day:	~4 to 6	Chewing On:	Everything in sight	Favorite Sitter Pose:	Tripod sit	Mirror Reaction:	Pure fascination
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FINDING YOUR FEET
Grabbing your toes and attempting to put them straight into your mouth:

Babbling Conversations

Month 5 Memory Log

YOUR FAVORITE BABBLE CONSONANTS

Ba-ba, da-da, mm-mm, blowing raspberries, or happy screeching?

TEETHING WATCH

Swollen gums, drool waterfalls, and gnawing hands:

HIGHCHAIR CURIOSITY

Watching us eat dinner with wide, mesmerized eyes:

PARENT NOTES: CONVERSATIONS IN THE HIGHCHAIR

What we talk about and the funny back-and-forth chatter:

Six Months of You

Weight: ____ | Height: ____



Six Months Milestone Photo (Sitting or Messy Highchair)
365 DAYS OF WONDER

Sitting Status: _____	Supported / Tripod _____	Birth Weight: _____	Doubled! _____	First Solid Food Date: _____	Favorite Bath Water Splash: _____	Huge _____
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SITTING UP & SEEING THE WORLD UPRIGHT

How your perspective changed once you could sit up and observe:

Highchair Adventures

Solid Foods Journey

FIRST FOOD TASTED

Avocado, sweet potato, banana, or puree?

THE FACE YOU MADE

Sour shock or instant delight?

FOODS LOVED VS. FOODS HURLED TO THE FLOOR

FAVORITE BITES (LOVED):

REJECTED / HURLED:

MESSIEST HIGHCHAIR MOMENT:

PUREES VS. BABY-LED WEANING: OUR APPROACH & MESSES

How we tackled meal times, bib laundry, and finger food triumphs:

Seven Months of You

Weight: ____ | Height: ____



Seven Months Milestone Photo (Commando Crawl / Sitting)

365 DAYS OF WONDER

Mobility Style:	Army crawl / Roll	Target Object:	Dog bowl & cables	Number of Teeth:	0 to 2	Favorite Song:	Pat-a-cake
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THE ARMY CRAWL / SCOOT

Commando crawling across the floor toward forbidden treasures:

"Babyproofing has officially begun. You are unstoppable!"

Peek-a-Boo & Games

Month 7 Memory Log

THE JOY OF PEEK-A-BOO

Hiding behind muslin blankets or adult hands with pure delight:

FIRST TINY TOOTH?

Bottom central incisor popping through with rosy cheeks:

STRANGER AWARENESS

Shy burying of face into parent neck when new folks say hello:

FAVORITE SOUNDTRACKS & CLAPPING ATTEMPTS

Rhythm games, bouncing to tunes, and clapping hands together:

Eight Months of You

Weight: ____ | Height: ____



Eight Months Milestone Photo (On All Fours)

365 DAYS OF WONDER

Crawling Speed: _____	Rapid transit!	Favorite Clapping Game: _____	Clapping!	Teeth Count: 2 pearly whites	Finger Foods: _____	Soft berries & puffs
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UP ON ALL FOURS

Rocking back and forth before launching across the living room rug:

“Now you follow us from room to room, a sweet little shadow.”

Separation & Cuddles

Month 8 Memory Log

VELCRO BABY DAYS

Knowing who Mom and Dad are, and wanting to be held close whenever we leave the room:

CLAPPING & WAVING BYE-BYE

Proud little hands waving to neighbors and clapping at dinner:

BEDTIME CUDDLE RITUALS

Soft books, warm milk, gentle lullabies, and settling down:

PARENT CHECK-IN: THE SWEETNESS OF BEING THEIR SAFE BASE

Knowing you find complete security in our arms:

Nine Months of You

Weight: ____ | Height: ____



Nine Months Milestone Photo (Pulling Up on Sofa)
365 DAYS OF WONDER

Pulling Up On: _____	Coffee table, shins _____	Pincer Grasp: _____	Picking up tiny peas _____	Favorite Game: _____	Dropping spoon _____	Naps: _____	Settling into 2 solid naps _____
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PULLING UP TO STAND

Gripping couch cushions with determination and beaming with pride:

Nine In, Nine Out

Milestone Equivalence

NINE MONTHS GROWING INSIDE VS. NINE MONTHS EARTHSIDE

Reflecting on how you have transformed from that first tiny ultrasound:

Pincer Grasp Mastery

Picking up small puffs between thumb & index with meticulous focus:

Favorite Sound Mimic

Coughing, car noises, smacking lips, and echoing silly sounds:

The Dropping Game: Cause & Effect

Testing gravity from the highchair and waiting for us to retrieve it:

Ten Months of You

Weight: ____ | Height: ____



Ten Months Milestone Photo (Cruising the Sofa)

365 DAYS OF WONDER

Cruising Along: _____	Sofas, chairs, walls _____	Words Understood: _____	"No", "Bottle", name _____	Favorite Kitchen Drawer: _____	Tupperware _____	Waving Status: _____	Royal wave to everyone _____
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CRUISING AROUND THE ROOM

Side-stepping along the furniture from one toy to the next:

Understanding Words

Month 10 Memory Log

WORDS YOU UNDERSTAND BEFORE SPEAKING THEM

Looking at the light, the dog, your shoes, or Mom when asked:

EMPTYING EVERY BASKET

Dumping laundry, toys, and books all across the floor with glee:

FAVORITE RHYTHM GAME

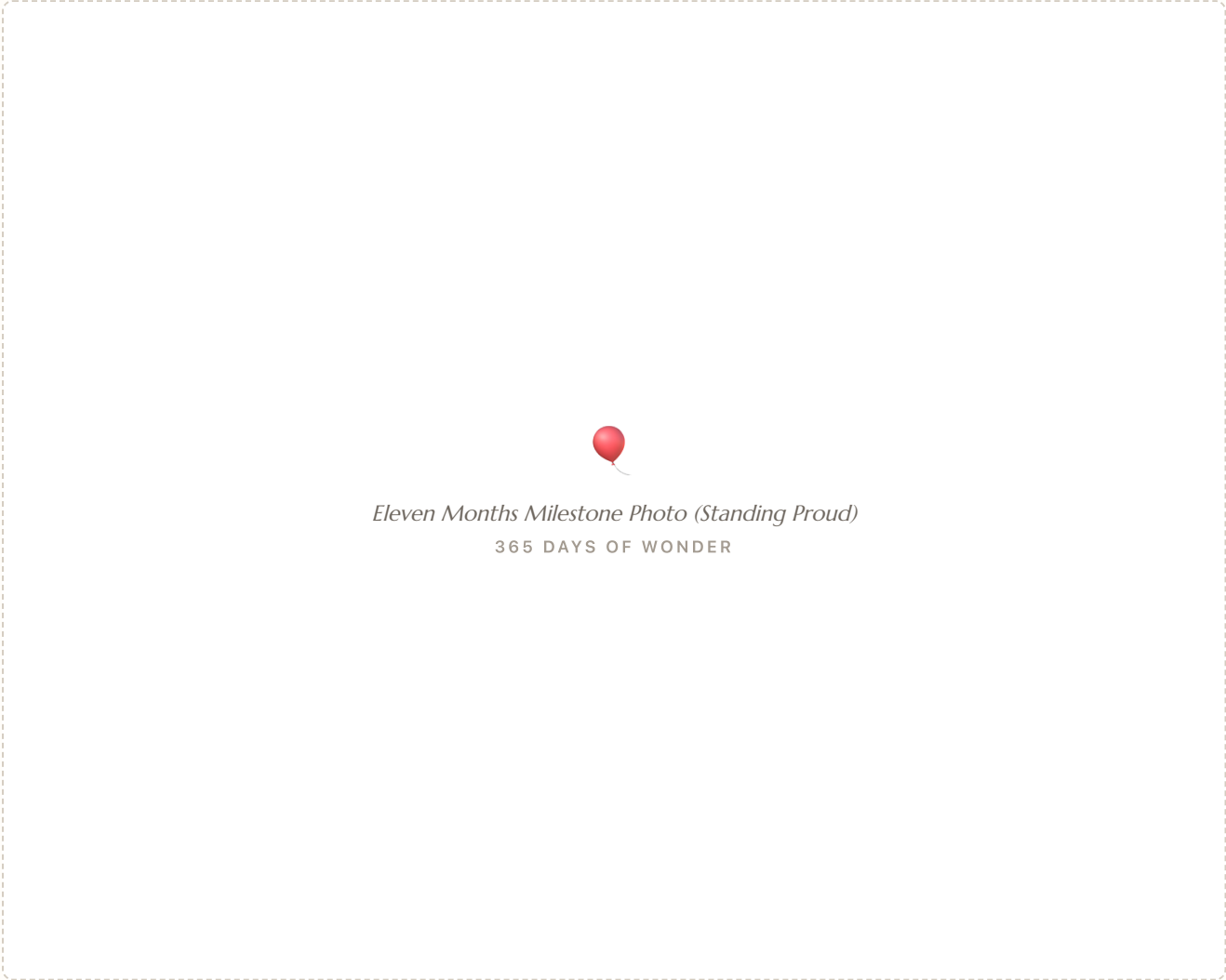
Bouncing to music with knees bent and swaying to tunes:

PARENT NOTES: THE JOY OF MUTUAL COMMUNICATION

Sharing glances, pointing fingers, and knowing what you want:

Eleven Months of You

Weight: ____ | Height: ____



Balancing Hands-
Free:

3-5
seconds!

Pointing
Finger:

The universal
request

First Birthday
Theme:

In the
works

Favorite Game:Chase & crawl

STANDING WITHOUT HOLDING ON

Letting go of the table and realizing you are standing on your own:

“Almost a whole year. Where did our newborn baby go?”

Point, Nod & Shake

Month 11 Memory Log

HOW YOU COMMUNICATE YOUR WANTS

Finger pointing, emphatic grunts, head shaking, and giving kisses:

FAVORITE BOARD BOOK

Turning the sturdy cardboard pages and pointing at pictures:

PLANNING YOUR 1ST BIRTHDAY

Cake flavors, party invitations, and little guest lists:

PARENT ANTICIPATION: REFLECTING ON THE EVE OF 12 MONTHS

Marveling at the wild, beautiful passage of this first year:

Twelve Months of You

Weight: ____ | Height: ____



Twelve Months Milestone Portrait (One Year Portrait)
365 DAYS OF WONDER

Walking Status:	First wobbly steps	Spoken Words:	Mama, Dada, Ball...	Teeth Count:	Ready for birthday cake	Favorite Person:	Both of us!
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YOUR 12-MONTH FIRST WORDS

Mama, Dada, Dog, Ball, or Bye-bye? The sound of your voice:

365 Days Later

Transformation

ARE YOU WALKING?

The first wobbly steps across the rug, brave and thrilled:

NUMBER OF TEETH & SMILE

The toothy grin that greets every morning with bright energy:

HOW OUR WHOLE LIFE HAS CHANGED IN 365 DAYS

From quiet newborn nursery to a toddler laughter paradise:

DAY 1 VS. DAY 365: OUR BIGGEST SURPRISE

The unexpected joy and confidence found in parenthood:

All Your People

Family Tree of Love



Family Gathering / Village Photo with Grandparents & Relatives
THE ROOTS AND BRANCHES OF YOUR FAMILY TREE

THE GRANDPARENTS
GRANDPARENT NAMES & NICKNAMES:

SPECIAL SONGS, STORIES & RITUALS THEY SHARE:

AUNTS, UNCLES & GODPARENTS
WHO SPOILS YOU THE MOST:

FUNNIEST NICKNAMES THEY GAVE YOU:

ANCESTRAL ROOTS & HERITAGE PASSED DOWN
Family traditions, cultural blessings, and ancestral origins carried forward:

Furry Siblings & Four-Legged Friends

Pets & Pals

OUR PET(S): _____

How did they react when we brought you home from the hospital?



Photo of Baby & Pet together on the rug or naptime cuddle

GUARDIANS & LIFELONG COMPANIONS

THE CURRENT FRIENDSHIP STATUS

Gentle petting, sharing biscuits, or guarding your crib?

"The gentlest protectors, forgiving every clumsy tug with soft devotion."

Bedtime Songs & Your First Library

Bedtime Lore

OUR LULLABY SETLIST

The melodies sung on endless loop:

- 1. _____
- 2. _____
- 3. _____
- 4. _____

BOOKS ON REPEAT

Stories read until the covers frayed:

- 1. _____
- 2. _____
- 3. _____
- 4. _____

THE ROCKING CHAIR WHISPERS

What we say to you right before your eyes drift closed:

The Way You Say It

Voice Memories

"YOU'LL ALWAYS KNOW THAT LITTLE VOICE."

The funny pronunciations, sound effects, and expressions you make right now:

Your word for Bottle / Milk: _____

Your word for Dog / Pet: _____

Your happy squeak sounds like: _____

Your angry protest sounds like: _____

Favorite noise to mimic: _____

A FUNNY CONVERSATION WE HAD THIS YEAR

A back-and-forth chat that had us in stitches:

"Audio fades, but the rhythm of your babble will live in our hearts forever."

Warm Water, Bubbles & Splashes

Bath Time Rituals



Photo wrapped in a hooded towel (Bear or Elephant ears)
FRESH FROM THE BUBBLE TUB

SINK BATHS TO BIG TUB
From tiny sponge baths to making tidal waves:

FAVORITE BATH TOY
Rubber duck, plastic cup, or washing foam:

THE POST-BATH SCENT: LOTION, COMB & FOOTED PAJAMAS
The warm lavender smell, sleepy yawns, and comb through damp baby curls:

Small Shoes, Big Steps

Footwear & Outgrown Outfits

SHOE SIZE EVOLUTION

From newborn knit booties to outdoor explorers:

Size 0 (Newborn): First knitted booties from _____ Size 1 (3 Months): Socks that always fell off: _____
Size 2 (6 Months): Soft-soled moccasins: _____ Size 3 (9-12 Months): First walking shoes: _____



TRACING YOUR 12-MONTH FOOT RIGHT NOW

TRACE YOUR 1ST BIRTHDAY FOOT OUTLINE HERE TO CONTRAST WITH DAY 1

"Look how much ground you've covered in just one turn around the sun."

Your Very First Holiday Season

Holidays & Wonder

HOLIDAY CELEBRATED: _____

Christmas, Hanukkah, Eid, Diwali, or New Year? How we decorated and celebrated:



Photo in your holiday pajamas or tearing wrapping paper

THE FIRST TASTE OF HOLIDAY MAGIC

THE THING YOU PREFERRED OVER THE ACTUAL PRESENT

Was it the cardboard box, the ribbon, or crinkling tissue paper?

"The holidays gained all their wonder back the moment you experienced them."

Turning One: The Big Celebration

Birthday Party

PARTY THEME & CAKE

What flavor cake, and how messy was the smash?

WHO CAME TO CHEER YOU ON

Friends and family gathering around:



Photo of your 1st Birthday Cake Smash face and frosting hands
ONE FULL YEAR AROUND THE SUN

THE MOMENT YOU BLEW OUT (OR SMASHED) YOUR CANDLE

Singing happy birthday, cheers, and wide excited baby eyes:

| *"One candle blown out, but a lifetime of wishes made for you today."*

Your Year O: Wrapped

A Year of Being You

YEAR 0 BY THE NUMBERS

Total Inches Grown: _____

Total Weight Gained: _____

Estimated Diapers Changed: **~2,500**

Hours Rocked to Sleep: **Countless**

Top Comfort Food: _____

Favorite Play Object: _____

Number of Teeth Cut: _____

Longest Continuous Sleep: _____

YOUR SIGNATURE SOUND

The noise that defined this year in our house:

YOUR GREATEST OBSESSION

Tags, remote controls, keys, or ceiling fans?

YOUR 3 BIGGEST SUPERPOWERS AT AGE ONE

1. _____
2. _____
3. _____

YEAR 0 IN NUMBERS

Board Books Chewed: _____

Stroller Miles Walked: _____

Outfits Outgrown: _____

Photos & Videos Taken: _____

PARENT AWARDS

Best Burper: ☐ Mom ☐ Dad

Silliest Song Maker: ☐ Mom ☐ Dad

Night Shift Master: ☐ Mom ☐ Dad

Chief Toy Rescuer: ☐ Mom ☐ Dad

"It happens so slowly. And then, all at once. That same little face, a thousand tiny changes."

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Do Not Open Until Your 18th Birthday

Open in Year 2044+

A BLESSING SEALED FOR YOUR 18-YEAR-OLD SELF

When you read this as a grown adult looking back at where you started:



KEEPSAKE POCKET

AFFIX A MINI ENVELOPE WITH A LOCK OF BABY
HAIR, HOSPITAL TAPE, OR A SECRET NOTE

3 PREDICTIONS FOR YOU AT 18

What we imagine for your future self:

1. YOUR PASSION WILL BE:

2. YOU WILL STILL LOVE:

3. YOU WILL MAKE PEOPLE SMILE BY:

FINAL SIGN-OFF FROM YOUR YEAR 0 PARENTS

Signed with all our heart: _____ Date Sealed: _____

"For you now. For them, one day. Little moments. Kept forever."
KINS.LOVE