



THE FIRST YEAR OF

Noah James

A CURATED BLUMZU



MEADOW
EDITION



THE FIRST YEAR OF

Noah James

A considered edit of the days, firsts and changes that made the year yours.

THE DAY YOU ARRIVED

And then there was you.

BORN

Wednesday 18 February 2026

LENGTH

49.8 cm

WEIGHT

3.32 kg

WE REMEMBER

A bright, quiet morning, with the people
who love you.



THE PEOPLE AROUND YOU

Our family, in widening circles.

The voices, arms and familiar faces in your world.

Mum · Sophie

Nana · June

Auntie · Mia

Dad · Oliver

Grandad · Peter



01
MONTH 01

February into March

MONTH 01 · 18 FEB–17 MAR 2026

Milestones reached: Startles to loud sound, Fires and follows and Lifts head briefly.

1

IN THE BOOK

3

MILESTONES

MONTH 01

February into March

MONTH 01 · 18 FEB–17 MAR 2026

What changed this month

GROSS_MOTOR

Startles to loud sound

25 FEBRUARY 2026 · DAY 008 · WEEK 01 + 0D · MONTH 01

One of those little firsts we will always remember.



MILESTONE

Fixes and follows

4 MARCH 2026 · DAY 015 · WEEK 02 + 0D · MONTH 01



ACHIEVED

Startles to loud sound



MILESTONE

Lifts head briefly

11 MARCH 2026 · DAY 022 · WEEK 03 + 0D · MONTH 01

February into March

W00

18 FEB 2026

18 FEB 2026

Hello, little one

The day we finally met you. The world felt very quiet, and everything had changed.

1

KEPT MOMENTS

W01

25 FEB 2026

Startles to loud sound

W02

4 MAR 2026

Fixes and follows

W03

11 MAR 2026

Lifts head briefly

Kept in words

Hello, little one

The day we finally met you. The world felt very quiet, and everything had changed.

18 FEBRUARY 2026 · DAY 001 · WEEK 00 + 00 · MONTH 01

02
MONTH 02

March into April

MONTH 02 · 18 MAR–17 APR 2026

Milestones reached: Social smile and Coos and gurgles.

1

IN THE BOOK

2

MILESTONES

MONTH 02

March into April

MONTH 02 · 18 MAR–17 APR 2026

02

What changed this month

SOCIAL

Social smile

8 APRIL 2026 · DAY 050 · WEEK 07 + 0D · MONTH 02

One of those little firsts we will always remember.



MILESTONE

Coos and gurgles

8 APRIL 2026 · DAY 050 · WEEK 07 + 0D · MONTH 02



ACHIEVED

Social smile

March into April

W04

18 MAR 2026

18 MAR 2026

Our first days together

Another month of learning who you are. We want to remember the ordinary days as much as the firsts.

1
KEPT MOMENTS

W07

8 APR 2026

Social smile

Kept in words

Our first days together

Another month of learning who you are. We want to remember the ordinary days as much as the firsts.

18 MARCH 2026 - DAY 029 - WEEK 04 + 05 - MONTH 02

03
MONTH 03

April into May

MONTH 03 · 18 APR–17 MAY 2026

Milestones reached: Tracks moving object, Hands unfold and Holds head steady:

1

IN THE BOOK

3

MILESTONES

MONTH 03

April into May

MONTH 03 · 18 APR–17 MAY 2026

03

What changed this month

COGNITIVE

Tracks moving object

22 APRIL 2026 · DAY 064 · WEEK 09 + 0D · MONTH 03

One of those little firsts we will always remember.



MILESTONE

Hands unfold

29 APRIL 2026 · DAY 071 · WEEK 10 + 0D · MONTH 03



ACHIEVED

Tracks moving object



MILESTONE

Holds head steady

29 APRIL 2026 · DAY 071 · WEEK 10 + 0D · MONTH 03

April into May

W08

18 APR 2026

18 APR 2026

That wonderful smile

Another month of learning who you are. We want to remember the ordinary days as much as the firsts.

1
KEPT MOMENTS

W09

22 APR 2026

Tracks moving object

W10

29 APR 2026

Hands unfold

Kept in words

That wonderful smile

Another month of learning who you are. We want to remember the ordinary days as much as the firsts.

18 APRIL 2026 · DAY 060 · WEEK 08 · 3D · MONTH 03

04
MONTH 04

May into June

MONTH 04 · 18 MAY–17 JUN 2026

Milestones reached: Laughs out loud and Reaches for objects.

1

IN THE BOOK

2

MILESTONES

MONTH 04

May into June

MONTH 04 · 18 MAY–17 JUN 2026

04

What changed this month

SOCIAL

Laughs out loud

10 JUNE 2026 · DAY 113 · WEEK 16 + 0D · MONTH 04

One of those little firsts we will always remember.



MILESTONE

Reaches for objects

17 JUNE 2026 · DAY 120 · WEEK 17 + 0D · MONTH 04



ACHIEVED

Laughs out loud

May into June

W12

18 MAY 2026

18 MAY 2026

Finding our rhythm

Another month of learning who you are. We want to remember the ordinary days as much as the firsts.

1
KEPT MOMENTS

W16

10 JUN 2026

Laughs out loud

W17

17 JUN 2026

Reaches for objects

Kept in words

Finding our rhythm

Another month of learning who you are. We want to remember the ordinary days as much as the firsts.

18 MAY 2026 · DAY 090 · WEEK 12 • 5D · MONTH 04

05
MONTH 05

June into July

MONTH 05 · 18 JUN-17 JUL 2026

Milestones reached: Turns to sound, Rolls over and Sits with support.

1

IN THE BOOK

3

MILESTONES

MONTH 05

June into July

MONTH 05 · 18 JUN-17 JUL 2026

05

What changed this month

COMMUNICATION

Turns to sound

1 JULY 2026 · DAY 134 · WEEK 19 + 0D · MONTH 05

One of those little firsts we will always remember.



MILESTONE Rolls over

1 JULY 2026 · DAY 134 · WEEK 19 + 0D · MONTH 05



ACHIEVED

Turns to sound



MILESTONE Sits with support

15 JULY 2026 · DAY 148 · WEEK 21 + 0D · MONTH 05

June into July

W17

18 JUN 2026

18 JUN 2026

A little more you

Another month of learning who you are. We want to remember the ordinary days as much as the firsts.

1
KEPT MOMENTS

W19

1 JUL 2026

Turns to sound

W21

15 JUL 2026

Sits with support

Kept in words

A little more you

Another month of learning who you are. We want to remember the ordinary days as much as the firsts.

18 JUNE 2026 · DAY 121 · WEEK 17 • 10 · MONTH 05

06
MONTH 06

July into August

MONTH 06 · 18 JUL-17 AUG 2026

One written memory kept.

1

IN THE BOOK

MONTH 06

July into August

MONTH 06 · 18 JUL-17 AUG 2026

—

06

July into August

W21

18 JUL 2026

18 JUL 2026

Your favourite song

Another month of learning who you are. We want to remember the ordinary days as much as the firsts.

1
KEPT MOMENTS

Kept in words

Your favourite song

Another month of learning who you are. We want to remember the ordinary days as much as the firsts.

18 JULY 2026 · DAY 151 · WEEK 21 + 3D · MONTH 06

07
MONTH 07

August into September

MONTH 07 · 18 AUG–17 SEP 2026

Milestones reached: Babbles with consonants, Passes objects hand to hand and Sits unsupported.

1

IN THE BOOK

3

MILESTONES

MONTH 07

August into September

MONTH 07 · 18 AUG–17 SEP 2026

07

What changed this month

COMMUNICATION

Babbles with consonants

9 SEPTEMBER 2026 · DAY 204 · WEEK 29 + 0D · MONTH 07

One of those little firsts we will always remember.



MILESTONE

Passes objects hand to hand

9 SEPTEMBER 2026 · DAY 204 · WEEK 29 + 0D · MONTH 07



MILESTONE

Sits unsupported

16 SEPTEMBER 2026 · DAY 211 · WEEK 30 + 0D · MONTH 07



ACHIEVED

Babbles with consonants

August into September

W25

18 AUG 2026

18 AUG 2026

New things every day

Another month of learning who you are. We want to remember the ordinary days as much as the firsts.

1
KEPT MOMENTS

W29

9 SEP 2026

Babbles with consonants

8.0
FEEDS / DAY

2.0
NAPS / DAY

10.9h
LONGEST SLEEP

W30

16 SEP 2026

Sits unsupported

8.0
FEEDS / DAY

2.0
NAPS / DAY

10.9h
LONGEST SLEEP

Kept in words

New things every day

Another month of learning who you are. We want to remember the ordinary days as much as the firsts.

18 AUGUST 2026 · DAY 182 · WEEK 25 + 6D · MONTH 07

08
MONTH 08

September into October

MONTH 08 · 18 SEP–17 OCT 2026

Milestones reached: Responds to name and Stranger awareness.

7

IN THE BOOK

2

MILESTONES



Your whole face lights up

6 OCT 2026

What changed this month

COMMUNICATION

Responds to name

7 OCTOBER 2026 · DAY 232 · WEEK 33 + 0D · MONTH 08

One of those little firsts we will always remember.



MILESTONE

Stranger awareness

14 OCTOBER 2026 · DAY 239 · WEEK 34 + 0D · MONTH 08



ACHIEVED

Responds to name

September into October

W30

18 SEP 2026

18 SEP 2026

A world to discover

Another month of learning who you are. We want to remember the ordinary days as much as the firsts.

1

KEPT MOMENTS

8.0

FEEDS / DAY

2.0

NAPS / DAY

10.9h

LONGEST SLEEP

W32

30 SEP 2026

6 OCT 2026

Your whole face lights up

That smile stopped us in our tracks. A small moment, but ours forever.

1

KEPT MOMENTS

8.0

FEEDS / DAY

2.0

NAPS / DAY

10.9h

LONGEST SLEEP

W33

7 OCT 2026



Responds to name

8 OCT 2026

Small hands, big discoveries

Reaching, exploring, and making the everyday feel brand new.

10 OCT 2026

A quiet afternoon together

No grand occasion. Just a little pocket of time we wanted to keep.

3

KEPT MOMENTS

8.0

FEEDS / DAY

2.0

NAPS / DAY

10.9h

LONGEST SLEEP

W34

14 OCT 2026



Stranger awareness

14 OCT 2026

Our favourite little person

You make the smallest days feel wonderfully full.

16 OCT 2026

Just as you are today

A photograph to remember this very particular, fleeting stage.

2

KEPT MOMENTS

8.0

FEEDS / DAY

2.0

NAPS / DAY

10.9h

LONGEST SLEEP

The texture of the month



A quiet afternoon together

10 OCTOBER 2026 · DAY 235 · WEEK 33 + 3D · MONTH 08

No grand occasion. Just a little pocket of time we wanted to keep.



All those lovely little details

12 OCTOBER 2026 · DAY 237 · WEEK 33 + 5D · MONTH 08

Soft curls, busy hands, and a look we hope we never forget.



Just as you are today

16 OCTOBER 2026 · DAY 241 · WEEK 34 + 2D · MONTH 08

A photograph to remember this very particular, fleeting stage.

Kept in words

A world to discover

Another month of learning who you are. We want to remember the ordinary days as much as the firsts.

18 SEPTEMBER 2026 · DAY 213 · WEEK 30 + 2D · MONTH 08

09
MONTH 09

October into November

MONTH 09 · 18 OCT–17 NOV 2026

One written memory kept.

1

IN THE BOOK

MONTH 09

October into November

MONTH 09 · 18 OCT–17 NOV 2026

09

October into November

W34

18 OCT 2026

18 OCT 2026

The sweetest company

Another month of learning who you are. We want to remember the ordinary days as much as the firsts.

1
KEPT MOMENTS

1.0
FEEDS / DAY

0.3
NAPS / DAY

10.9h
LONGEST SLEEP

Kept in words

The sweetest company

Another month of learning who you are. We want to remember the ordinary days as much as the firsts.

18 OCTOBER 2026 · DAY 243 · WEEK 34 + 4D · MONTH 09

Achieved milestones

01	Startles to loud sound	25 FEBRUARY 2026 · DAY 008 · WEEK 01 + 00 · MONTH 01 · MOVEMENT · KEPT WITHOUT PHOTOGRAPH
02	Fixes and follows	4 MARCH 2026 · DAY 015 · WEEK 02 + 00 · MONTH 01 · PROBLEM SOLVING · KEPT WITHOUT PHOTOGRAPH
03	Lifts head briefly	11 MARCH 2026 · DAY 022 · WEEK 03 + 00 · MONTH 01 · MOVEMENT · KEPT WITHOUT PHOTOGRAPH
04	Social smile	8 APRIL 2026 · DAY 050 · WEEK 07 + 00 · MONTH 02 · SOCIAL & EMOTIONAL · KEPT WITHOUT PHOTOGRAPH
05	Coos and gurgles	8 APRIL 2026 · DAY 050 · WEEK 07 + 00 · MONTH 02 · COMMUNICATION · KEPT WITHOUT PHOTOGRAPH
06	Tracks moving object	22 APRIL 2026 · DAY 064 · WEEK 09 + 00 · MONTH 03 · PROBLEM SOLVING · KEPT WITHOUT PHOTOGRAPH
07	Hands unfold	29 APRIL 2026 · DAY 071 · WEEK 10 + 00 · MONTH 03 · FINE MOTOR · KEPT WITHOUT PHOTOGRAPH
08	Holds head steady	29 APRIL 2026 · DAY 071 · WEEK 10 + 00 · MONTH 03 · MOVEMENT · KEPT WITHOUT PHOTOGRAPH
09	Laughs out loud	10 JUNE 2026 · DAY 113 · WEEK 19 + 00 · MONTH 04 · SOCIAL & EMOTIONAL · KEPT WITHOUT PHOTOGRAPH

10	Reaches for objects	17 JUNE 2026 · DAY 120 · WEEK 17 + 00 · MONTH 04 · FINE MOTOR · KEPT WITHOUT PHOTOGRAPH
11	Turns to sound	1 JULY 2026 · DAY 134 · WEEK 19 + 00 · MONTH 05 · COMMUNICATION · KEPT WITHOUT PHOTOGRAPH
12	Rolls over	1 JULY 2026 · DAY 134 · WEEK 19 + 00 · MONTH 05 · MOVEMENT · KEPT WITHOUT PHOTOGRAPH
13	Sits with support	15 JULY 2026 · DAY 148 · WEEK 21 + 00 · MONTH 05 · MOVEMENT · KEPT WITHOUT PHOTOGRAPH
14	Babbles with consonants	9 SEPTEMBER 2026 · DAY 204 · WEEK 29 + 00 · MONTH 07 · COMMUNICATION · KEPT WITHOUT PHOTOGRAPH
15	Passes objects hand to hand	9 SEPTEMBER 2026 · DAY 204 · WEEK 29 + 00 · MONTH 07 · FINE MOTOR · KEPT WITHOUT PHOTOGRAPH
16	Sits unsupported	16 SEPTEMBER 2026 · DAY 211 · WEEK 30 + 00 · MONTH 07 · MOVEMENT · KEPT WITHOUT PHOTOGRAPH
17	Responds to name	7 OCTOBER 2026 · DAY 232 · WEEK 33 + 00 · MONTH 08 · COMMUNICATION · KEPT WITHOUT PHOTOGRAPH
18	Stranger awareness	14 OCTOBER 2026 · DAY 239 · WEEK 34 + 00 · MONTH 08 · SOCIAL & EMOTIONAL · KEPT WITHOUT PHOTOGRAPH

The year so far.

WEIGHT THROUGH THE YEAR



8.59 kg

LATEST WEIGHT

2

CARE VISITS

01

February into March

18 FEB-17 MAR 2026

02

March into April

18 MAR-17 APR 2026

03

April into May

18 APR-17 MAY 2026

04

May into June

18 MAY-17 JUN 2026

05

June into July

18 JUN-17 JUL 2026

06

July into August

18 JUL-17 AUG 2026

07

August into September

18 AUG-17 SEP 2026

08

September into October

18 SEP-17 OCT 2026

09

October into November

18 OCT-17 NOV 2026

A note on what this book is

Blumzu is not a medical device and does not provide medical advice, diagnosis, or treatment. Always consult a qualified healthcare professional. If you have any concern about your child's health, call 999 in an emergency, contact NHS 111 for urgent advice, or speak to your GP or health visitor.

Growth centiles use the WHO Child Growth Standards (© World Health Organization 2006, 2007), under a non-exclusive licence from WHO (ID 202609306); this adaptation was not created by WHO and WHO does not endorse Blumzu. Developmental milestones are adapted from NHS.uk developmental guidance.

This book is a family keepsake, not a substitute for the official NHS Personal Child Health Record held by your health visitor or GP.