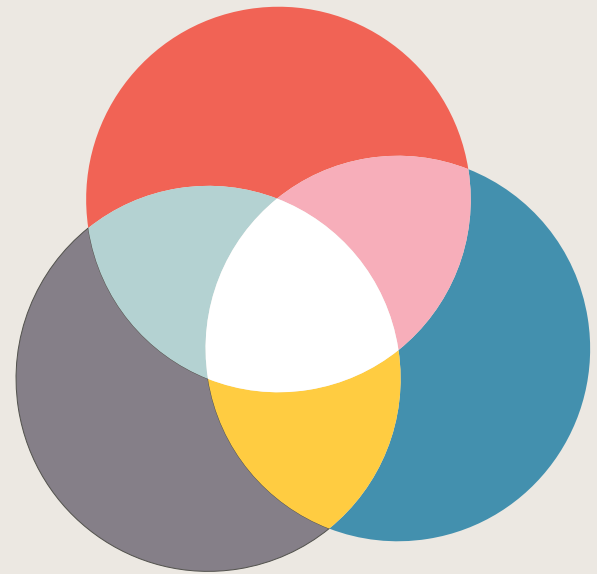


MY CONCEPTION STORY™

*a photo journal for alternative families
to share the story of how they came to be*



CONCEPT & DESIGN BY
Lauren Cross

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<https://creativecommons.org/licenses/by-nc-sa/4.0>

ABOUT THE BOOK

GOAL OF THE BOOK

My Conception Story™ is a customizable photo journal to help alternative families to share their story of how they came to be.

WHO IS THIS BOOK FOR?

My Conception Story™ was written for families who were created with the help of an extra person—like a donor, surrogate, or birth parent. It includes pages for LGBTQ parents, non-binary parents, and single parents.

HOW DO I USE THIS BOOK?

My Conception Story™ was designed with your child in mind. There are writing prompts, placeholders for photos and drawings, and a notes section to record any other information that your child might want to know about the people who helped bring them into the world.

There are also pages for donors, surrogates, and birth parents to complete. At the end of the book, you'll find a notes section for you to add any other information, along with pages for your child to color and draw.

This version is a 10x8" PDF designed to be uploaded to a photo book printing service. If you need help, you can find instructions online at MyConceptionStory.com.

When you've finished your book, tag me on Instagram: [@LaurenCrossWords](https://www.instagram.com/LaurenCrossWords) and [#MyConceptionStory](https://www.instagram.com/MyConceptionStory)

ABOUT THE AUTHOR

HI! I'M LAUREN CROSS



Hi, I'm Lauren! I'm a writer, content editor, graphic designer, and reproductive warrior. I'm also finally a mother to a preschooler and toddler twins, thanks to my egg donor.

When I'm not chasing my kids, I'm writing and editing *Motherhood Determined*, a memoir about my journey to parenthood. I was also the content editor on the groundbreaking book, *Let's Talk About Egg Donation*. My husband and I started telling my children their conception story while pregnant with them. Talking and writing about non-genetic parenting is second nature to me now. So when I realized there wasn't a customizable book for kids, I decided to write and design one!

My Conception Story™ is based on how I talk to my kiddos about how we came to be a family. Whether you're trying to find the words or filling in your story, I hope you find it a helpful resource for having conversations with your little ones about the special way you became a family!

Like all conversations, this book is an evolving project. If you have feedback, I'd love to receive it. You can email me at MyConceptionStoryBook@gmail.com.

Lauren X

IG: [@LaurenCrossWords](https://www.instagram.com/LaurenCrossWords) · [#MyConceptionStory](https://www.instagram.com/MyConceptionStory)

THIS IS ME

FAVORITES

My name is

My nicknames are

My birthday is

Today I am years months old

Animal

Book

Color

Food

Movie

Music

Number

Place

Season

Sport

LIKES

DISLIKES

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MY FAMILY

THE PEOPLE I LIVE WITH

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THE PEOPLE WHO LOVE ME

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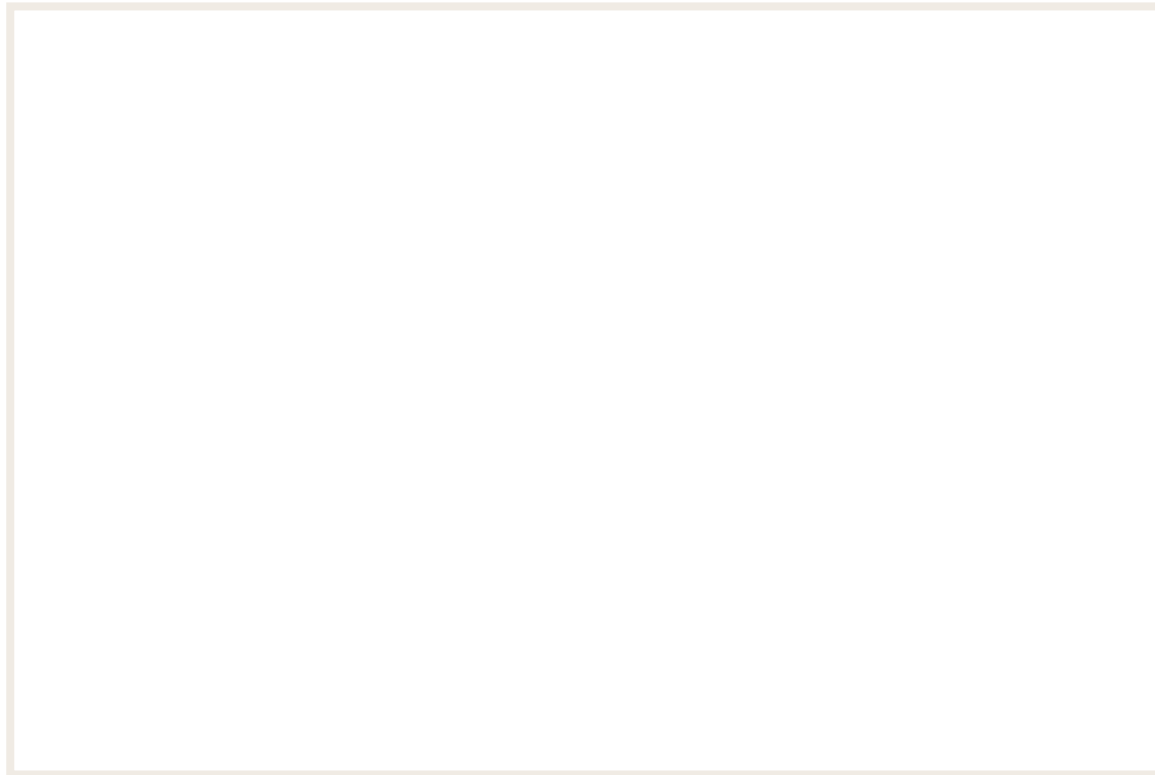
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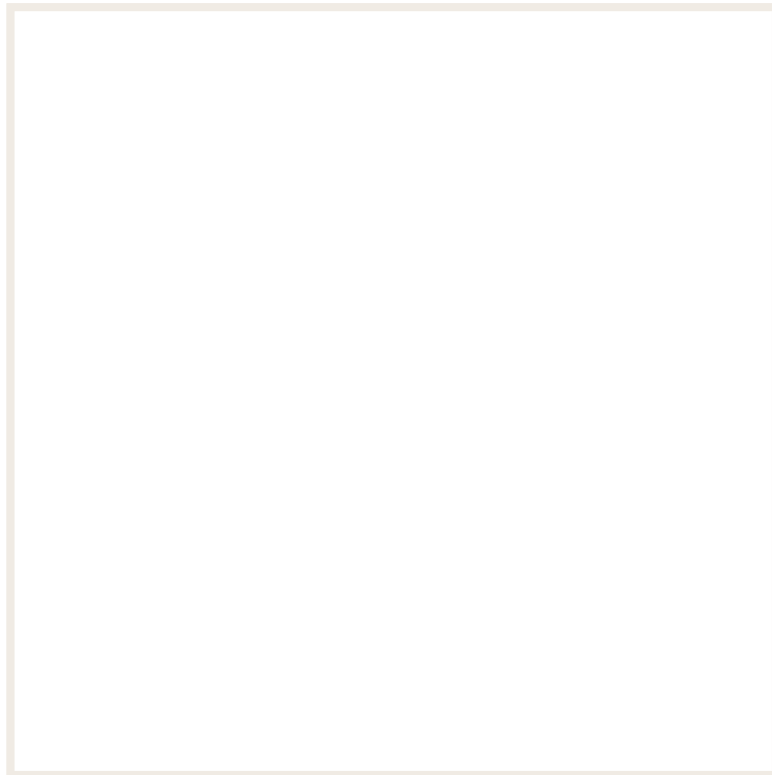
MY MOTHER

WHAT I CALL HER

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SHE MAKES ME SMILE WHEN

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FAVORITES

Animal

Book

Color

Food

Movie

Music

Number

Place

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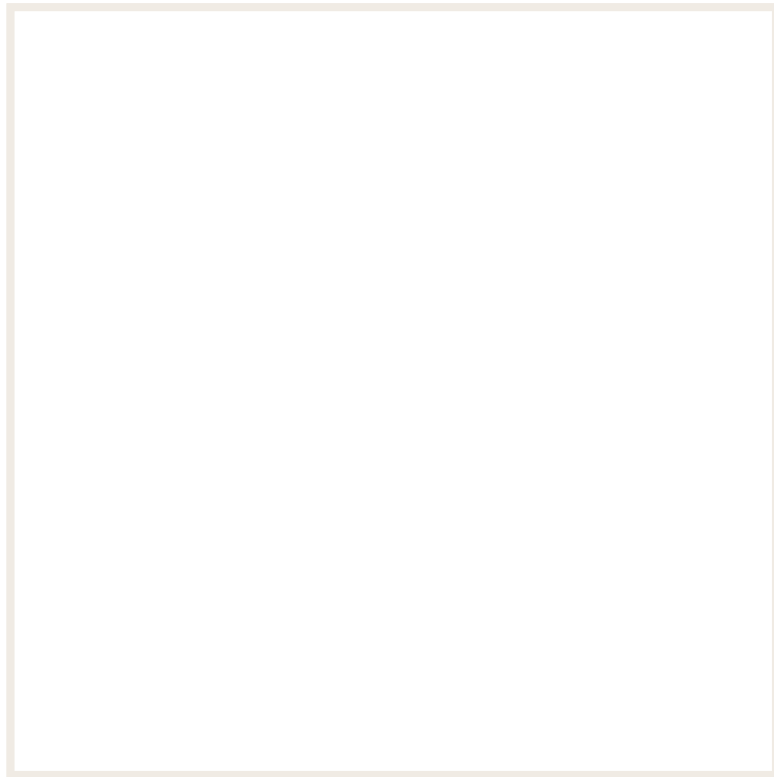
MY FATHER

WHAT I CALL HIM

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HE MAKES ME SMILE WHEN

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FAVORITES

Animal

Book

Color

Food

Movie

Music

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Place

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MY PARENT

WHAT I CALL THEM

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THEY MAKE ME SMILE WHEN

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FAVORITES

Animal

Book

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Food

Movie

Music

Number

Place

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DISLIKES

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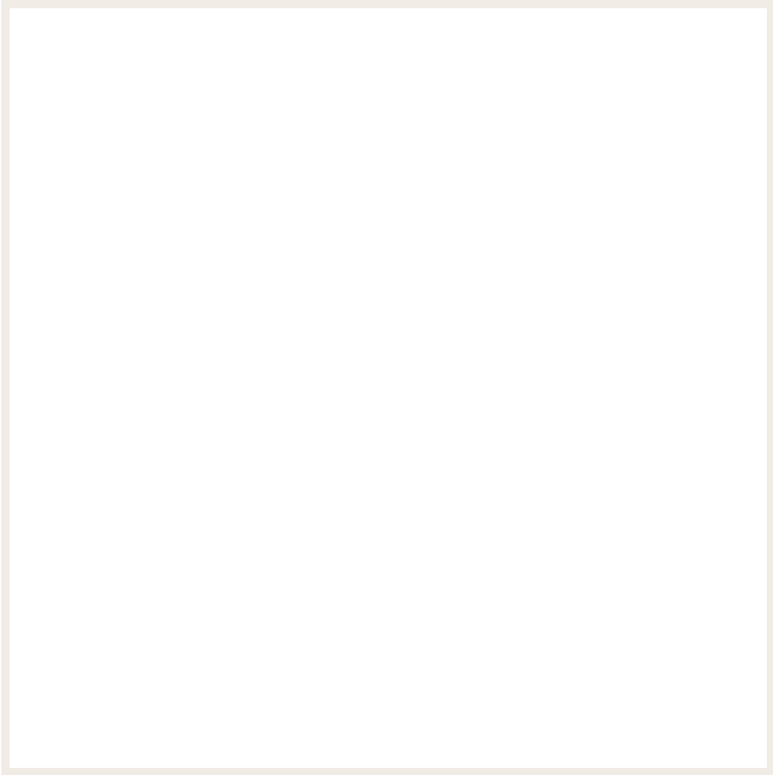
OUR EGG DONOR

WHAT WE CALL HER

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Donor ID Code.....

WHY SHE WAS CHOSEN

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FAVORITES

Animal
Book
Color
Food
Movie
Music
Number
Place
Season
Sport

LIKES

DISLIKES

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A MESSAGE FROM OUR EGG DONOR

WHAT WOULD YOU LIKE TO SAY TO THE PARENT/S?

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.

WHAT WOULD YOU LIKE TO SAY TO THE CHILD/REN?

This image shows a full page of white paper with horizontal dotted lines, typical of primary school writing paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

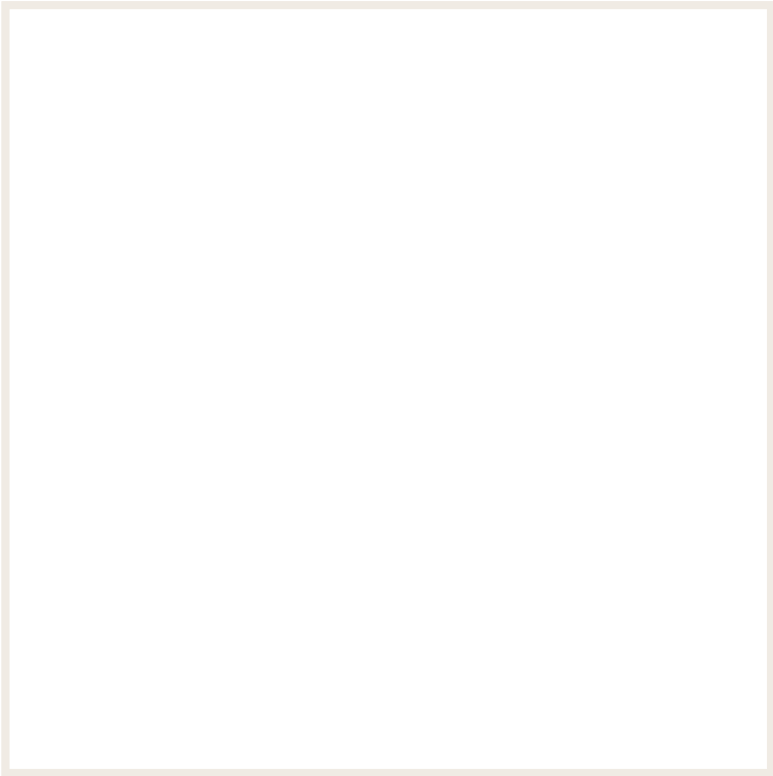
OUR SPERM DONOR

WHAT WE CALL HIM

Donor ID Code.....

WHY HE WAS CHOSEN

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FAVORITES

Animal

Book

Color

Food

Movie

Music

Number

Place

Season

Sport

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DISLIKES

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A MESSAGE FROM OUR SPERM DONOR

WHAT WOULD YOU LIKE TO SAY TO THE PARENT/S?

[illegible]

WHAT WOULD YOU LIKE TO SAY TO THE CHILD/REN?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

OUR EMBRYO DONORS

WHAT WE CALL THEM

FAVORITES

HOW WE WERE MATCHED

- Animal
- Book
- Color
- Food
- Movie
- Music
- Number
- Place
- Season
- Sport

LIKES

DISLIKES

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A MESSAGE FROM OUR EMBRYO DONORS

WHAT WOULD YOU LIKE TO SAY TO THE PARENT/S?

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.

WHAT WOULD YOU LIKE TO SAY TO THE CHILD/REN?

[illegible]

OUR GESTATIONAL CARRIER

WHAT WE CALL HER

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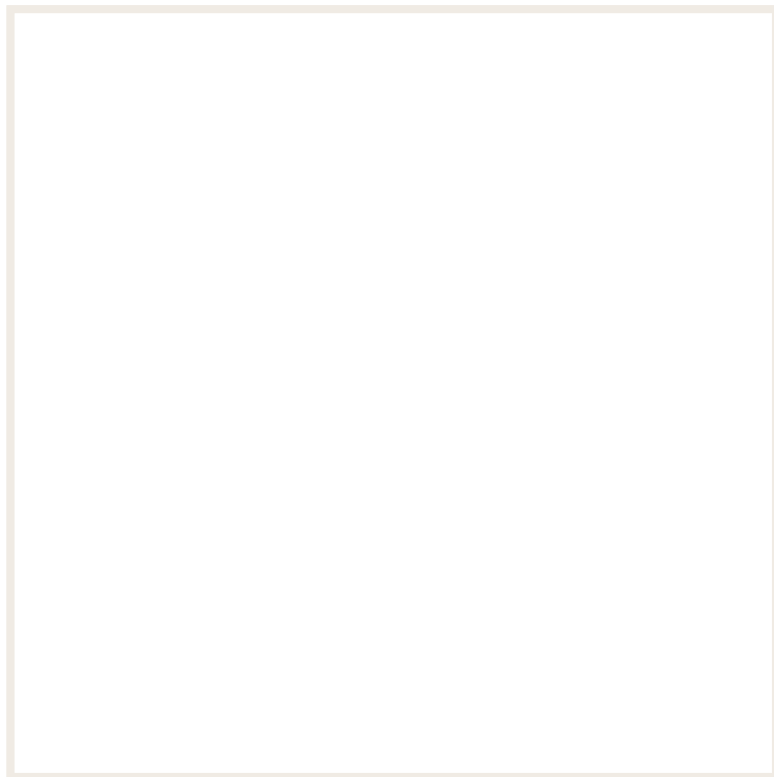
HOW WE WERE MATCHED

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FAVORITES

Animal

Book

Color

Food

Movie

Music

Number

Place

Season

Sport

LIKES

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DISLIKES

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A MESSAGE FROM OUR GESTATIONAL CARRIER

WHAT WOULD YOU LIKE TO SAY
TO THE PARENT/S?

[illegible]

WHAT WOULD YOU LIKE TO SAY TO THE CHILD/REN?

This image shows a full page of primary-ruled paper. It consists of multiple horizontal rows, each defined by two parallel dotted lines. The rows are evenly spaced and cover the entire area of the page, providing a guide for handwriting practice. There are no margins, text, or other markings present.

OUR SURROGATE

WHAT WE CALL HER

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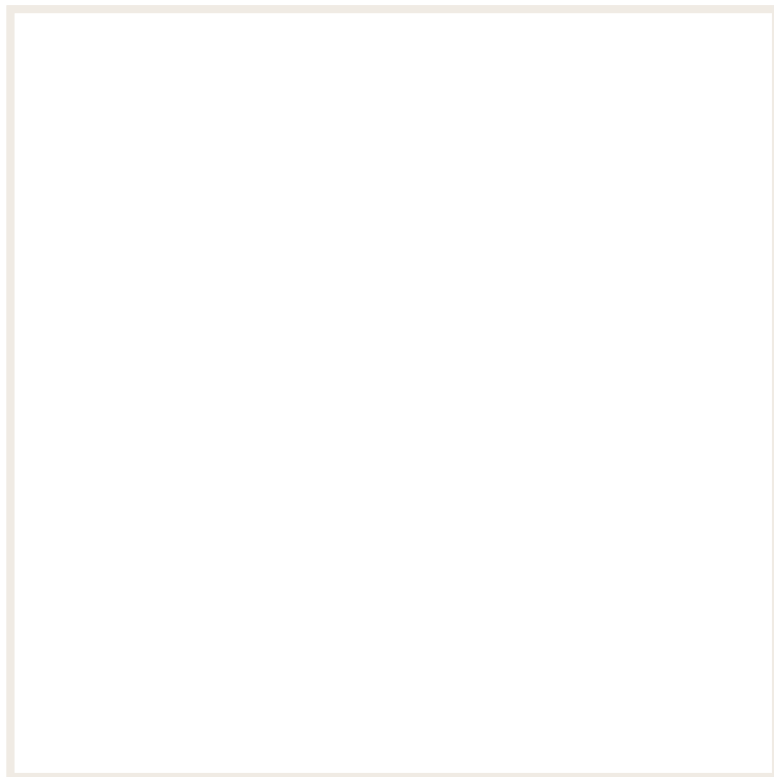
HOW WE WERE MATCHED

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FAVORITES

Animal

Book

Color

Food

Movie

Music

Number

Place

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Sport

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A MESSAGE FROM OUR SURROGATE

WHAT WOULD YOU LIKE TO SAY
TO THE PARENT/S?

[illegible]

WHAT WOULD YOU LIKE TO SAY TO THE CHILD/REN?

This image shows a full page of primary-ruled paper. It consists of multiple horizontal rows, each defined by two parallel dotted lines. The rows are evenly spaced and cover the entire area of the page, providing a guide for handwriting practice. There are no margins, text, or other markings present.

OUR BIRTH MOTHER

WHAT WE CALL HER

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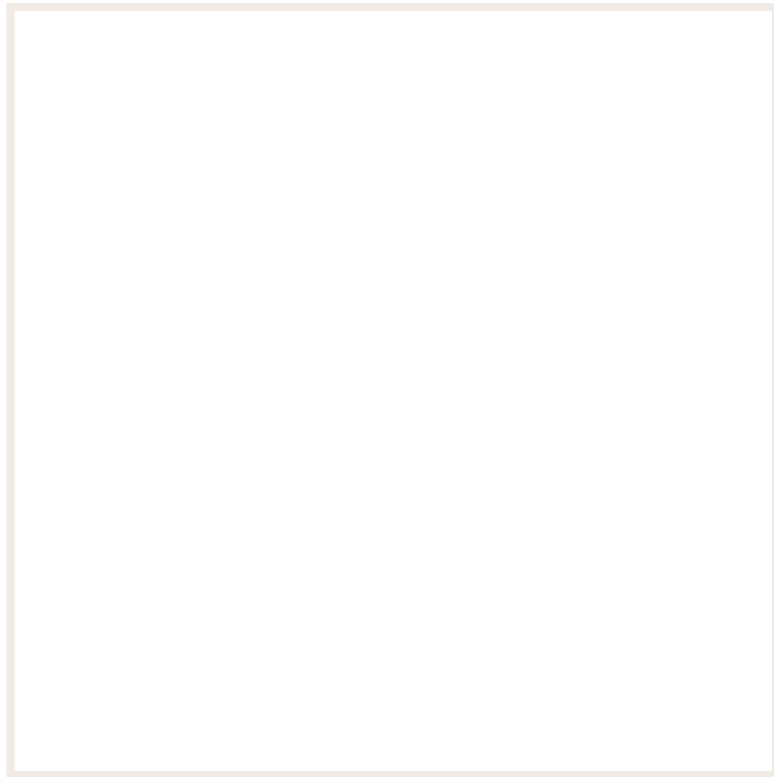
HOW WE WERE MATCHED

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FAVORITES

Animal

Book

Color

Food

Movie

Music

Number

Place

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A MESSAGE FROM OUR BIRTH MOTHER

WHAT WOULD YOU LIKE TO SAY TO THE PARENT/S?

[illegible]

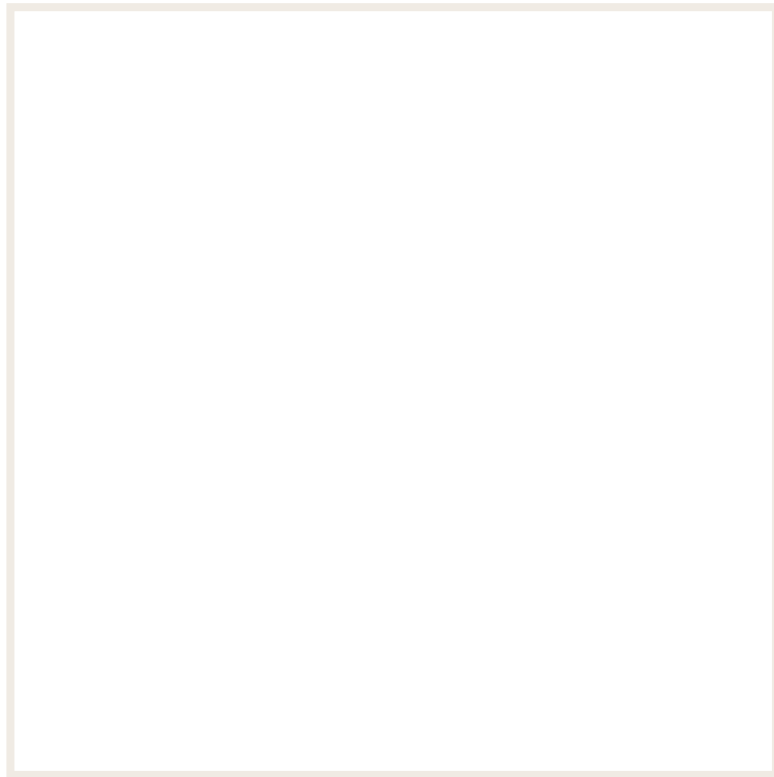
WHAT WOULD YOU LIKE TO SAY TO THE CHILD/REN?

[illegible]

OUR BIRTH OTHER

WHAT WE CALL HER

HOW WE WERE MATCHED



FAVORITES

Animal

Book

Color

Food

Movie

Music

Number

Place

Season

Sport

LIKES

DISLIKES

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A MESSAGE FROM OUR BIRTH OTHER

WHAT WOULD YOU LIKE TO SAY TO THE PARENT/S?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

WHAT WOULD YOU LIKE TO SAY TO THE CHILD/REN?

[illegible]

HOW I WAS MADE (IUI)

*My parent/s really wanted me,
but it was really hard to make me,
so they went to a special doctor
who helps people have babies.*

*The doctor helped the egg and the sperm meet.
The egg and the sperm gave each other a kind
of hug, and something magical happened:
their hug made an embryo and
that embryo became me!*

THE DOCTOR

Doctor's Name

Clinic Name

City.....

The doctor said,

**To make a baby, you need three things:
Oocyte eggs, sperm, and a uterus.**

THE PEOPLE WHO MADE ME

.....**gave the oocyte eggs.**

.....**gave the sperm.**

.....**gave the uterus.**

THE FIRST TIME MY FAMILY SAW ME, THIS IS WHAT I LOOKED LIKE



HOW I WAS MADE (IVF)

*My parent/s really wanted me,
but it was really hard to make me,
so they went to a special doctor
who helps people have babies.*

THE DOCTOR

Doctor's Name

Clinic Name

City.....

The doctor said,

**To make a baby, you need three things:
Oocyte eggs, sperm, and a uterus.**

THE PEOPLE WHO MADE ME

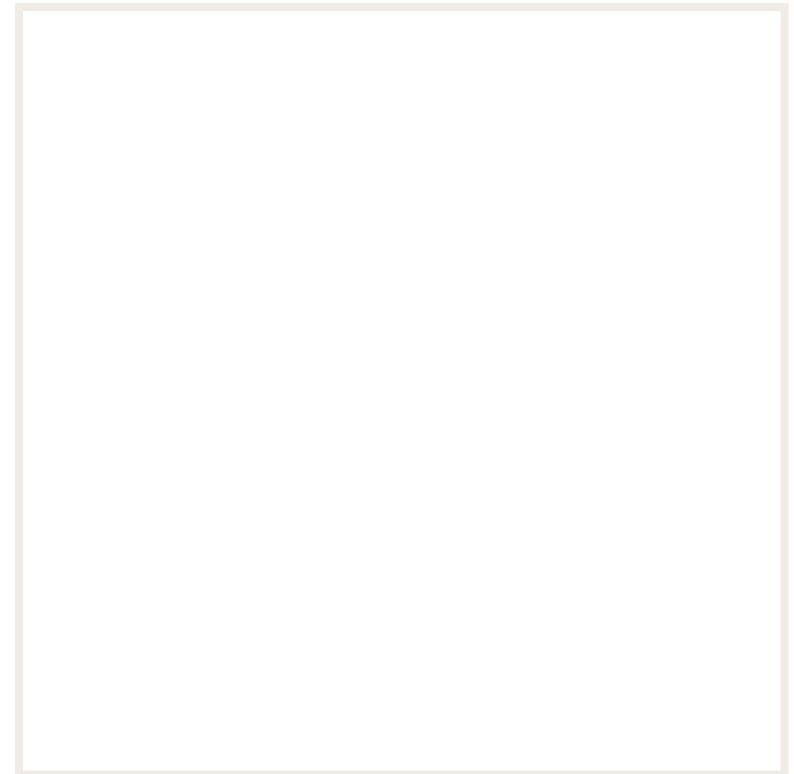
.....**gave the oocyte eggs.**

.....**gave the sperm.**

.....**gave the uterus.**

*The doctor took the egg and the sperm, and
put them in a special dish called a Petri dish.
The egg and the sperm gave each other a kind
of hug, and something magical happened:
their hug made an embryo and
that embryo became me!*

THE FIRST TIME MY FAMILY SAW ME, THIS IS WHAT I LOOKED LIKE



MY BIRTH

WHEN & WHERE

Place

Date

Time of Birth

MY MEASUREMENTS

Weight

Length

Apgar scores

WHO WAS THERE?

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WHAT DID THEY SAY?

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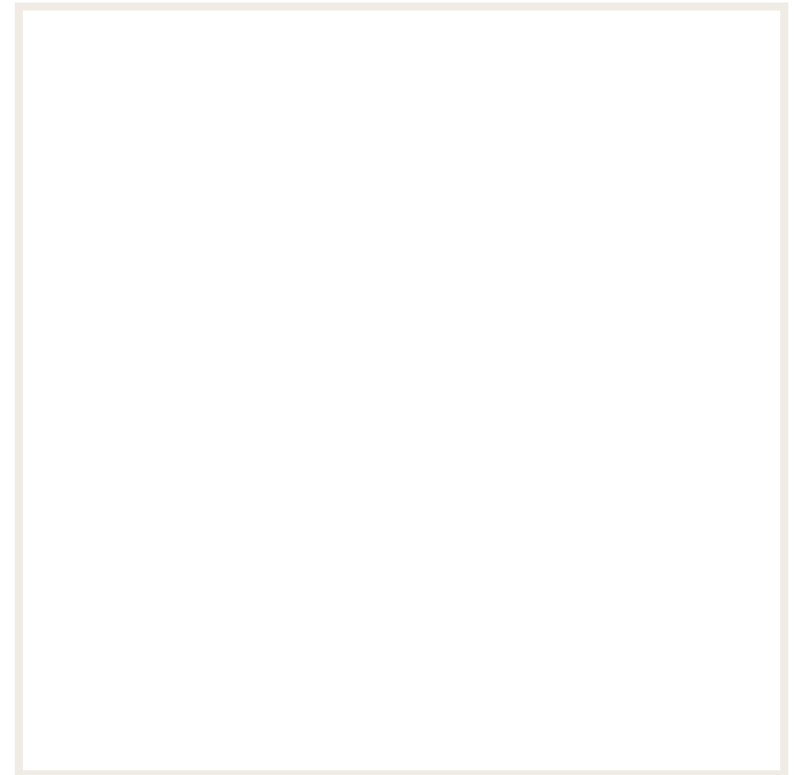
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THIS IS OUR FAMILY

WORDS THAT DESCRIBE OUR FAMILY

LOVE

NOTES

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, text, or other markings on the page.This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.