



Jitka Kultová & Misha Bera



MY EPIC JOURNEY INTO THE WORLD



EPIC

MY JOURNEY

INTO

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THE WORLD



Albatros

HOW DID I COME INTO THE WORLD?



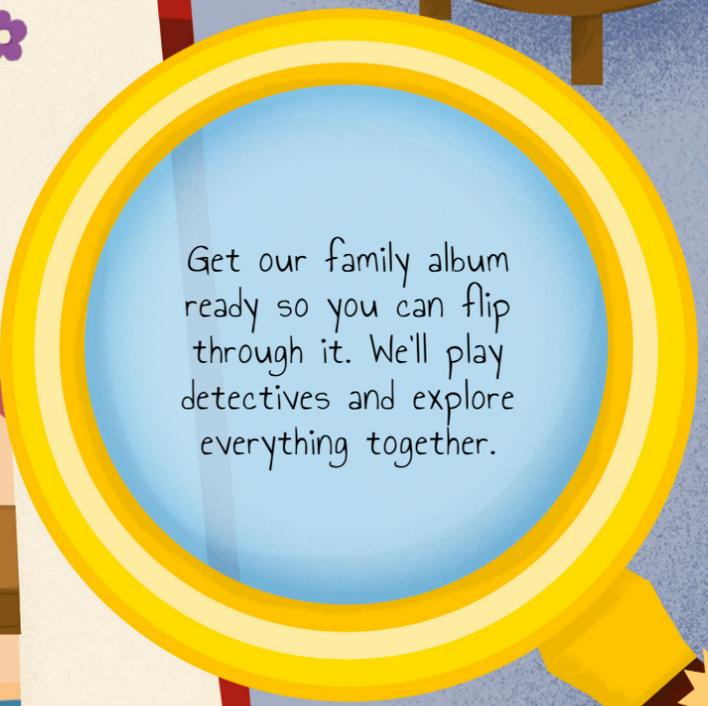
Wow, that's a great question! Let's talk about it.

Mom, Dad, how did I come into the world?

And we can look through our photo album too. How does that sound?



Look, here's your mom with you still growing in her belly, and here I'm holding you right. We're going to talk about all of that. How you came to be in Mom's belly, what life was like for you there, and how you finally made your way into the world.



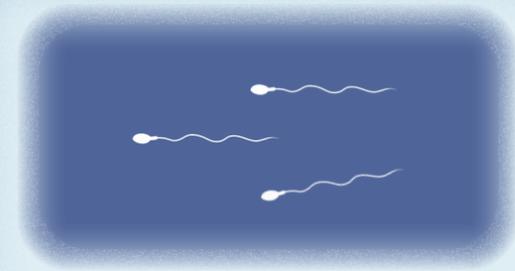
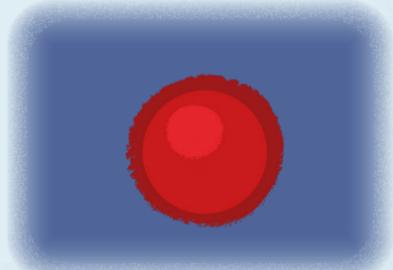
Get our family album ready so you can flip through it. We'll play detectives and explore everything together.

WHEN CELLS MEET

There's one more way I know your dad and I feel close to each other. It's when we hug and our bodies come close and touch in a very warm, loving way, and that's what we call sex. It's something grown-ups share when they care about each other and want to feel connected. And talking about it helps us answer your big question about how you were born. Once in a while, and not every time, two tiny cells can meet when grown-ups have sex. Take a look at the picture to see what they look like.



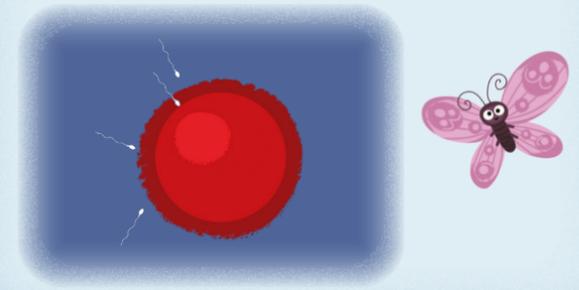
THE EGG
This round little cell, about the size of a pinhead, is called an egg. Every month, an egg ripens inside Mom's body and waits for a short time to see whether it will meet Dad's cell.



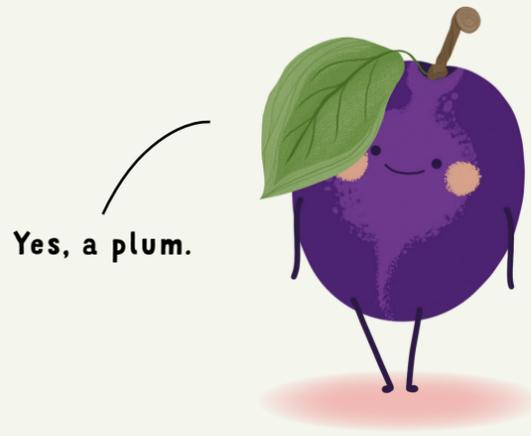
SPERM
Dad's cell is called a sperm. It looks different from an egg because it's much smaller. You can't see sperm without a microscope. Dad's body makes a huge number of them. When our bodies come close during sex, the sperm travel inside Mom's body where they might meet the egg. Sperm can move because they have a long tail called a flagellum.

REMEMBER?
What do we call the two cells that join together when Mom and Dad had sex?

EGG AND SPERM
Let me tell you a secret. Eggs and sperm are tiny treasure chests. Each one carries something precious inside. Something truly rare. Are you curious what it is?



A month later you were the size of... And here in the picture you can see what you looked like in your third month.



Yes, a plum.



Baby in the third month

You had grown again, and your body was starting to learn how to move. What comes to your mind when you hear the word move? It could be a sport or even dancing. Just like when your dad and I dance around the living room sometimes.



LET'S PLAY

Come on, let's stretch together. Can you move and turn your head? What do you think, left, right, up, down? And what about your arms? Let's reach them as high as we can and then spread them wide. And can you kick your legs? Let's lie down and try kicking together.



REMEMBER?

What do you think I felt when you started moving inside my belly, in my uterus? In the third month, I didn't feel anything yet. You were still too tiny. You needed to grow a lot more and get stronger.

4. MONTH

Let's take a look at the fourth month. By then, you were about the size of an avocado. Bigger than a plum and just about right to fit in the palm of a hand.

Yes, I'm an avocado.



Baby in the fourth month



Study the picture of the baby at four months. Do you notice anything new? You can now see the biological sex of the baby, meaning whether it will be a boy or a girl. And during this time, the same thing was happening to you. Remember when we talked about how the joining of the egg and sperm begins a new life? That moment also decides whether the baby will be a boy or a girl. And here's something new. Your sex was determined by your dad's sperm.

boy



girl



LET'S PLAY

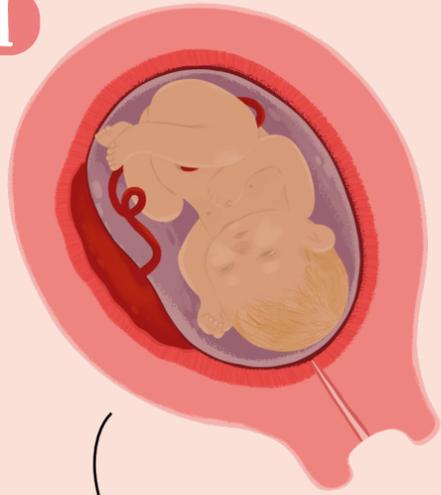
I'm getting hungry. Let's have a little snack in the garden. What are you in the mood for? How about this apple? I think it weighs just about the same as you did when you'd been inside me for four months.

And if we look around, it's spring and new life is popping up everywhere. What do you notice?



THE WAY OUT

1

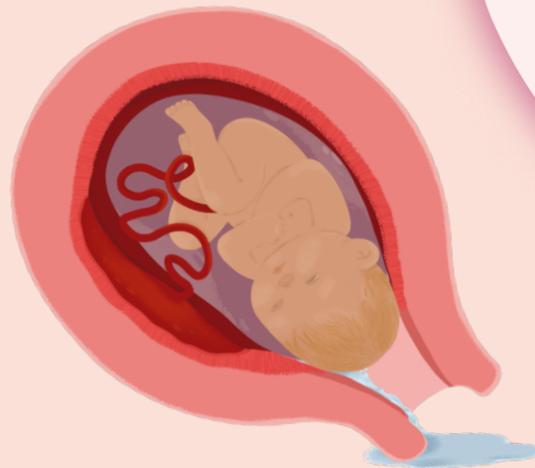


After nine months, it's time to be born.

1. It looks like it's time to see how you finally came into the world.

2. When you were ready, your body sent a signal to mine that your birth was about to begin. Because of that signal, the amniotic fluid left my uterus and labor started. That's when my body began opening the path you would need to be born.

2



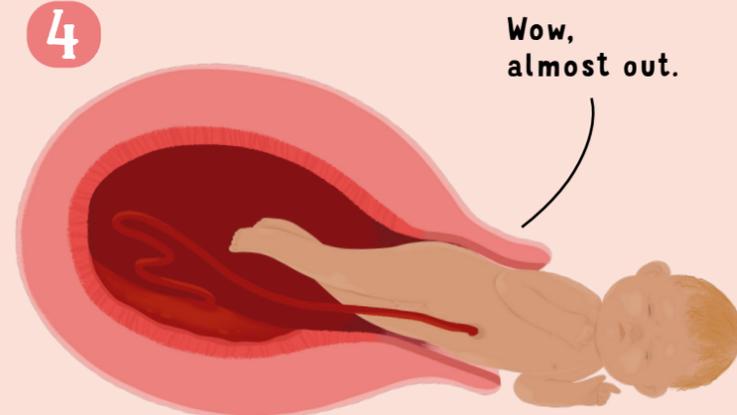
The uterus, the little room where you lived, is closed off by strong muscles that stay tight so you can grow safely.

When the birth path opened, I had to start pushing to help you come out.

3



4



Wow, almost out.

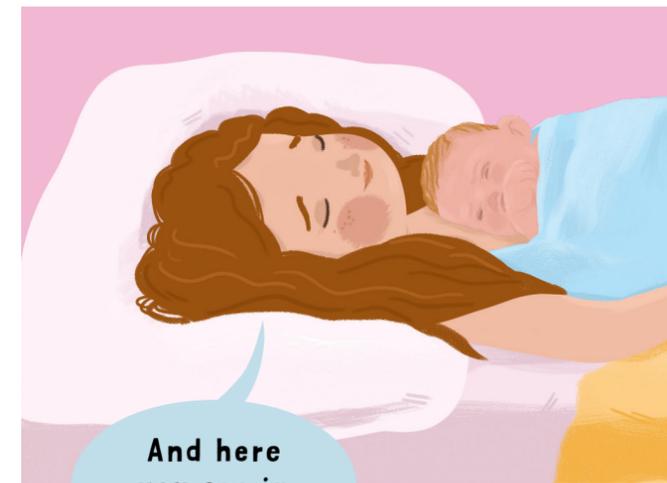
3. For you to come out, the muscles at the bottom of the uterus had to open and make space. When the contractions began, I knew it was time to go to the hospital.

4. Here you can clearly see how the baby moves through the mother's body. Only girls have this path in their bodies, boys don't need it. You were born through the very same path your dad's sperm once used to enter my body. And it takes a lot of effort. From the first contractions to the moment a baby is born can take hours. Many moms are glad to have someone close with them during birth, like the baby's dad.

EXPERIMENT

We can try to show how the uterus opens. Make a fist with your hand and slowly loosen it. Do you see how a passage forms in the middle?

Sometimes a baby needs to be born in a different way, through a surgery called a C-section. That happens when a baby is very big or when the birth passage can't open well enough, or for other reasons. The doctor gives the mom medicine so she won't feel pain, makes a small opening in the lower belly, and carefully lifts the baby out, then closes the opening.



And here you are in the world!

YOUR FIRST MOMENTS AFTER BIRTH

And there you were at last, out in the world. At first, you were still connected to me by the umbilical cord. The doctor soon cut it and checked that everything was fine. The other end of the cord stayed attached to the placenta inside my uterus, where it had grown. Its job was to feed and protect you, and now that mission was complete, so my uterus let it go. Right after birth, the doctor weighed you, measured you, and wrapped you up so you wouldn't get cold. And then you were placed in my arms, where I held you with so much joy.



scissors for the cord



diaper



measuring tape



baby scale



LET'S PLAY

All of us carry a little reminder of our connection with our moms. Can you find yours? Yes, it's your belly button. It's the healed place where each of us was once joined to our mother.



Now that the umbilical cord is gone, the way you get oxygen and nutrition changes. How do you get oxygen now? By breathing. And how do you get nutrients? Through your mouth. That's brand new for a baby. Did you know that you drank my breast milk, the milk my body made just for you?



Being born is a big job and it makes everyone tired. So after all that hard work, it's time to rest and regain strength.

WHEN A BABY DOESN'T ARRIVE

In this book, we explored the usual way a baby comes into the world. But the world is full of variety, and sometimes things happen differently.

Some moms and dads have trouble getting their cells to join. Doctors can help by taking the egg and sperm from the parents and joining them in a laboratory. A few days later, the fertilized egg is placed into the mom's uterus, where it can settle and grow until birth. This is called in vitro fertilization.

And if that still isn't possible, sometimes another woman carries the baby inside her body, and after birth she gives the baby to the parents. That woman is called a surrogate mother.

The same can happen for two moms or two dads who can't have a baby on their own. If two moms can't produce sperm but one of them can carry a baby, doctors can use donor sperm along with their egg and help one mom carry the baby. And for two dads, if a woman donates an egg and another

woman carries the pregnancy for them, they too can have a baby who becomes theirs with love and care. This is called surrogacy.

There is another path too, called adoption. This happens when a mom and dad, or two moms, or two dads, know they can't have a child themselves, while another parent realizes they can't take care of their baby. Maybe they have no home, or are very young, or are

sick. Parents who long for a child can then become adoptive parents and welcome that baby into their family with love.

And some people choose a different life path and don't become parents at all. That can be a wonderful and fulfilling choice too. There is nothing strange or wrong about it.





Join us on an adventurous journey as we explore the very beginning of human life. We'll discover the cells that form inside Mom's and Dad's bodies, whose joining sets every one of our lives in motion. We'll also take a close look at the special place where we once lived inside Mom. Month by month, we'll follow how the body takes shape, grows, and learns new things. And in the end, we'll zoom in on the amazing path that leads us out of Mom's body and into the wide, bright world.



**Are you excited?
Let's explore it
all together!**

ISBN + EAN

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