

If there is one thing we learned from giving birth to Tiny Heroes, it is to find the good in everything! We encourage you to take time each day to celebrate the little moments and document the entire journey using these CDH milestone cards. As you take the pictures we invite you to post them on our [Tiny Hero CDH Support Network](#) page or use the [#mytinyhero](#). We are here for you and thank you for allowing us to be a part of your Tiny Hero's story!

If you haven't already, please introduce yourself by messaging us on our [Instagram](#) (@mytinyhero) or on our facebook page ([Tiny Hero: Real Hope for CDH.](#)) We'd love to send a special gift to your family!

[#mytinyhero](#)



**MY NAME IS...**

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*I'm* **READY**

**TO Fight!**



**MY FIRST DAY  
ON ECMO!**



**TODAY I *opened*  
MY *eyes* FOR  
THE FIRST TIME!**



**I AM**

**ventilator**

**FREE!**



**BYE-BYE  
ECMO!**



**I CAN  
BREATHE!**



**NO MORE  
NG TUBE!**



**I'M  
100 DAYS  
OLD!**



**I WEANED OFF  
A MED TODAY!**



**TODAY I CAME OF**  
**MY Paralytic!**



**I LOVE GETTING**  
**TO SWING!**



# MY FIRST BATH!



# I HAD MY FIRST SPONGE BATH!





**MY FIRST DAY OF  
SPEECH THERAPY!**



**TODAY I MET  
SOMEONE  
SPECIAL!**



**MY SISTER  
CAME TO VISIT!**



**MY BROTHER  
CAME TO VISIT!**



**I MET MY  
SIBLINGS!**



**MY FIRST  
NIGHT IN A  
BIG KID CRIB!**



I HAVE A *fancy*  
*new* **DIAPHRAGM!**



**TODAY IS  
SURGERY DAY!**



**CHECK OUT MY  
NEW *G-tube!***



**TODAY I CAME  
OFF CPAP!**



**MOMMY CHANGED  
MY DIAPER TODAY!**



**I WAS  
Extubated  
TODAY!**



**MY FIRST**  
*snuggles*  
**WITH MOMMY!**



**MY FIRST**  
*cuddles*  
**WITH DADDY!**



**I POOPED!!**



**I PEED!**





**NO MORE  
NASTY IV'S!**



**I GOT MY  
PICC LINE  
TODAY!**



**MY PICC LINE  
CAME OUT TODAY!**



**TODAY WAS A  
*Hard* DAY!**



**I HAD MY  
FIRST NG TUBE  
FEED TODAY!**



**TODAY I  
PRACTICED  
NURSING!**



**I TOOK MY  
FIRST BOTTLE  
TODAY!**



**LOOK!  
NO WIRES!**



**MY FIRST  
HAND HUG!**



**I HAD A  
*great* DAY!**



**I'M A NICU  
GRADUATE!**



**I'M A CCDH  
GRADUATE!**



**I GAINED  
WEIGHT TODAY!**



**I HAD MAMA'S  
MILK FOR THE  
FIRST TIME!**



**I WORE MY  
FIRST *outfit*  
TODAY!**



**TODAY WAS MY  
NISSSEN & G-TUBE  
SURGERY!**





**MY MRI  
LOOKED  
GREAT!**



**MY CT SCAN  
LOOKS AMAZING!**



**I RAN THE CDH  
MARATHON!**



**I PASSED MY  
CAR SEAT TEST!**



**I HEARD MY  
FIRST BOOK!**



**PLEASE Pray  
FOR ME!**



**THEY STARTED  
WEANING  
ECMO TODAY!**



**I'M A  
TINY HERO**



**WOAH!  
I JUST HAD  
OPEN-HEART  
SURGERY!**



**MY FIRST  
TIME DOING  
TUMMY TIME!**



**FIRST TIME  
SUCKING A  
PACIFIER!**



**I BEAT THE  
ODDS!**



**I SMILED FOR THE  
FIRST TIME!**



**I AM A  
CDH SURVIVOR!**



**THOUGH HE BE  
BUT LITTLE...  
HE IS FIERCE!**



**SUCH A BIG  
MIRACLE IN SUCH  
A LITTLE BOY!**





**THOUGH SHE BE  
BUT LITTLE...  
SHE IS FIERCE!**



**SUCH A BIG  
MIRACLE IN SUCH  
A LITTLE GIRL!**



**MY FIRST  
STROLLER RIDE!**



**I'M GOING  
HOME!**



**I HAD MY  
FIRST G-TUBE  
FEED!**



**I'M ONE  
WEEK OLD!**



**I'M TWO  
WEEKS OLD!**



**I'M THREE  
WEEKS OLD!**



**I'M ONE  
MONTH OLD!**



**I'M TWO  
MONTHS OLD!**



**I'M THREE  
MONTHS OLD!**



**I'M FOUR  
MONTHS OLD!**



**I'M FIVE  
MONTHS OLD!**



**I'M SIX  
MONTHS OLD!**



**I'M SEVEN  
MONTHS OLD!**



**I'M EIGHT  
MONTHS OLD!**





**I'M NINE  
MONTHS OLD!**



**I'M TEN  
MONTHS OLD!**



**I'M ELEVEN  
MONTHS OLD!**



**I'M ONE  
YEAR OLD!**

