

TWIN PREGNANCY

6TH WEEK CHECKLIST

FOR ME

THIS WEEK I SHOULD....

- ☐ ADD FIBER TO DIET
- ☐ DECIDE WHO I WILL TELL
- ☐ THINK ABOUT WHEN I WILL TELL

FOR HOME

THIS WEEK I NEED TO...

- ☐ BUDGET FOR MATERNITY LEAVE
- ☐ GET CHILDCARE COSTS IN THE AREA
- ☐ TAKE IT EASY WITH CHORES

ASK THE DOC

DON'T FORGET TO ASK THE DOC...

- ☐ WHEN CAN I SEE THE BABIES?
- ☐ ANY WARNING SIGNS TO WATCH FOR
- ☐ WHAT TESTS DO I NEED?

