



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?

