



TWIN PREGNANCY 12TH WEEK CHECKLIST

FOR ME

THIS WEEK I SHOULD....

- START TO THINK ABOUT MY REGISTRY
- DON'T OVERDO IT
- WEAR COMFORTABLE PANTS

FOR HOME

THIS WEEK I NEED TO...

- PLAN HOW TO TELL PEOPLE
- CLARIFY PATERNITY LEAVE
- TELL MY EMPLOYER I'M PREGNANT

ASK THE DOC

DON'T FORGET TO ASK THE DOC...

- SHOULD I USE STRETCH MARK CREAM?
- HOW LONG CAN I WORK?
- CAN I CONTINUE TO SEE A NATUROPATH?

