



Twiniversity
community. knowledge. humor.

TWIN PREGNANCY 13TH WEEK CHECKLIST

FOR ME

THIS WEEK I SHOULD....

- FIND MY LOCAL TWIN CLUB
- START BUYING MATERNITY CLOTHES
- STAY AS ACTIVE AS I CAN

FOR HOME

THIS WEEK I NEED TO...

- SHARE THE TWIN PREGNANCY NEWS
- CLARIFY PATERNITY LEAVE
- TALK TO MY EMPLOYER ABOUT LEAVE AND REPLACEMENT IF NEEDED

ASK THE DOC

DON'T FORGET TO ASK THE DOC...

- WHAT EXTRA MONITORING DO I NEED?
- WHAT ARE THE LIFTING RESTRICTIONS?
- WHAT TYPE OF TWINS AM I HAVING?

