



Twiniversity
community. knowledge. humor.

TWIN PREGNANCY

18TH WEEK CHECKLIST

FOR ME

THIS WEEK I SHOULD....

- ATTEND A LOCAL TWIN CLUB MEETING
- GET MY TWINIVERSITY MEMBERSHIP
- TAKE SHORT BREAKS OFF MY FEET THROUGHOUT THE DAY

FOR HOME

THIS WEEK I NEED TO...

- INSURANCE BENEFITS FOR MULTIPLES?
- ORGANIZE THE NURSERY
- READ UP ON REQUIRED TWINS GEAR

ASK THE DOC

DON'T FORGET TO ASK THE DOC...

- LACTATION CONSULTANT REFERRAL?
- WHEN SHOULD I TAKE INFANT CPR?
- WHEN SHOULD I FEEL KICKS?

