



Twiniversity
community. knowledge. humor.

TWIN PREGNANCY

19TH WEEK CHECKLIST

FOR ME

THIS WEEK I SHOULD....

- SCHEDULE A PRENATAL MESSAGE
- START GOING TO BED EARLY
- INVEST IN MATERNITY/NURSING BRAS

FOR HOME

THIS WEEK I NEED TO...

- CREATE (OR UPDATE) MY WILL
- ASSESS LIFE INSURANCE NEEDS
- ASK FOR POSTPARTUM DOULA REFERRALS

ASK THE DOC

DON'T FORGET TO ASK THE DOC...

- WHY DO I FEEL SO MUCH PRESSURE?
- SHOULD I GET A FLU SHOT?
- WHAT CAN I DO FOR BACK PAIN?

