

TWIN PREGNANCY

20TH WEEK CHECKLIST

FOR ME

THIS WEEK I SHOULD....

- ☐ ATTEND ANATOMY SCAN!
- ☐ PICK BABY SHOWER INVITES
- ☐ REVEAL BABIES SEXES

FOR HOME

THIS WEEK I NEED TO...

- ☐ GET A MEAL PREP PLAN PREPARED
- ☐ UPDATE LIFE INSURANCE
- ☐ CONSIDER A PRENATAL DOULA

ASK THE DOC

DON'T FORGET TO ASK THE DOC...

- ☐ IS IT STILL SAFE TO TRAVEL?
- ☐ CAN I USE A HEATING PAD?
- ☐ HOW CAN I TELL IF I'M HAVING BRAXTON-HICKS VS. REAL CONTRACTIONS?

