



Twiniversity
community. knowledge. humor.

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?

