



# TWIN PREGNANCY 21ST WEEK CHECKLIST

FOR ME

THIS WEEK I SHOULD....

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- SEND BABY SHOWER INVITES
- LET PEOPLE HELP ME!
- READ "WHAT TO DO WHEN YOU'RE HAVING TWO" BY NATALIE DIAZ

FOR HOME

THIS WEEK I NEED TO...

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- CREATE PHONE LIST FOR DELIVERY DAY
- TALK TO HELPERS FOR AFTER BIRTH
- RESEARCH CIRCUMCISION

ASK THE DOC

DON'T FORGET TO ASK THE DOC...

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- WHEN SHOULD I STOP WORKING?
- WHAT CAUSES ITCHY BELLY?
- WHEN WILL I TAKE MY GLUCOSE TEST?

