



**Twiniversity**  
community. knowledge. humor.

# TWIN PREGNANCY

## 26TH WEEK CHECKLIST

FOR ME

THIS WEEK I SHOULD....

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- SLEEP WITH MULTIPLE PILLOWS
- AVOID ACIDIC FOODS
- CUT STRESS OUT WHERE I CAN

FOR HOME

THIS WEEK I NEED TO...

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- ASSEMBLE BABY GEAR
- PRE-REGISTER AT THE HOSPITAL
- INTERVIEW PEDIATRICIANS

ASK THE DOC

DON'T FORGET TO ASK THE DOC....

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- HOW CAN I GAIN MORE WEIGHT?
- ARE THE BABIES THE SAME SIZE?
- WHAT LABOR SIGNS SHOULD I WATCH FOR?

