



**Twiniversity**  
community. knowledge. humor.

# TWIN PREGNANCY 28TH WEEK CHECKLIST

FOR ME

THIS WEEK I SHOULD....

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- STAND UP SLOWLY
- PROP UP MY FEET WHEN RESTING
- READ A NON-PREGNANCY BOOK

FOR HOME

THIS WEEK I NEED TO...

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- FINISH UP THE NURSERY
- PACK YOUR HOSPITAL BAG
- HAVE YOUR PARTNER PACK THEIR BAG

ASK THE DOC

DON'T FORGET TO ASK THE DOC...

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- CAN I DO PRENATAL YOGA?
- CAN I TAKE MELATONIN FOR SLEEP?
- WHAT IS DELAYED CORD CLAMPING?

