



Twiniversity
community. knowledge. humor.

TWIN PREGNANCY

33RD WEEK CHECKLIST

FOR ME

THIS WEEK I SHOULD....

- DO MORE KEGELS
- LISTEN TO PREGNANCY MEDITATIONS
- ADD FRUIT TO WATER FOR VARIETY

FOR HOME

THIS WEEK I NEED TO...

- DECIDE ON A PEDIATRICIAN
- PREPARE FOR BEDREST
- MODIFY MY WORK SCHEDULE

ASK THE DOC

DON'T FORGET TO ASK THE DOC...

- DO TWINS "DROP" LIKE SINGLETONS?
- HOW OFTEN DO I NEED MONITORING?
- CAN I DO SKIN TO SKIN WITH A C-SECTION?

