PARTNER'S HOSPITAL CHECKLIST

Some multiple mums find they have to stay in hospital for a while before or after the birth. You will have your hospital bag with you but the longer your stay, the more things will need replacing. Whether you're being supported in your pregnancy by a husband, partner, friend or family member, this checklist will be useful for them if you have an extended hospital stay so they remember to keep you stocked up on essentials.

If you find this useful, please share your thoughts on social media using the hashtag #PracticalGuidetoTwinsTripletsandMore and tag me @TalesofaTwinMum on Instagram, Twitter and Facebook. I'd LOVE to see people using it.

FOR MUM

- [ ] Nightwear
- [ ] Underwear
- [ ] Clothes
- [ ] Food & drink
- [ ] Magazines
- [ ] Toiletries
- [ ] Carrier bags for washing and rubbish
- [ ] Maternity pads
- [ ] Change for food machines
- [ ] Books

FOR THE BABIES

- [ ] Nappies
- [ ] Wipes
- [ ] Vests
- [ ] Sleepsuits
- [ ] Hats