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how to
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ON THE COVER

Jed and Noah Weissman, active 7-month-old dizygotic twins, are on the move in their Highlands Ranch, Colo., home. Our New Year's babies are just learning to crawl and explore their world.

Cover Photography by Murray Elliott



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For the first time, science proves that we need those emotional connections. This may be especially true for families with twins.

Join us **online** at www.TwinsMagazine.com

“Help! I need somebody...

“And now my life has changed in oh so many ways,
My independence seems to vanish in the haze.

“Help me get my feet back on the ground,
Won't you please, please help me...”

Mothers of multiples sing this song from the time they come home from the hospital, and if they've followed the advice of other moms of twins, they were tuning up during pregnancy. Although the Beatles most certainly didn't have motherhood in mind, it fits... and it fits this issue.

We all need help throughout our lives, but seldom is the need as pressing as for a new mother of multiples. Melanie Bowden, an experienced mom and doula to multiples, writes about how a doula can help you. Her article starts on page 17.

Josh Coleman offers practical advice for couples who want to stay married. Read a review of his book, *Imperfect Harmony: How to Stay Married for the Sake of Your Children and Still Be Happy*, sure to be a help to all couples, on page 25. He also expands his column, Married with Twins, to include letters from both spouses.

His advice offers concrete, constructive steps a couple can try for six months or so. After a period of time, we hope to publish follow-up reports from some couples. His column appears on page 14.

Our kids need help too, according to the landmark study *Hardwired to Connect: The New Scientific Case for Authoritative Communities*. Dr. Kathy Kovner Kline, lead researcher of the groundbreaking study, talked to us about the importance of connections with each other, especially in the family, and what the study can mean to your family. Turn to page 24.

Patricia M. Malmstrom endorses our Research column with an interview of Dr. Gary Steinman about his research into monozygotic twinning, on page 16. You won't want to miss another new column—“The First Year” by Lauren Kafka, on page 26.

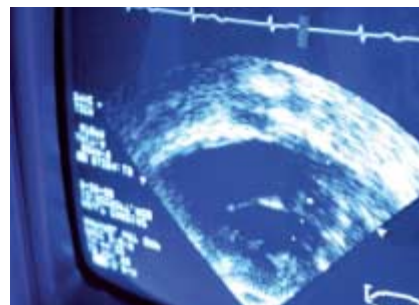
Happy New Year!

72.86%
In a poll of TWINS Magazine message board members, **72.86% of respondents credit their husbands as being “great helpers” with the housework and twins.**



Holden and Mark, 7½ months with dad Tim

Do you know...



...that early diagnosis of TTTS is yet another good reason for determining placental structure as early as possible, preferably in the first trimester, even at the first prenatal visit? Read more on page 10.



...three simple guides for disciplining toddler twins? Find them on page 12.



...that researchers may have found a clue to the SIDS mystery? Read more on page 34.

TWINS tip:

Mismatched socks? Buy only identical socks for your multiples—all socks, all the same color, all the same style. That way, a lost sock is no big deal.

Suzanne Withers
Managing Editor

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† According to a recent market research study. Results available on request.

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School epidemic

Teachers and students at Hagood Elementary School are seeing double with 11 sets of twins in the Pickens, S.C., school. Their principal, Karen Jackson, throws up her hands in disbelief. From left to right, kneeling: Connor and Chandler Vinson, age 7; Darien and DiSean McKinney, 6; Cade and Cole

Wilson, 10. From left to right, standing: Dalton and Logan Smith, 8; Jenna and Jordan Lindsey, 11; Derik and Erik Sparks, 6; Robyn and Hanna Brown, 10; Allycia and Alex Hommes, 6; Brandon and Joseph Porter, 6; Dallas and Grant Moses, 6; Jacob and Quintin Hooper, 5. Photo by Ira K. Perry

Holiday Survival Guide

I was really shocked by your article “Holiday Survival Guide” in the November/December issue. Obviously, to the author Jodie Richelle, the holidays are something to dread rather than enjoy.

How can she say “Decorations are a waste of time?” Last Christmas my 2½-year-old twin boys helped me decorate for the holidays, and watching them was priceless. Every time I pulled a different Santa or snowman from its box they squealed with joy, and I allowed them to carefully place them around the room. I told them not to touch or I would put them away, and that threat was more than enough to keep their hands off. I can’t wait to bring the boxes from the attic again this year so my family can “deck the halls” together. It’s a shame Ms. Richelle will miss out on building such a tradition.

Perhaps my children are the exception to the rule, but they enjoy shopping as well. I give them things to look for, such as snowflakes at Christmas time, and they make a contest of finding them first and finding the most items. They just need something to keep them interested in their surroundings.

I’m a firm believer that you get out of the holidays what you put in. I plan to get much joy and love from my twins this year. I hope your author can lighten up so she can enjoy her kids and the holidays.

Katie Reimer, via e-mail

As a mother of twins, I am always interested in articles on caring for twins. The article “Holiday Survival Guide” by Jodie Richelle in the November/December issue provided some very helpful hints in coping with the stress of the holiday season. As a practicing pediatrician, however, I would like to suggest making an addendum to the suggestion to “carry a bottle of syrup of ipecac with you when you travel.” The author sites that the American Association of Poison Control Centers reports that many poisonings occur when daily routines are disrupted. The article does not, however, state that carrying syrup of ipecac is a recommendation of this organization

Lisa Gilmer, via e-mail

Editor’s Note: Here’s an important update. Last November, (after the November/December issue went to print) the American Academy of Pediatricians reversed its stand on using syrup of ipecac. For the latest information, turn to Growing Stages on page 35.

Twins galore

In 1946 I was injured very badly in a head-on collision. I was only 19 years old and two months pregnant with twins, whom I lost three months later. I am now 76 and unable to walk; I have used crutches all these years, as a result of a hip crushed in the accident. When I see twins, I come unglued. Since 1996 I have subscribed to TWINS and recently renewed—again. I’ll always be a subscriber to TWINS. I just enjoy twins and TWINS so much! I have collected pictures of twins for years

and when I get lonely, I look at my album of twins. I am one of nine girls, and among my eight sisters, cousins and uncle, there are at least six sets of twins in my family—three sets of MZ (identicals) and three sets of DZ (fraternals).

Betty Stephenson, Chula Vista, Calif.

Web site fans

I am 25 years old and an identical twin to Chichi. I love to learn more about twins because I don't seem to understand our nature. It's so sweet and interesting, but difficult to understand. Thanks for your Web site.

Tinta Habukali; Lusaka, Zambia

I am expecting boy/girl twins in February of 2004. I have been getting a tremendous amount of advice and support from the TWINS Magazine message boards. I just told my local multiples club to be sure to announce the Web site to the other pregnant moms (about 10 of them!). I am on bed rest now so am spending a lot of time at the boards. I have found by chance several other single moms on your boards, all in different places. Could you please put a more visible thread out there? I would love to get support from other single moms. I am separated from my husband and it doesn't look hopeful. I can't tell you how much the possibility of doing this excites me. I need all the support I can get and think other single moms would feel the same. I won a subscription to your magazine at a twins club meeting! I love it!

Patti Ratcliff, via e-mail

Editor's Note: We have added a separate forum for single moms to our message board at www.TwinsMagazine.com. We realize it is hard for single moms to get to club meetings and other functions, and bed rest only adds to the isolation. The message board can be a lifeline.

Your story

As a mother of five young children, from 6 years to 22-month-old identical twin boys, I thoroughly enjoy TWINS Magazine. I would appreciate the opportunity to submit an article for consideration in an upcoming issue, but what process should I follow in order to submit? Thank you for your time and for giving us mothers of multiples a quality magazine to help us raise our children.

Lori Chapman, via e-mail

Editor's Note: We have writer's guidelines posted on our Web site at www.TwinsMagazine.com. (Scroll down toward the bottom of the home page.) Also, we are collecting stories—"Chicken Soup for the Soul" type—for a book we plan to publish next year. These could be stories that would fit into our Special Miracles department of the magazine, or personal experience accounts of being pregnant with twins, parenting twins or about being a twin. Please send your story to our editor-in-chief, Susan Alt. You may mail them (Attn: My Story) or e-mail them to her at susan.alt@businessword.com (subject line: My Story).

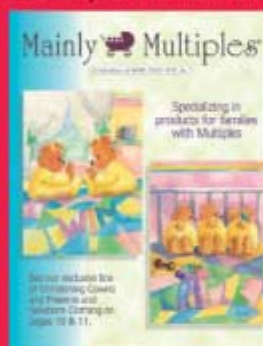
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Canadian family with four sets of twins sets Guinness World Record

In the days before ultrasound, a Kapuskasing, Ont., woman by the name of Germaine Campbell suspected she having twins, but her husband John didn't believe her.



"He bet me a buck and then the twins were born, and he gave me two dollars—one for each twin," Germaine recalled. Her twins Joyce and Joan were the beginning of the family's record-setting double streak, which took 50 years to achieve.

In 1973, when Joyce Roy was pregnant, her doctor was able to give her advance notice that she, too, was expecting twins.

Her twins, Diane and Carole, grew up. Diane was the first to have children... and it was twins, again. This time, a set of boys: Ricky and Derek Mageau. And then Carole had her twins, girls Kelly and Ashley Lantin.

Diane Mageau told the TV show, *Canada AM*, that the family had no idea they were setting a world record. "When Carole had her twins, her doctor said as a joke she should try to get the Guinness World Record because usually you skip a generation and we didn't.

"So I went to the Internet and just put a little message on it and they got back to me, saying you should

apply," Mageau said. With four sets of twins in three generations, they now hold the Guinness World Record for the "Most Consecutive Generations Within a Family to Have Twins." They now wonder if they will add another generation and hold their Guinness World Record.

NICU Miracles

Alison Adams gave birth to twin boys, Cameron and Kyler, seven weeks early last November. They spent the next 22 days in the NICU at Portland's Providence St. Vincent's Hospital.

For Alison—and other premie parents in Oregon—their stay was a life-changing experience in an unusual way. "While my husband and I visited the NICU daily, we noticed a lack of clothing for the babies, as well as accessories—swings to keep the babies upright after their feedings, same with bouncy seats—and even educational materials such as books and the like on parenting a premature baby, or two, in our case!" Alison said.

Alison didn't forget what she saw, or what the nurses and doctors in the NICU did for them. "With their help, kindness and love we were able to have healthy, happy little boys who are now 13 months old." To show her gratitude, in March of 2003, after life had somewhat settled down with newborn twins around the house, she founded NICU Miracles, a non-profit charity that collects and donates premie clothing, non-medical supplies and accessories to NICUs in Oregon. Companies such as Babies 'R Us have supported NICU Miracles.

"I am a one-woman organization and while this takes quite a deal of time and patience, I am happy to do this for the NICU that took care of my boys, and other hospitals as well. The nurses need not worry about clothing and the like. They are saving babies lives daily and clothing should be the last thing on their minds," Alison said.

Visit www.nicumiracles.org for more information.



Volume Twenty One, Number One
JANUARY/FEBRUARY 2004

Founded in 1984

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Owned and published by
The Business Word Inc.,
Centennial, Colorado
Donald E.L. Johnson, Chairman
Susan J. Alt, President
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Whining wears on single mom

Hope from Georgia writes:

I am a single mother of twin boys who fight; one also whines. My nerves are so stressed that at the end of the day I just sit in a quiet room. I don't know how to get them past this and it really is wearing me out. Please help me.

Readers respond:

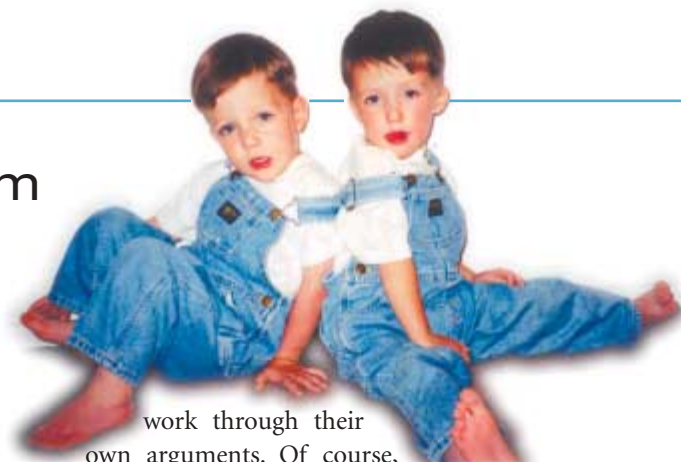
I am a single mom by military separation (both of us are in the military). My identical twin boys are 2½ and sound just like yours. After they go to bed I have goals of cleaning or working on projects, but I usually just relax in front of the TV for at least an hour. As much as I love and cherish them, I need that hour after I have battled with them. Recently I managed to get to a local twins club playgroup and was relieved to find that the behavior of my boys was perfectly normal. They are just at a difficult age and the phase passes. Keep the faith that there is light at the end of the tunnel and don't feel guilty for not doing anything. I suggest getting into a twins club, if you haven't already. Take them places where they can release energy. A playground (indoors or outdoors) works best for me: They can spread their wings and I can sit back and watch. The hassle of travel is well worth the quality naptime that follows.

Erin (name withheld), via e-mail

I don't have any advice, just hope. My kids whine and fight a lot too. As I approach the time of my skin crawling, and feel that I'm yelling more than not, I know that it's time for a break. My children are 17 months old and my husband and I went out to dinner recently for the first time since their birth. I understand that you are a single mother. Is there any way to get a sitter so you can get some "you" time? It may help.

Lisa Weber, Lake in the Hills, Ill.

I have 10-year-old twin girls and I'm expecting a boy/girl set in a few months. I've found that often when my kids fight they want me to take a side. It sometimes works best to have them



Jacob and Joshua, 3 years old.

work through their own arguments. Of course, when young, separation is sometimes necessary too. As far as whining, my 7-year-old started that this year. I tell her that I'm sorry I can't understand what she is saying and she has to use a normal voice in order for me to respond. It has worked well.

Lee Foster, via e-mail

I can relate to your situation and remember those days when I had to go outside at the end of the day to unwind. I promise you these days will pass. My identical twin boys are 17 and I wish we could go back to when they were toddlers. They still fight and whine, but not as often. They have separate friends, churches and interests but the first thing they ask me when they come home is when the other twin will be home. It took some time for them to learn that it was OK to be apart; now they seem to fight less and enjoy their time together more.

Penny Adams, via e-mail

For March/April

I have 4-month-old boy/girl twins and they have been sleeping together since we brought them home from the hospital. My daughter is very attached to her brother and doesn't want to sleep unless he is in the crib, but they are starting to wake one another and may need different sleeping arrangements. I am curious as to what other parents of twins are doing.

E-mail your replies to twins.editor@businessword.com; please type "Family Talk" in the subject line. Mail replies to Family Talk, TWINS Magazine, 11211 E. Arapahoe Rd., Suite 101, Centennial, CO 80112-3851. Or, you can post your replies on the TWINS message board at www.TwinsMagazine.com.

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Geoffrey Machin, M.D.

Two treatments help TTT babies

Q: What is twin-to-twin transfusion syndrome and how is it treated?

A: Twin-to-twin transfusion (TTT) is a fairly rare condition that complicates about 10% to 15% of twins who share a monochorionic (MC) placenta. In previous articles, I have mentioned the importance of placental structure as it affects the outcome of twin pregnancies. It may seem weird that some twins actually share one placenta instead of having one each. But, in fact, two-thirds of one-egg (monozygotic, MZ) twins are MC. (Having an MC placenta is good proof that the twins are truly MZ.)

The problem with the MC twin placenta is that both of the umbilical cords insert into the one placental disk, and, as they do so, blood vessel branches from the two umbilical cords usually meet and connect on the surface of the placenta. There are different kinds of vessel connections—artery-with-artery, vein-with-vein, and, most dangerously, artery-to-vein. In that third type of connection, blood is transfused from the “artery twin” to the “vein twin” down a blood pressure gradient. Fortunately, most MC twins have several placental vessel connections of various kinds. So blood may often be transfused in both directions, and the effects cancel each other out. In 15% of MC twins, however, there is a build-up of transfusion in one direction, so one twin is the transfusion donor and the other twin is the recipient.

TTT is usually already well established by 18 to 20 weeks into the pregnancy. So there is already a serious problem by the time the dating ultrasound is normally scheduled for 18 weeks. That is a good reason for determining placental structure as early as possible, preferably in the first trimester, even at the first prenatal visit. Unfortunately, this is not always done. If we knew, from six weeks on, that the twins are MC, we could be looking out for the earliest possible evidence of TTT.

The main difficulty is to persuade people with fixed ideas about management [of TTT] to recognize that amniocentesis and fetal surgery probably both have roles to play, and that one method does not exclude the other.

TTT twins are diagnosed by the presence of too little amniotic fluid around the donor and too much fluid around the recipient. The twins may show some discordant growth, but this is not necessary for the diagnosis. Without any treatment, up to 80% of the twins die and the

survivors often have damaged brains, hearts and kidneys. Some cases of TTT are more severe than others, and the treatment can be tailored for each case. Even with treatment, not all twins can be saved, and the outcome is probably determined by early suspicion (known MC twins) and quick diagnosis and treatment.

The management of TTT is controversial, and several trials have been attempting to determine which method is best. The main problem is that the easier form of treatment (removing the excess fluid around the recipient by amniocentesis) does not work in severe cases; but the other form of treatment (fetal surgery) is invasive, and is still regarded by many people as “experimental.” So there are two groups of professionals: One group feels that fetal surgery is too dangerous, even in cases where amniocentesis does not cure or control the disease; the other group knows that amniocentesis doesn’t always work, but, because they know how to do the fetal surgery, they are inclined to offer it in all cases of TTT, including those cases that might respond to amniocentesis. This is an unsatisfactory situation, and is largely based on a failure to realize that TTT varies in severity, and every case needs careful assessment to determine the best management. There is also widespread misunderstanding as to what

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The advertisement features a background image of two babies' faces. The text is centered and includes the company name, website, and a toll-free number.

the blood vessel connections actually look like, and how easy it is to tackle them at surgery.

Fetal surgery for TTT is done in suitable cases by passing a fiber-optic scope into the amniotic cavity of the recipient twin. Shining a bright light on the placental surface allows the surgeon to see the connecting vessels that are causing TTT. A laser beam is then focused on the connections and the vessels are heated until they collapse and disappear. This stops the transfusion. Complications include premature onset of labor and rupture of the membranes. The procedure is only done by

a few experienced surgeons in specialized referral centers. We are still trying to find out how best to deal with all cases of TTT—severe and moderate.

TTT is a very difficult problem to manage, and it may be some time before we know the best way to go forward. The main difficulty, however, is to persuade people with fixed ideas about management to recognize that amniocentesis and fetal surgery probably both have roles to play, and that one method does not exclude the other. We will really make progress when the diagnosis of MC twinning is made in the first trimester, and we have

the opportunity to tackle TTT cases at an early stage, before they have gone too far. ♥

Geoffrey Machin, M.D., Ph.D., a fetal pathologist, has been helping twins and their parents with questions of zygosity for more than 10 years. In that time, more than 300 twin pairs have had their zygosity determined by DNA studies, and almost all of them were MZ. He is co-author with Louis G. Keith, M.D., of *An Atlas of Multiple Pregnancy—Biology and Pathology*, (Parthenon Publishing, 1999) and authored the chapters on triplet zygosity in *Triplet pregnancies and their consequences*, edited by Louis G. Keith, M.D., and Isaac Blickstein, M.D., (Parthenon Publishing, 2003). You may e-mail your questions to him at geoffmachin@shaw.ca.

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Toddlers are known for their “No’s!” And they can gang up on you faster than you can run in two directions at once. Charles Fay, Ph.D., a psychologist and principal at Love and Logic Institute, likens toddlers to tornadoes. Twin tornadoes.

If Dr. Fay’s name sounds familiar, it’s probably because he has spoken at the National Organization of Mothers of Twins Clubs annual convention and at local twins clubs’ meetings throughout the country.

“What we teach at Love and Logic, a program that gives parents tools and techniques for building healthy relationships, is that parents should pray every day that their children make small mistakes when they’re young,” Dr. Fay said. “Love and Logic is about adults modifying their behavior and being good to themselves. When we’re really healthy—calm, empathetic, assertive—children have good role models.”

Cause and effect

The philosophy is, children learn the best lessons when they’re allowed to make their own choices and fail when the cost of failure is still small. Children’s failures must be coupled with love and empathy from their parents. And this approach, according to Fay, can begin as early as 8 to 9 months of age—and certainly by toddlerhood. Here’s how and why.

“The goal is getting your kids to understand cause and effect. You want them to know that when they make a poor decision, their life is unhappy,” Fay explained.

But at 9 months old?

“You have your two little guys sitting in their high chairs. The train is in the tunnel. Then ‘pleeh!’ One of them spits beets all over you,” Fay said. “Love and Logic calls for sadness, not anger. We want our children to know that we love them unconditionally, regardless of bad decisions. So you say, ‘Oh no, honey. That is so sad. Looks like lunch is over.’ You’re not mad, and the consequence is logical.”

The same applies to the game of drop-and-fetch. When your toddlers drop their spoons from the high chair to the floor over and over again, they’re doing many things. They’re experimenting and learning... having fun... engaging you in their game. “It’s healthy for kids to do experiments. They need to do these things, and it’s fine until it becomes a problem for them or for you. You need to know where your line is... when it is no longer cute and you need to draw the line. With toddlers, the consequence needs to be immediate. (Delayed consequences don’t work until children are 3 or 4 years old.)

“What we see happening more and more is kids are involved in healthy experimenting but parents never set limits. Then toddlers are running the house, and later you have a teenage tyrant. Love and Logic teaches self-discipline,” Fay said.

Megan and Michelle
6 months old



Uh-oh! Toddler trials and training

by Sharon Withers

Although kids can push your buttons and frustrate you—which they love to do and see—parents can have the self-control they need if they have some very practical parenting skills.

Three simple techniques

Parents of very young kids—kids small enough to be carried—can think in terms of mastering three simple techniques.

- ▶ **Change your location:** If your kids are screaming, skip the attempt to reason and go into another room. You might say, “I don’t like this screaming, so I think I’ll leave the room.” Say no more.
- ▶ **Change the location of the problem object.** Take away a sharp stick or a toy truck that your twin is banging against the wall, or on his brother’s back. Don’t get angry and lecture or shout. “The more words we use when our kids act up, the less effective we become. Children learn consequences best when you don’t get angry or use too many words,” Fay explained.
- ▶ **Change the child’s location.** Remove the misbehaving child to a safe place. With twins, you need two separate locations, since one twin often acts up as soon as his twin goes to timeout.

Timeout guidelines

Fay offers three guidelines for timeouts. First, time-in should be really fun. “When we are with our kids and they are behaving well we should be warm, affectionate, even silly.”

Next, timeout should remove the child from all stimulation and attention, from you or his twin. “The more words we use, the more attention the child gets,” Fay explained. “It is good to have one cue word, such as ‘uh-oh,’ for timeout. Then calmly tell your child, ‘You can come out when you are sweet.’”

Finally, the child stays in timeout until he calms down. “The message should be, ‘I get to be with other people when I am nice,’” Fay said.

But what about the popular rule, one minute for every year of age? "That's the biggest joke I've ever heard," Fay exclaimed. "How many 3-year-olds calm down in three minutes?" If they come out of timeout before they are calm, they learn that they don't have to behave to join the family.

More techniques

If parents have a few cue words, such as 'oh, no,' and 'uh-oh,' toddlers have a favorite: "No!" This is one instance where it's good to give kids some control. "All humans crave control," Fay said. "Give your toddlers control over lots of little choices." He told of a twin girl, quite dominant over her more passive twin sister. They were enjoying a tea party when strong-willed little Hillary spilled water on her shirt and started screaming because she was wet. Her mother chased her around with a dry shirt, but Hillary only screamed, "No!" Grandpa intervened: "Hillary, do you want some tea or milk? Do you want to sit in the chair on the right or the chair on left? Do you want to put your left arm or your right arm in the shirt first?" Hillary stuck out her right arm, unaware she had been had.

Just make sure that all the choices you offer your twins are acceptable to you. Little choices—peas or carrots, milk or juice, red shirt or blue shirt—break down toddler resistance. And there is an up side to the negative responses. "No! is good," said Fay. "You want them to know how to say 'No' to drugs later in life."

Differing temperaments in twins presents another challenge. When one child needs much attention to discipline them, the other can get left in the shadows. "Spend as much time as you can with the one who doesn't misbehave," Fay suggested. "If one is physically aggressive to the other, separate them because it can create resentment on the part of the more passive twin."

What about double tantrums in a store? Fay told of one mother who let her 16-month-old twins toddle alongside the shopping cart, unless they got out of control. She also had a stroller with her. When they misbehaved, one went in the cart and the other in the stroller. If they screamed, she made light of it by saying to other shoppers, "I bet you're glad they're not your kids." That takes guts, and thick skin. The alternative, to leave the store, gives tremendous power to the kids, Fay said.

Multiples challenges

"I am constantly amazed by the challenges multiples place on parents," Fay said. "With twins, I like to say that the whole is greater than the sum of the parts. It's like water torture: Twin toddlers do things that are not so bad, but they add up.

"It just takes a whole lot more patience and skills to parent twins," Fay admitted. Therefore, parents of multiples need to be open to learning more parenting skills and a variety of techniques. They need to know what works for each twin, especially if their twins have different temperaments. "Parents of twins need a big toolbox and they need to experiment." ♥

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Those “loving feelings” are hard to find

She said

My husband and I have been having big arguments over the smallest things since our twins were born. We both feel stressed emotionally, physically and financially. We are putting so much into caring for our girls, it is hard to find those “loving feelings” we once had for each other. How do we stop the fighting? I feel like such a bad mom for arguing in front of our girls. I don't seem to have the patience or energy to deal with the girls and Doug. We don't really know where to go for help, so any advice would be greatly appreciated.

Donna

He said

As Donna said, those “loving feelings” are hard to find, especially when we are in the same room. I love her dearly, and when I am at work I think of all the nice things that I want to say and do, but when I get home, we begin to fight over the most insignificant things. We both know better, so to stop fighting we tend to stop communicating altogether. I am afraid that this is going to do more damage than the fighting we are trying so hard to avoid in the first place. What do we do?

Doug

Donna and Doug,

Your letter brings up many common issues for parents of twins. First, Donna, let's look at some of the points that you raise:

- ▶ You wonder if you're a bad mom for arguing in front of your children.
- ▶ You don't feel like you have any patience or energy for Doug.
- ▶ You're stressed emotionally, physically and financially.
- ▶ You're putting so much into caring for the girls.

Let's consider these one by one. Being a parent of young twins hits us so hard at all levels that we sometimes don't know what's big and what's little in terms of our stress level. It's often useful to break down problems in steps because it makes it more possible to solve each one. So are you a bad mom for arguing in front of the kids? Well, if you are, so are the rest of us because I bet if we took a poll of how many parents of young twins (heck, parents of more than one child under the age of 4) and asked them if they sometimes argue in front of the kids, you'd be surprised how common it is. Of course, in an ideal world, we wouldn't do it, but it happens and it doesn't make you a bad mother or person. Conflict is unavoidable.

So when is conflict between the parents bad for kids? It's when: The parents never or rarely resolve it; when they blame their children for the arguments; when they make their children take sides against the other parent; and when the parents are abusive to each other.

If your kids seem upset by the fight, you should talk to them about it afterward if they're old enough to understand. Explain that you and dad love each other and you always make up. Sometimes parents fight even though they try not to. Don't make a big production out of it. Just a few statements.

You said that you have no energy for

the girls or Doug. That sounds about right. Parents of young twins are taxed past the breaking point every day. You've got a ton going out and very little coming in. So, the first question is, how is your self-care, Donna, and Doug? How good a job are you doing with your share of housework and parenting? Not to diss my gender, but we are more likely to dump an unfair amount of housework on our wives and expect them to do the lion's share of the parenting. We are also notoriously better at taking care of our needs than are moms. So, I'd like you each to write out a list of what you're doing for the family, and then brainstorm how to make the parenting and household tasks more equally distributed.

Even if you agreed that Donna would be a stay-at-home mom and that, Doug, you would get to take it easy when you got home, I'd like you both to re-negotiate that. That arrangement isn't realistic with twins; there's just no recharge time if you're a full-time mom. Doug, you'll have a happier wife if she gets more down time, and all guys like happy wives.

Donna, how much are you prioritizing the girls' well-being over your own? I often hear new mothers say that they're so invested in making sure that their kids get nutritious meals, daily baths or showers and intense mother-child time together, that the mom has no time left for herself.

In addition, many moms try to maintain the same standards of housecleaning and neatness that they had before twins. This can be an area where dads start to check out, feeling like, 'OK, if it has to be up to your high standards all the time, then you do it.' It's your call, but kids don't need a spotless house or a perfect meal. It's OK to lower your standards a bit to buy more downtime for yourself and your partner.

Next, I have to ask if you're prioritizing



Joshua Coleman, Ph.D.

the girls over Doug. Most mothers err on the side of feeling and behaving like the husband can fend for himself in the affection and attention department—he can't. There is a saying that goes, 'When a man gains a child, he loses a wife.' Make sure that's not true for you. Tell Doug frequently what you love, respect or admire about him. Be affectionate. Make time for him a priority. Men worry a lot about money once kids come on the scene, so make sure that this is something you're sensitive about.

I'm sorry to hear that you're so stressed emotionally, physically and financially, but I'm not surprised. Children are incredibly expensive and no matter how much we were warned before they arrive, it's still shocking how much money it costs to raise them. Also, money

information about her day, her feelings, and her views. I have heard some men say that they don't have nearly as much of a need to do this as do women. I don't know if that's true for most men or not. I like my silence as much as the next guy, but I also get a lot out of confiding in my wife and getting her feedback. Either way, marriages work better when the husbands listen to their wives and respect their feelings without trying to change them.

Both of you should make a list of eight to 10 things that the other can do to show you care. Some examples: Bring me flowers; initiate lovemaking; hold my hand; arrange babysitting; let me sleep in; let me have the night off; make dinner; put the girls to bed; etc. Your lists should be straightforward and easy to fulfill.

They shouldn't be requests such as 'Be nicer, be more respectful, be more loving.' Those are too vague and subjective, and thus subject to debate, which is exactly what you don't need more of.

Doug, I see what you're saying about not being sure which is worse, the fighting or not talking at all. It's a trade-off. I would try to talk but if it turns unproductive, agree to stop until you both cool down.

Finally, while I do think some conflict is unavoidable, I want you both to commit to the following ground rules:

- ▶ Don't begin a complaint or negotiation harshly. Studies show that conversations end the way they begin.

If you start out saying "You know what I can't stand about you?" it will end on that note. Instead, begin with an appreciation or a compliment. For example, "I really respect that you're concerned about our finances. I think that's a real strength. But, I'm wondering if we could brainstorm a way to build a little more fun into the budget."

- ▶ Try to repair before it gets too heated. Make a joke, tell your spouse you're on his/her side, give a hug, smile. If either of you were a jerk, say, "I'm sorry I was a jerk. You didn't deserve that." Again, conflict may be unavoidable. It's where you take it from there that matters.
- ▶ Take timeouts. If it starts to heat up too much, agree to take a timeout and resume the conversation when you both are calm, within 24 hours.

I think that the marital attitude for the first two to five years after the arrival of twins is a survival mentality. Romance takes energy, and energy is likely the last thing either of you has. I'm all for you two bringing back the loving feelings, but for now, if you just get along, and reduce the fighting, you can feel proud. Don't panic that the loving feelings aren't as accessible as they once were. Those feelings will come back as you get more energy and spend less time fighting. And that will take time, sleep and practice. ♥

Joshua Coleman, Ph.D., is a psychologist in private practice in the San Francisco Bay Area. He is the father of twin sons and a daughter and the author of *Imperfect Harmony: How to Stay Married for the Sake of the Children and Still Be Happy* (St. Martin's Press). Visit his Web site at www.joshuacoleman.net.

Send your questions to Dr. Coleman at TWINS Magazine, 11211 E. Arapahoe Rd., Ste. 101, Centennial, CO 80112-3851, or e-mail TWINS.editor@businessword.com.

“It's often useful to break down problems in steps because it makes it more possible to solve each one.”

is one of common stresses that create arguments in many homes.

Doug, I'm glad to hear that you love Donna dearly. When you're at work thinking of loving affectionate things, make sure you call her and tell her—don't keep it to yourself. Studies show that moms who feel appreciated have much higher marital happiness, even when they're doing more than their fair share of the housework and parenting. You did not mention whether you both work outside the home. Either way, Doug, make sure to ask Donna about her day, every day. Listen without giving advice. I call this 'going on input,' meaning, that you make time to let yourself receive the

What causes monozygotic twinning?

Obstetrician Gary Steinman's degrees in chemistry, biochemistry, biophysics and medicine—coupled with his experience as a member of NASA's first pool of scientist-astronauts equipped him for a career in research that has ranged from forensic medicine and medical diagnostics to studies of the primordial origin of life. It wasn't until six years ago that he turned his attention to twinning.

How did your focus shift to twinning?

About six years ago I delivered a set of identical quadruplets (26 sets have been reported in the world). The biological process that results in monozygotic sets was unknown at the time of their birth. I began to look for causes and have conducted six studies in which some readers of TWINS Magazine have participated.

What was your hypothesis?

One of my first studies found that women who become pregnant while breastfeeding are nine times more likely to conceive twins than women who are not breastfeeding at the time of conception. Since women who are breastfeeding are at risk for lower calcium levels because of increased nutritional demand, I thought there might be a link between the mother's calcium levels and monozygotic twinning.

What DID you learn?

I found that depressed levels of calcium do correlate with increased chances of monozygotic twinning. I believe that this is because of reduced intercellular bonding strength caused by depressed levels of calcium and delayed embryo implantation.

I also found evidence suggesting:

- ▶ Monozygotic twin sets are more often female than male apparently because the cells in females duplicate themselves at a slower rate than do the cells in males.
- ▶ Because of smaller placental contact surfaces, one-egg twin (monozygotic) sets are more likely to miscarry than two-egg (dizygotic/"fraternal") sets.
- ▶ As the number of fetuses in a monozygotic set increases, physical diversity (e.g. right- vs. left-handedness) increases. This is probably related to local differences within the uterine environment—the bigger the uterus, the greater the differences.
- ▶ IVF methods increase the incidence of monozygotic twinning. The IVF mothers in my study were on average five years older than the mothers with spontaneous pregnancies. Fifty-six of the pregnancies resulted in three babies when only two eggs had been transferred. Of these, 42 had twin "blood" relatives on either the mother's or the father's side. Until now, this was thought to be true only of dizygotic twinning.

Thus, the tendency to twin is apparently inherited.

And the implications and applications of your findings?

So far my findings seem to indicate that the key factors in the production of monozygotic sets are depressed calcium levels in the mother, the age of the mother, and heredity. These factors should be taken into account in the practice of IVF. The production of twins from one embryo is considered a drawback of the system because of hazards in such a pregnancy for the mother and the babies. Therefore, I recommend that to avoid this complication in IVF only one embryo at a time should be transferred in older women with a family history of twins. In addition to limiting a transfer to one egg, the calcium concentration in the embryo incubation media should be raised to reduce the chances of the division of the single embryo.

Where do you expect your findings to lead?

These findings help give a clearer picture of what is happening at the earliest stages of human embryonic development and may help overcome the higher incidence of birth defects found in twin pregnancies, versus singletons. ♥

Patricia M. Malmstrom, M.A., is director of Twin Services Consulting, www.twinservices.org, and co-author of *The Art of Parenting Twins*, (Ballantine, NY, 1999). You may e-mail her at twinservices@juno.com.



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Help! I need somebody

Postpartum doulas: nurturing help for new mothers

— by Melanie Bowden —

It's 8 a.m. and you're already wondering how you'll make it through the day. You've been up since 5:30 nursing and rocking your fussy babies after a night of broken sleep. You're not sure how you'll ever take a shower, let alone fix some breakfast. Your body aches from labor and delivery. You would love a sympathetic shoulder to cry on, as well as someone to answer your nagging questions about caring for yourself and your newborns.

To the rescue—the postpartum doula. She whisks in, brings you a cup of tea and something to eat, then takes the babies from your tired arms. You get the chance to rest while someone else handles things. By the time your doula leaves, you've showered, napped and feel much more confident in your role as a mom.

Most new parents are caught off guard by how overwhelming the postpartum period can be. During pregnancy, they had read about preparing for their babies, attended childbirth and baby care classes and prepared the layette. Unfortunately, many books and classes for expectant parents don't touch upon the incredible emotional and physical demands of caring for newborns. These demands are especially intense for moms of multiples.

In *The Postpartum Survival Guide*, authors Ann Dunnewold, Ph.D., and Diane G. Sanford, Ph.D., describe the truth about postpartum: "The reality is that becoming a parent is a considerable task. The new mother's body appears to have gone haywire; her hormones fluctuate greatly. She is tired beyond belief, and suffering from sleep deprivation. The new mother is in a physically vulnerable state from these changes and from the enormous physical stress of childbirth. And then, after a couple days' rest, if she's lucky, she is put in charge of meeting another human being's needs before tending to any of her own."

We used to care for postpartum families much differently than we do today. Communities would rally around new families by providing practical help, like bringing meals, and emotional support in the form of mother mentoring from either female relatives or other experienced mothers.

"I was unprepared for the extended neediness of my twins," said Laura Schneider, a mother of four boys under 5, including 9-month-old twins. "I have one twin who wants to be held a lot and then one who is easier—but I always feel guilty because he doesn't get as much mommy time. I was also surprised by the amount of stress I would feel when both babies cried at once."

"Help" continued on next page

Don't underestimate the power of sleep deprivation

Feeding and caring for a newborn is an around-the-clock job—and double that for two babies. Newborns eat every two to three hours, yet adults need a seven- to nine-hour stretch of sleep to function well. Night after night of broken sleep will wear out the most energetic parent. Sleep deprivation increases your levels of cortisol, a stress hormone. This leads to feelings of hopelessness and a shorter fuse. "Get rid of all romantic notions," said Denise Williams, a mother of two. "Lack of sleep made me sub-human and irrational in all other areas of my life."

The old advice of sleeping whenever your babies do is crucial. Although you may have a hundred things to do, your body needs rest. It is especially important for recovery from childbirth.

Learn methods to soothe a crying baby. In his book, *The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Baby Sleep Longer*, (Bantam, 2002), author Harvey Karp outlines the Five Ss method for calming a baby. In order, the steps are: Swaddle the baby, hold him in a Side or Stomach lying position, Shush loudly in his ear, Swing him from side to side, and then give him something to Suck on. It really works. Other things to try: wearing one baby in a sling, rocking your babies, going for a walk or a car ride and playing music.

Once breastfeeding is well established or if you are formula feeding, consider letting someone else handle some nighttime feedings. Start looking for ways that each parent can get at least a five-hour chunk of sleep—the amount required to get your body into a restful state. Maybe you and your partner can trade off whole nights. Sure, when it's your night it's exhausting, but at least you know that half of the time you will get a full night's sleep. That's more than most parents of newborns get!

Visit www.sleepnet.com for more information on sleep.

—Melanie Bowden



What is a postpartum doula?

As Sally Placksin notes in her book, *Mothering the New Mother*, a doula is "one who nurtures the new mother by performing those tasks that comfort her and free her to be with her baby."

You may have heard of birth doulas, but there also are doulas who specialize in postpartum care—professionally trained support persons who provide in-home care to new families. Doulas work shifts of anywhere from two to eight hours, or sometimes longer if they provide overnight care. They help the new family learn how to manage the logistics of parenting multiples.

Postpartum doulas care for the babies and older siblings, perform light household chores, run errands, provide breastfeeding support or just let you take a nap or have a good cry. A doula is there to provide emotional, physical and informational assistance so you can focus on resting and bonding with your babies. Doulas can answer your questions about handling your newborns and local resources for parents. They also are trained to watch for signs of postpartum depression.

Some doulas offer special expertise such as massage therapy, vegetarian cooking or babyproofing. Fees typically range from \$15 to \$35 an hour depending on the doula's level of experience, services and where you live.

One of the most important things a doula does is listen to a new mother's concerns. Sarah Solari, a mother of twin boys, said, "The ability to express my feelings, fears and frustrations to some-

one who wasn't close to me was invaluable. I felt a certain amount of freedom to just complain if I needed to."

Postpartum doula benefits

In more than 10 years of working as a postpartum doula for more than 500 families, Vicky York has found many reasons for new families to hire a postpartum doula: increased chance of successful breastfeeding, reduced chance of infant dehydration and hospitalization, less chance of maternal exhaustion, reduction in unnecessary calls to the pediatrician and less anxiety when the partner returns to work because mom has help at home.

Solari found that her doula's fresh perspective helped with problem solving. "I really needed someone there who had had a good night's sleep to help me gain some focus. I didn't feel like I could think clearly. I appreciated the sense of routine that my doula provided. If the boys were being particularly challenging, I could think to myself—tomorrow my doula will be here and I'll get a break."

Many parents hire a doula for subsequent babies to help them adjust to the changes every new child brings. Jennifer Davis already had a 3-year-old when she gave birth to twins. "There were a lot of nursing issues that came up with the twins that hadn't with my first child," Davis said. "Janet (her doula) was able to help me sort through various options and also hooked me up with a lactation consultant who was very helpful."

Planning for postpartum support

If financing a postpartum doula is a budget concern for you, there are ways to work it out. For shower or baby gifts, ask friends and family to donate to a doula fund, or have them purchase gift certificates for doula services.

Postpartum doula Johanna Soliday suggested, "Ask your doula if you can do a payment plan. Realize that the babies will grow quickly and you won't always need the same level of help."

Also, check your health insurance coverage and with your employers.

Ilyene Barsky, founder and director of the Center for Postpartum Adjustment in Coral Springs, Fla., advises expectant moms to be optimistic, but realistic. She cautions against allowing everyone to come visit right after the birth: "Spread visitors out over the first few weeks. Maybe at first the husband is home. Then, when he goes back to work, the mother, mother-in-law or doula comes."

An investment in your family

Don't hesitate to seek out help during

the postpartum period. You can't give from an empty place, and it won't help anyone if you are depleted. Jane Honikman, founding director of Postpartum Support International, encourages new parents to see hiring a postpartum doula as an investment in their families. The payoff is a more confident and rested mom who is better able to tackle the challenges. ♥

Melanie Bowden is a writer, postpartum doula and mother of two. She's the creator of the workshop, New Parent Stress Reduction, and is writing a book titled *Honest Mothers: Women Tell the Truth about Postpartum*. You can e-mail her at melaniebowden@earthlink.net.

How to find a postpartum doula

Ask your obstetrician, pediatrician, your local baby store, members of your local mothers of twins club, other moms you know, La Leche League and other parenting groups.

Doula and postpartum Web sites

Childbirth and Postpartum Professional Association (CAPP), www.cappa.net

Doula Network, www.doulanetwork.com/directory

Doula World, www.doulaworld.com

Doulas of North America (DONA), www.dona.org

National Association of Postpartum Care Services, www.napcs.org

Postpartum Support International, www.postpartum.net

National Association of Postpartum Care Services, www.napcs.org

High-risk pregnancy support: the antepartum doula

More than 700,000 women each year are prescribed bed rest for the treatment of a pregnancy complication. How does the mother cope? How does the family function? How will the normal everyday tasks get done? So many questions, one antepartum doula can answer.

How a mother reacts to bed rest and the changes it brings will affect how she views the entire pregnancy. By supporting high-risk mothers and their families, antepartum doulas encourage them to find things in their pregnancies that are normal, help them plan their births and encourage communication with the medical team. The antepartum doula does not offer clinical care; the role is strictly non-medical and completes the childbirth team. Some services of an antepartum doula include:

Information. Antepartum doulas can provide the mother with Web site support groups, books and any information she and her family might need. The doula also networks with others such as massage therapists who work with expectant mothers and might be helpful.

Physical. Teaching bed rest moms the art of relaxation and giving her a massage can help tremendously and lift mom's spirits.

Emotional. Encouragement helps the mother to understand that what she is doing for her baby is a gift only she can give. Plus, the mother knows she has someone to talk to who doesn't have an opinion and will really listen to how she is feeling.

Practical. Sibling care, running errands, basic meal preparation, light housekeeping, assistance with setting up a command center around the mother on bed rest and other similar tasks are tailored to each family's needs.

For more information, call Diane D. Brown, CAPP Antepartum Doula Program director at (937) 335-6620 or e-mail her at premiadoula@who.rr.com. Or, call CAPP at (888) 548-3672.

—from the Childbirth and Postpartum Professional Association Antepartum Doula Program, Diane D. Brown, CD (DONA), CLE, CAPD, CCCE, with the assistance of Connie Livingston BS RN LCCE FACCE CD(DONA) CLD CCCE, President, Perinatal Education Associates, Inc. CAPP is the only agency in North America that certifies antepartum doulas.

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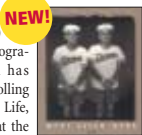


This author and mother of twins of Jack and Harry recognized that raising multiple children would not be easy. In her multiples birthing class, she met a group of women who not only survived their pregnancies, but also grew to be close friends. In her first book, Lyons and her "multiple sorority" survive the hardships of their first year with twins. They also learn and appreciate the fun and humor associated with raising multiple children. *Paperback, 165 pages.*

Twins

Mary Ellen Mark

\$50.00



One of America's leading photographers, Mark, whose work has appeared in *The New Yorker*, *Rolling Stone*, *Vanity Fair*, *Vogue* and *Life*, spent two consecutive years at the popular "Twins Days" festival in Twinsburg, Ohio, where she photographed twins using her large format camera. The results is this gift book: 80 stunning tritone images that show the bond between twins but also catches their unique individuality. Accompanying the photographs are interviews with the twins that illuminate the experience of life as a twin. *96 pages, hardback.*

When You're Expecting Twins, Triplets, or Quads

Barbara Luke, Sc.D., M.P.H., R.D. and Tamara Eberlein

\$14.00

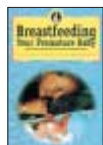


Among the best books ever for expectant parents of multiples, it's full of positive, empowering information about health care providers, diet, activity and rest restrictions, preterm labor and infant feeding and care tips. *Paperback, 301 pages.*

Breastfeeding Your Premature Baby

Gwen Gotsch

\$5.95



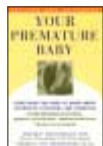
The new La Leche League International publication proves once again that breastfeeding is possible in seemingly impossible circumstances. *Paperback, 60 pages.*

Your Premature Baby

Everything you need to know about the childbirth, treatment, and parenting of premature infants

Frank P. Manginello, M.D.; Theresa Foy DiGeronimo, M.Ed.

\$17.95



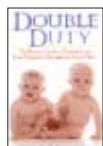
This book helps lessen parents' fears with guide to facing the challenging and often costly ordeal of giving birth to and caring for premature babies. Revised edition. *Paperback, 336 pages.*

Double Duty

The parents' guide to raising twins, from pregnancy through the school years

Christina Bagini Tinglof

\$14.95



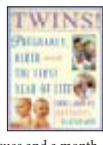
Real-life solutions, parent-tested suggestions and expert advice on everything from pregnancy-related weight gain to whether or not to put the children in the same class in school. Each chapter includes a "top five" list of ideas to make your life and your twins' lives easier and more enriched. *Paperback, 201 pages.*

TWINS!

Pregnancy, birth, and the first year of life

Connie Agnew, M.D., Alan Klein, M.D.; Jill Allison Gannon

\$18.00



Read about physical, medical, emotional and psychological issues, with an emphasis on twin-specific issues and a month-to-month guide for the first year. *Paperback, 320 pages.*

Your Premature Baby & Child

Amy E. Tracy, Diane I. Maroney, R.N.

\$17.95



Written by experienced preemie parents and medical professionals, this book answers your questions from the simple to the complex: NICU, homecoming, bonding, medical, developmental, school years and more. *Paperback, 327 pages.*

Having Twins And More

A parent's guide to multiple pregnancy, birth, and early childhood

Elizabeth Noble

\$18.95



This newly revised third edition is bursting with details about multiple pregnancy; the birthing experience, postpartum concerns, and caring for twins at home. Includes chapters on prenatal psychology, premature delivery, twin bonding and the experience of loss. *Paperback, 562 pages.*

The Multiple Pregnancy Sourcebook

Nancy Bowers, RN, BSN

\$17.95

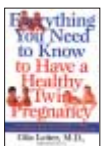


A perinatal nurse and mother of twins writes on pregnancy, infertility technology, prenatal testing, nutrition and development, preterm labor, birth and the NICU. *Paperback, 420 pages.*

Everything You Need to Know to Have a Healthy Twin Pregnancy

Gila Leiter, M.D.; Rachel Kranz

\$15.95



A mother of twins and an OB/GYN herself, Dr. Leiter offers practical information, support and detailed resources for soon-to-be parents of multiples. *Paperback, 330 pages.*

The Pregnancy Bed Rest Book

A Survival Guide for Expectant Mothers and Their Families

Amy E. Tracy

\$14.00



With information on everything from notifying your employer and working with your health insurer to proper nutrition and calisthenics, this comprehensive guide helps you adjust to horizontal living and get back on your feet. An extensive resources list. *Paperback, 229 pages.*

Mothering Multiples

Breastfeeding and Caring for Twins or More

Karen Kerhoff Gromada

\$14.95



Published by the La Leche League, this guide covers first efforts in the hospital, avoiding problems, full vs. partial breastfeeding, going public and how to juggle household duties. *Paperback, 352 pages.*

Mothering Twins

Advice and support from five moms who've been there and lived to tell the tale

Garo

\$14.00



Five mothers of twins offer a superb collection of it-worked-for-me solutions to the many situations unique to caring for twins. These insightful moms speak from the heart—and the head—in terms other mothers will understand. *Paperback, 414 pages.*

Raising Twins

What parents want to know (and what twins want to tell them)

Eileen M. Pearman, Ph.D.; Jill Allison Gannon

\$18.95



From one of the leading experts in twin development, this book skillfully blends guidance, insightful interviews and illustrative cases that address physical, emotional and cognitive development issues unique to twins from birth through adolescence. *Paperback, 267 pages.*

The No-Cry Sleep Solution

Gentle Ways to Help Your Baby Sleep Through the Night

Elizabeth Pantley

\$14.95



This sensible book offers a 10-step program that leads you, one day at a time, to your goal of a good night's sleep for everyone. Packed with tools and suggestions, not rigid formulas. *Paperback, 256 pages.*

Solve Your Child's Sleep Problems

Richard Ferber, M.D.

\$12.00



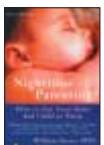
Does your child have difficulty falling asleep? Wake in the middle of the night? Suffer from night fears? This handy book is packed with insights, tips, sample problems and solutions, and a bibliography of children's "go-to-sleep" books. *Paperback, 251 pages.*

Nighttime Parenting

How to Get Your Baby and Child to Sleep

William Sears, M.D.

\$9.95

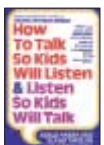


A vigorous opponent of letting your babies cry it out, Sears offers dozens of tips to help you get your babies (and toddlers) to sleep and to stay asleep with clear explanations of how babies sleep, high-need children and many more sleep-related issues. Revised Edition. *Paperback, 204 pages.*

How to Talk So Kids Will Listen & Listen So Kids Will Talk

Adele Faber, Elaine Mazlish

\$12.50



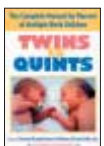
A contemporary "classic" about parent/child communications; it's supportive, friendly, and, above all, effective. According to the *Christian Science Monitor*, applying the book's ideas "will bring about more cooperation from children than all the yelling and pleading in the world." *Paperback, 286 pages.*

Twins to Quints

The Complete Manual for Parents of Multiple Birth Children

Rebecca E. Moskwiniski, M.D., ed.

\$18.00



Compiled by the National Organization of Mothers of Twins Clubs and edited by Education Vice President Rebecca E. Moskwiniski, M.D., this book is packed with research reports, expert advice and practical "been there, done that" tips from club members. *Paperback, 298 pages.*

Raising Multiple Birth Children

A parent's survival guide

William & Sheila Laut

\$19.95



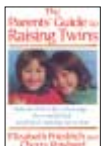
The Lauts have written a practical, well-thought-out guide that's loaded with lots of great lists, tips from dozens of parents of multiples, plenty of "why-didn't-I-think-of-that" insights and loads of humor. "A must-read." —Janet Bleyl, Founder of the Triplet Connection. *Paperback, 240 pages.*

The Parents' Guide to Raising Twins

From pre-birth to first school days—the essential book for those expecting two or more

Elizabeth Friedrich, Cheryl Rowland

\$13.95



The authors, both mothers of twins, deliver a bounty of useful guidance. Readers will tap into a wealth of practical tips and advice from doctors, nurses and dozens of other parents of twins. *Paperback, 304 pages.*

Keys to Parenting a Child with Attention Deficit Disorders

Barry E. McNamara, Ed.D.; Francine J. McNamara, MSW, CSW

\$7.95



The McNamaras, TWINS Magazine advisory board members, recommend ways to work with your child's school, effectively manage your child's behavior, provide emotional support and act as an advocate for your child. Aimed at parents of school-age children. *Paperback, 216 pages.*

Keys to Parenting Multiples 2nd Edition

Karen Kerhoff Gromada; Mary C. Hulburt

\$7.95

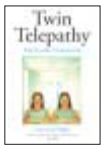


Helpful and practical guidelines for nurturing multiples from pregnancy and into childhood. Covers breastfeeding, individuality, combined energy, toilet learning, school, development and much more. *Paperback, 216 pages.*

Twin Telepathy: The Psychic Connection

Guy Lyon Playfair

\$9.95



Evidence of a telepathic link and incidents of shared emotions, thoughts and tactile sensations, extreme physical manifestations as bruising or burning are documented. *Paperback, 160 pages.*

Discipline Without Shouting or Spanking

Jerry Wyckoff, Ph.D.; Barbara C. Unell

\$8.00



Every parent of 1- to 5-year-olds contends with children who sometimes whine, refuse to eat, throw tantrums, etc. Unell, founder of TWINS magazine, and Wyckoff help parents learn how to discipline children without damaging self-esteem or curtailing natural curiosity. Revised and expanded edition. *Paperback, 160 pages.*

Twin Stories

Their Mysterious and Unique Bond

Susan Kohl

\$13.95



A mother of twin boys talks to twins of all ages and writes with insight, warmth and humor, what it's actually like to be a twin. From growing up and competitiveness to trust and individuality, these stories provide a fresh look into twintship. *Paperback, 188 pages.*

Entwined Lives

Twins and What They Tell Us About Human Behavior

Nancy Segal, Ph.D.

\$25.00



Leading twin researcher and a monozygotic twin, Segal sheds light on the nature vs. nurture debate and shows how twins hold the keys to understanding our physical and intellectual capabilities. An easy-to-follow examination of complex studies on twin relationship, this book is an excellent resource for parents of twins. *Paperback, 396 pages.*

Twins in the Family

Interviews with Australian Twins

Tom Shapcott

\$18.95



From many interviews with Australian twins of all ages, the author, a twin himself, weaves a fascinating picture of twins' intuitive bond, their communication and the many ways in which they live out their individualism. *Paperback, 232 pages.*

Two at a Time

Jane Seymour; Pamela Patrick Novotny

\$24.95



Reading this book is like talking with Seymour about pregnancy, birth and life at home. Lists and answers to common questions. *Paperback, 205 pages.*

The Art of Parenting Twins

Patricia Malmstrom, M.A.; Janet Poland

\$14.00



Patricia Malmstrom, founder of Twin Services, Inc., is a mother of adult twins who holds degrees in early childhood education and special education. She offers insightful advice compiled from interactions with thousands of mothers of multiples. Read about organizing your home, breastfeeding, "twinshock," developmental delays, identity issues and more. *Paperback, 333 pages.*

The Joy of Twins

Having, raising, and loving babies who arrive in groups

Pamela Patrick Novotny

\$16.00



This handbook covers everything from the scientific facts to practical parent-to-parent hints about raising two babies at once. *Paperback, 326 pages.*

Double Take: The Story of Twins

Daniel Jussim

\$17.99



Scientific information, profiles of twins, amazing stories about twins separated at birth and more shed light on choices parents make when rearing twins. *Hardcover, 72 pages.*

TWINS

Photographs by David Fields: Essays by Ruth and Rachel Sandweiss

\$27.50



Beautiful collection photographs and short essays celebrate twintship with stories of 27 pairs of twins, including Muhammad Ali's twins, Jane Seymour's twins, Mario and Aldo Andretti, the first NASA twin astronauts, twin Olympians, twin brothers who survived the Holocaust and more. *Hardcover, 144 pages.*

Facing the loss of a multiple

Coming to Term

A Father's Story of Birth, Loss and Survival

William H. Woodwell Jr.

\$25.00

By sharing the very early birth of his twin daughters, Woodwell looks at the heartache and the miracles of the NICU, the death of a twin, courage and survival. Hardcover, 216 pages



A Different Kind of Mother

Surviving the Loss of My Twins

Christine Howser

\$13.95

Howser lost both of her twin boys shortly after their birth and offers a story of love, loss and the choices that made healing possible. Paperback, 120 pages.



TWINS

MAGAZINE

SPECIAL REPORTS

Each special report is an updated compilation of the best articles from TWINS Magazine on topics of concern.

Feeding Multiple Babies

The simple questions—such as whether to breastfeed or bottle feed, weaning, handling colic, and many more—become more complicated when you have two or more babies. Full of useful insights from mothers who have been there! 40 pages.

Tips and Tools for New Parents of Twins and Triplets

When “twinshock” hits new parents, it hits hard. This compilation of special articles will be a blessing to new parents of young multiples by providing practical, encouraging advice about coping with day-to-day challenges. 52 pages.

Health & Safety for Infant Multiples

From choosing a pediatrician to ear infections and diaper rash, all parents of multiples will benefit from the simple, essential advice about the health of their babies. 40 pages.

Premature Twins and Triplets

This wonderful collection of articles helps frightened parents deal with the big and little traumas they must face as their small, prematurely born multiples enter life with extra health problems. 44 pages.

NICU

This collection of articles is designed to help parents more easily deal with their fears of the neonatal intensive care unit of hospitals, the challenges of nurturing premature babies, and bringing home their tiny babies. 54 pages.

Higher Order Multiples

This special collection of articles is for parents of triplets and quadruplets who face the same concerns of parents of twins—only multiplied. Topics include sleeping, feeding, bathing, dressing, car seats, school, relationships among multiples, and growing up as multiples. 88 pages.

Multiples Aged 7 to 12: The Middle Years

Your twins really grow up quickly. This collection of articles sheds light on classic parenting challenges during the twins' middle years—discipline, sexuality, safety, self-confidence, identity and more. 85 pages.

Multiples During the Adolescent Years

Parenting teen multiples isn't just hard. It's confusing and stressful, too. This collection gives straightforward insights and advice on multiples' adolescent development, behavior issues, health and education, and typical parenting woes. 87 pages.

Discipline Without Raising Your Voice

Reading (and re-reading) this outstanding collection of articles on discipline and behavioral issues is certain to expand your parental coping skills, ease tensions and help you through difficult times. Your children will benefit enormously, too. 56 pages.

A Guide for Parents Who Want Their Twins to Share a Classroom

An intelligent report to help you persuade schools to allow your twins to remain in the same classroom. Gives both the parents' views and the educators' perspectives. 25 pages.

Separate Classrooms or Together?

Multiples face unique schooling challenges and questions. To separate or not? What to do when one seems to be succeeding, the other not? Although every family's situation is unique, this collection of articles will help light the way down the often difficult educational path. 58 pages.

\$8.95 for one • \$14.95 for two

Published by TWINS Magazine

Popular choices from Twins Magazine

The Psychology of Twins

A practical handbook for parents of multiples.

Herbert L. Collier, Ph.D.

\$13.95

Twins do differ from singletons and, just as importantly, from each other, whether monozygotic or dizygotic. Herbert L. Collier, a psychologist and father of twins, draws firsthand experience from rearing his twins who are now happy, well-adjusted adults and also from counseling hundreds of families with multiples. Dr. Collier offers compassionate wisdom seasoned with patience and a perspective that comes only with time. When it comes to practical, down-to-earth advice, this is a must-have book for the parent who wants to understand and value each child as an individual. Paperback, 120 pages.



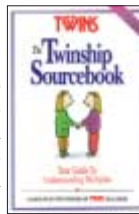
The Twinship Sourcebook

Your guide to understanding multiples

Editors of TWINS Magazine

\$14.95

The leading source of information for parents of multiples, this handy, one-of-a-kind guidebook helps you understand your multiples as they grow from birth through the school years and into adulthood. Topics include temperament and personality, twin-types, and whether to separate in school. If you have only one book on multiples, this is the one to have! An ideal gift suggestion to your friends and family! Paperback, 272 pages.



The Twinship Sourcebook 2: Toddler Twins

Practical parenting

Editors of TWINS Magazine

\$14.95

Your everyday questions about raising toddler twins are addressed in this informative new guidebook from the editors of TWINS Magazine. Twins and triplets who are moving beyond their babyhood—and, oh boy, can they move!—make every day a challenge and lots of fun! With insightful articles from experts and other parents, the book is divided into topics that concern parents most: biting and fighting, eating, identity, discipline, growing stages, physical development, language development, emotional development, play and creativity, and more. A perfect gift. Paperback, 198 pages.



The Stork Brought Three

Secrets of successful coping for ALL parents of multiples

Jean P. Hall

\$12.00

You may have twins instead of triplets, but you're sure to enjoy this touching, humorous first-hand account. This inspiring tale emphasizes the two essential ingredients for raising multiples—patience and a sense of humor. You'll learn from the practical steps this mom took to make life manageable. Paperback, 82 pages.



Dancing Naked in Front of the Fridge

And Other Lessons from Twins

Nancy J. Sipes, Ph.D. and Janna S. Sipes, J.D.

\$16.95

To these identical twins, twinship is like a dance in front of a mirror—each twin constantly reflecting the other. Look inside twinship, and yourself, for a fascinating view of relationships. Read this book and you'll gain new and valuable insight into your twins and their relationship. Paperback, 244 pages.



Twice as funny ... TWINS

A book of cartoons

David Lochner

\$10.95

Lochner's cartoon collection, *Twice as Funny... TWINS*, is sure to tickle your ribs. A great gift. Paperback.



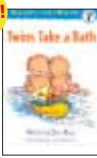
Twins in the Park

Ellen Weiss \$3.99
Delightful story of twins on an afternoon trip to the city park will entertain young children. Charming images by British illustrator Sam Williams, "Twins in the Park" tells of fun, games and discoveries in a local park. *Paperback, 24 pages.*



Twins Take a Bath

Ellen Weiss \$3.99
Delightful story of twins in the bathtub will entertain young children. Featuring charming images by British illustrator Sam Williams, "Twins Take a Bath" tells of splashing and splashing and getting clean, dry and ready for bed. *Paperback, 24 pages.*



My Best Friend

Margie Fincher \$5.95
This simple book of rhyme teases the reader with the question, "Can you guess who my friend can be? I'll give you hints and you will see." 2000 Fiction Contest Winner



Simon Says

Diana Hamilton Keller \$5.95
Firstborn Simon flaunts his seniority over his twin, Max, who shows him a different way to approach that lofty position. 2000 Fiction Contest Winner



One Was Not Enough

Lori Manning \$5.95
Mama tells 5-year-old twins Zachary and Nicholas she had two babies because "one was not enough." 20 pages. 1999 Fiction Contest Winner



You Can't Trick Me

Yvonne Field-Bagwell \$5.95
Identical twin boys delight in tricking friends, teachers, and even Grammy about "who's who"—but they can never trick Mom. 1998 Fiction Contest Winner



Wishing on a Star

Dori J. DeGennaro \$5.95
As Kyle and Tyler, 5-year-old dizygotic twins, gaze at the stars, Mom shares how she wished the same wish every night when she saw the first bright star. 1998 Fiction Contest Finalist \$5.95



Michael's Brothers

Crystal Forsberg \$5.95
A great story for helping siblings get over jealousy and rivalry that are part of the constant attention multiples receive. 1997 Fiction Contest Finalist



Brown TWINS Series (6 books)

Patricia Frechtman
Ages 1 to 4. \$ 5.95 each • \$30.00 set

Book 1 • The Twins' Beginning!

Mrs. Browne's pregnancy and the birth of the Brown twins, Joshua and Lindsay.

Book 2 • The Twins Come Home!

Browne baby twins coming home and new the new demands on their happy parents.

Book 3 • The Twins' First Walk!

Joshua and Lindsay take their first excursion outside, seeing the big world from their stroller.

Book 4 • The Twins' First Visit to the Doctor!

The Browne twins visit the doctor.

Book 5 • The Twins Are on the Go

The Browne twins learning to crawl, stand and walk.

Book 6 • The Twins' First Birthday

Joshua and Lindsay joyfully celebrate their first birthday with a big party.

Jan and Ann are Twins

Barbara Sherwood \$5.95
Monozygotic twins Jan and Ann decide to switch places, but Mom takes Jan to Ann's favorite place, and Dad takes Ann to Jan's favorite place. Read to ages 1 to 4 and for early readers. 20 pages.



Jan and Ann and the Pet Rabbit

Barbara Sherwood \$5.95
Dad gives Jan and Ann sprinkling cans to water the garden, but they decide to give Fluffy, the pet rabbit, a shower instead. Read to ages 1 to 4 and for early readers. 20 pages.



Twenty Wiggle Toes

Cynthia Johnson \$5.95
Twins have 20 toes to wiggle, four feet for racing, four hands for clapping, 20 busy fingers and two bedtime yawns. 1997 Fiction Contest Finalist



One to Three

Nancy Griffin \$5.95
A older sibling learns to accept twin babies. At first it's confusing and hard, but that changes with time and love grows. 1999 Fiction Contest Winner



His Sister, Her Brother

Wendy Black Mancarella \$5.95
Boy/girl twins who like different foods, have different personalities and enjoy different activities, know how much they love each other. Read to ages 1 to 4. 1998 Fiction Contest Finalist



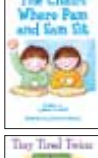
Imagination Collaboration

Doris Goldstein \$5.95
Twins Max and Aliza turn the couch into an airplane and imagine forks and spoons having a party. 1997 Fiction Contest Finalist



The Chairs Where Pam & Sam Sit

Cynthia Grannell \$5.95
In the style of "This is the house that Jack built", the milk lands on the floor, the cat licks the milk, the cookie drops on the cat and so on. 1997 Fiction Contest Finalist



Tiny Tired Twins

Elizabeth DeArmond \$5.95
Filled with illustrations of "twin" animal babies, this bedtime story conveys a peaceful "sleepy" message. Read to ages 1 to 4. 1997 Fiction Contest Finalist



Twin Babies, Twin Babies

Joan MacNeil; Robin MacNeil \$5.95
In musical rhythms of a poem, new parents delight in their twin babies. Read to ages 6 months to 3 years. 1999 Fiction Contest Winner



The Twins & the Birthday Party

Marcia Murphy \$5.95
Lucy gets invited to a party, but her twin brother Larry doesn't. Yet he has a special day alone with Mom. Read to ages 3 to 5 and for early readers. 1998 Fiction Contest Finalist



Three is the Perfect Number

Kimberly Carey \$5.95
Triplets jump rope, play restaurant, sneak cookies and give parents a big bear hug. Stimulates imagination and self-directed play. 1997 Fiction Contest Finalist



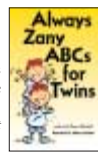
One Baby, Two Baby, Three Baby, Four

Christi Rober \$5.95
Twins, triplets or quads will giggle when they see quadruplets crawling, visiting a zoo, crying, taking a bath and, finally, falling asleep. Read to ages 1 to 4. 1997 Fiction Contest Finalist



Always Zany ABCs for Twins

Dawn Mitchell \$5.95
Romp through the alphabet with playful rhymes from "A is for Always, there's always us two..." to "Z is for Zany, the zany things we do..." Great for teaching twins the ABCs. 2001 Fiction Contest Winner



Twinsip is in Your Heart

Stacy Dye \$5.95
On a visit to the park, mom gives twin brothers Alex and Evan a riddle to solve. Can they find the other twins in the park? The author dispels twin stereotypes and teaches individuality. Read to ages 3 to 5 and for early readers. 2001 Fiction Contest Winner



No Bouncing on the Bed

Jane Seymour; James Keach \$12.99
Big Jim Cat becomes increasingly agitated when This One and That One go from bouncing on the bed, to bouncing on chairs, to bouncing on the sofa, to the bed again. For ages 4 to 8. Hardcover, 30 pages.



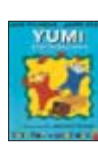
Splat!

The Tale of a Colorful Cat
Jane Seymour; James Keach \$5.99
Lady Jane is away shopping and Big Jim gives This One and That One permission to paint him while he takes a nap, as long as they don't get paint on themselves or the floor. And that's what they do—paint dad! For ages 4 to 8. Paperback, 30 pages.



Yum!

The Tale of Two Cookies
Jane Seymour; James Keach \$12.99
This One and That One can't resist the smell coming from a basket of cookies their mom has made. But Lady Jane Cat made the cookies for their hungry dad Big Jim, whose fishing isn't going well. Everyone's in for a bit of a surprise! For ages 4 to 8. Hardcover, 30 pages.



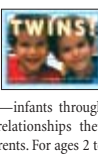
I Love You the Purplest

Barbara M. Joosse \$15.95
"Who do you love the best?" asks Julian, one of mama's young boys. "I love you the reddest," she answers. "I love you bluest," she says to Max, Julian's brother. A read-aloud story for ages 3 to 8 about the unique love a mother has for each of her children, Wonderfully illustrated by Mary Whyte. Hardcover, 24 pages.



TWINS!

Elaine Scott
Photographs by Margaret Miller \$17.95
Through large photos and simple text, this warm and colorful book look at the lives of young multiples—infants through preschool-age—shows the special relationships they enjoy with each other, siblings and parents. For ages 2 to 5. Hardcover, 40 pages.



Twinnies

Eve Bunting \$15.00
As seen through the eyes of an older sister, life with "twinnies" isn't always easy. Sometimes the older child gets a little ignored and frustrated, but being the big sister has its special rewards, too. For multiples ages 5 to 7. Hardcover, 30 pages.



What Will We Do with Two?

A rhyming book for twins
John P. Trump \$10.95
This rhyming book, celebrates how parents respond to the challenges of raising multiples. For reading to multiples ages 1 to 3. 16 pages.



Twins: The Two of Us

Susan May \$9.95
With vivid, engaging photos and easy-to-read text, this delightful book shows that twins, though unique in many ways, experience the joys of life much like everyone else. Toddlers and early readers. 32 pages.



Twin to Twin

Margaret O'Hair \$15.95
Rhythmic text and playful illustrations take the reader through an exciting day with rambunctious brother and sister twins, who share a special bond as they play and learn to walk. For ages 2-5. Hardcover, 36 pages.



Kevin and Ben

Gail S. Coleman \$5.95
Identical twins Kevin and Ben see differences emerge as they get older... yet still feel lucky to have a twin. 1997 Fiction Contest Finalist



The Twins

John Wallace \$9.95
Twins Lil and Nelly are as different as a princess and a weight lifter, but find they can work together. Whimsical illustrations. Ages 4 to 8. Hardcover, 32 pages.



Just Like Me

Barbara J. Measi \$4.95
This simple learn-to-read book, written by a mother of twins, describes how twins Jennifer and Julie are alike and different. A vocabulary list helps children learn new words. Paperback, 32 pages.



About Twins

Shelley Rotner; Sheila M. Kelly \$16.95
Filled with photos of twins, this book shows parents and their twins (ages 4 to 8) what it means to be a twin and helps each twin develop a sense of individuality. Hardcover, 32 pages.



Family Reunion

Lynn Burgess \$5.95
The twins don't like having their heads patted by relatives who can't tell them apart and who always ask who is older, who is smarter and so on. This story helps twins learn to handle silly comments. 1997 Fiction Contest Finalist



My, You Have Your Hands Full!

Amber Lappin \$5.95
A simple rhyme book of how "full" life with multiples is, shows that what is most full is Mommy's heart. 2000 Fiction Contest Winner



It Takes Two

Tammie Blackburn \$5.95
Twins complement each other: One can draw pictures, the other can write words, "but to make a story come alive, it takes two." 1999 Fiction Contest Winner



The Little Green House

Beth Covino \$5.95
Twin sisters introduce "our two beds, two blankets, two pillows for resting our heads." But not everything is alike... one likes to read, the other loves music. 2000 Fiction Contest Winner



Where Are the Twins?

Maegann M. Struble \$5.95
Daddy and Mommy find their older sister, the dog, the bird and the cat, but where are twins Amanda and Samantha? Read to ages 1 to 3. 1999 Fiction Contest Finalist



T is for Twins: an ABC Book

Mary Bond \$15.95
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Charlotte Doyle \$10.98
In this simple, read-to book for babies and toddlers, twins need double the bottles and twice the swing pushes, but they also give twice as many kisses. Hardcover, 32 pages.



"I never could have made it without..."

TWINS Magazine asked our message board members to recall the first year with their twins and complete the statement "I never could have made it without..." by listing the top 10 things they found the most helpful in that hectic year. Apart from bouncer seats and nursing pillows, the most frequent... certainly the most important... at the Number 1 spot, top of the list... was a "DH," darling, dear husband. The message board and support of family and friends also ranked near the top. Here are a few replies.



● Two bouncer seats, "Transitions" CD of sounds from the womb which helped lull them to sleep, advice from experienced mothers of twins, meals from co-workers, and, most importantly, the love and support of family and friends.

Alicia

● My mom. She came to take care of my oldest child during the delivery of my twins in February and stayed until July. She lives 70 miles away and only went home on the weekends; couldn't have made it without her love and support.

Trish

● Bedtime CD called "Fathers Lullaby's," bath seats, snap-on car seat covers so they wouldn't get cold and I didn't lose the blankets, meals cooked even once a week, crockpot to thaw breast-milk quickly.

Carol

● My darling husband, this message board and my sling!

Kristi

● A wonderful and very helpful older daughter, an encouraging grandma, infant bathtub, double stroller, baby monitor, two floor gyms, two bouncer seats, one cradle, pacifiers, two swings.

Angie

● Two swings, my mom, disposable diapers, pacifiers, two Exersaucers, double stroller, my mother-in-law, rocker recliner, the generosity of friends and family who provided huge wardrobes to my babies, this message board.

Tiffany

● My dh, my sister's advice, this board, naps—mine and theirs!, bouncer seats, restaurants, Duoglider, friend who cleaned house for us, the tiny love animals, the Gymini play mat.

Laurie

● My dh, two bouncer chairs, a stockpile of disposable diapers, wipe warmer, dishwasher, swing, exersaucers, Duoglider stroller, take-out, my best friend Lori who provided me with love, support and lots of hand-me-downs, Baby Einstein videos.

Jennifer

● This message board, two battery-operated swings, sea waves nature sounds machine, crock pot, Hamburger Helper, hot showers at 3 a.m. to unwind, Mountain Dew, my dh, warped sense of humor, vibrating bouncer seats.

Beth

● *Having Twins* by Elizabeth Noble, my twin pregnancy bible. The information was balanced and insightful and I was surprised you didn't include this book in your must-haves on the pregnancy page of your Web site.

Lisa

To contribute to the list, or read more replies, visit our message board at www.TwinsMagazine.com.

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Hardwired to Connect

Scientific findings shed light on why so many American children suffer from emotional and behavioral problems. by Sharon Withers

For the first time ever, scientists have confirmed what mothers have known instinctively: Children are hardwired to connect. The scientific, biological evidence suggests that children are born with the need to connect in two basic ways, according to “Hardwired to Connect,” a report issued by the Commission on Children at Risk. First, they need close attachments to other people, beginning with their mothers, fathers, and other relatives, and then extending out to the broader community. And they need meaning; they are born with a built-in drive to ask questions about life’s purpose. These findings have implications for child-rearing—especially the need for intact families who nurture spiritual growth and are connected to community groups.

What’s going on?

Mental health problems among children in the United States are escalating at an unprecedented rate. Of children ages 9 to 17, 21% have a diagnosable mental disorder or addiction; 8% of high school students suffer from clinical depression; and about 20% of students report seriously considering suicide in the past year.

Why—in spite of our prosperity and scientific progress, our push for inclusivity and acceptance, our cultural concern for positive self-esteem, education for all and “no child left behind”—do our kids feel so bad? Why are they hurting themselves and others?

It’s because of the breakdown of connectedness, according to the report. And good, strong nurturing that results in connectedness can change a child’s brain chemistry and overcome genes identified with aggression, depression, anxiety and drug abuse.

For starters, the report states, families have grown weaker over recent decades. Today more than half of all children in the U.S. will spend a large part of their childhood in one-parent homes, usually without a father.

“Research now says that staying together makes a difference,” said principal investigator Dr. Kathleen Kovner Kline, a child psychiatrist with dual appointments at Colorado Health Sciences Center and as adjunct faculty at Dartmouth Medical School. She is also on staff at The Children’s Hospital, Denver, where she is head of a teaching team and supervises the child psychiatry outpatient clinic.

A large population-based Swedish study adjusted for economic and social factors found that Swedish children who live in one-parent homes have more than double the risk of psychiatric disease, suicide or attempted suicide and alcohol-



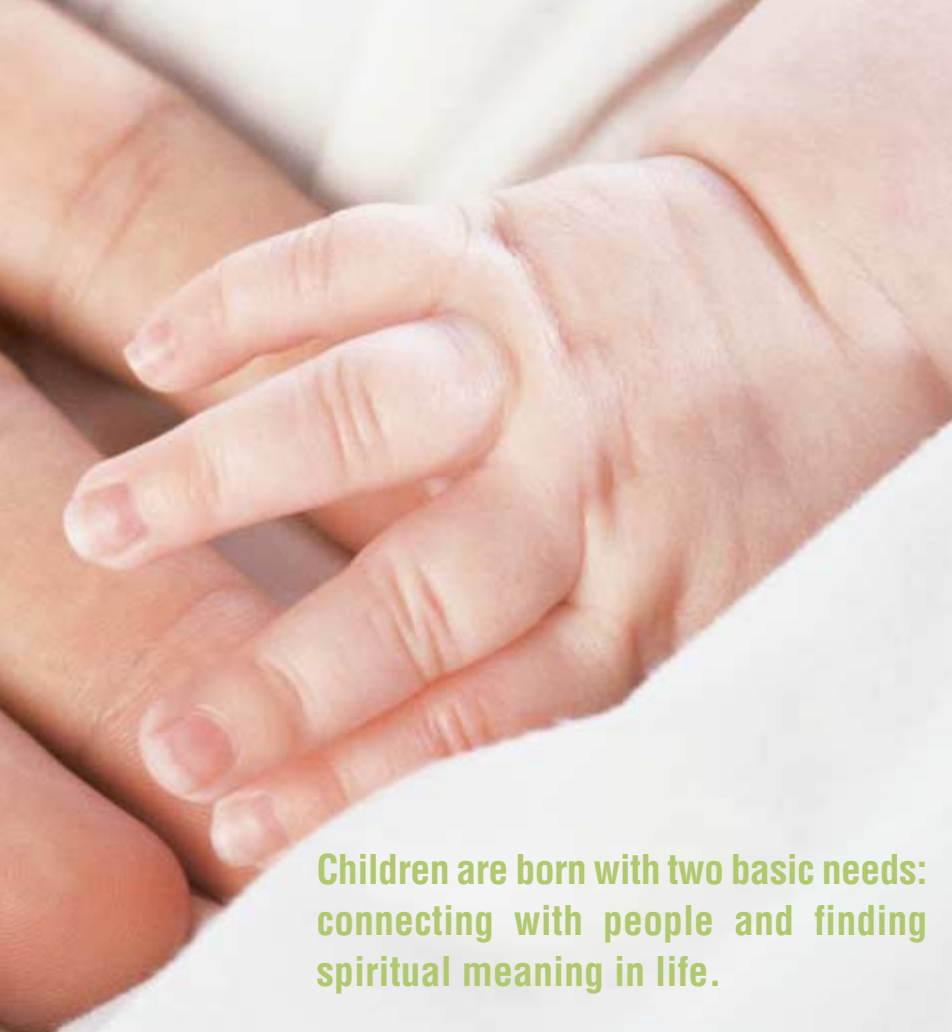
related disease, and more than three times the risk of drug-related disease, compared to two-parent homes.

This is not to say, Kline points out, that other children do not do well. The data, however, shows that two-parent homes are best for children. She likens the standard for the best family situation to building a home: A home that is built with a deep and wide foundation, sturdy beams, bricks and strong mortar and double-pane windows can withstand winds, storms and the wear-and-tear of aging.

“How do we support marriages? What is the life cycle? What is the chance of coming out of difficult times?” Kline asked, referring to the report “Does Divorce Make People Happy?” by the Institute for American Values, which found that the majority of those who said they were “unhappy” in a marriage reported five years later that they were “happy.”

The divorce rate among parents of multiples exceeds that of parents of singletons, as does the incidence of child abuse. Therefore, parents of multiples may need extended community more than others. Family and friends can relieve some of the parents’ burden of “going it alone.” This connectedness on the part of the parents—with friends, family, churches, mothers of twins clubs—models connectedness for children and, in fact, creates for them “authoritative communities,” a term coined by the report’s authors.

An authoritative community is a group of people who are committed to one another over time and who are able to pass



Children are born with two basic needs: connecting with people and finding spiritual meaning in life.

on what it means to be a good person. Strengthening “authoritative communities” is key to the changing the pathology of our culture. And the primary “authoritative community” for the child is the family.

Broken families may head the list of cultural ills infecting our children, but there are more. “Unrestrained individualism has had untoward results for our society,” Kline said, “as has hedonism in work, money, sex or consumerism.”

Sacrifice for the good of the community and for the good of the family needs to be restored. “Child-rearing entails ongoing sacrifice of one’s immediate needs, rewarding long-term gratification,” Kline said.

With the enormous amount of time Americans devote to work and the hours children and parents spend at computers and in front of the TV, little time is left for family.

Over the past few decades, religious training has declined in importance, and has even come to be viewed as suspect by some parents. Furthermore, society has, from time to time, declared that God is dead.

“Part of the suspicion is whose religion [will rule in our society],” Kline explained. “The historic American ethos is American Protestantism and we are pluralistic. It is our strength and our challenge. Our initial impulse was to ban religion from the public square. The reality is we all have a need to connect with the sacred.”

To the parent who takes the stand, “I’m not going to give

“Hardwired” continued on page 27

Hardwired to Connect: The New Scientific Case for Authoritative Communities

A report to the nation from the Commission on Children at Risk, a panel of leading children’s doctors, research scientists and youth service professionals.

The Commission on Children at Risk is sponsored by YMCA of the USA, Dartmouth Medical School and the Institute of American Values.

Principal report authors:

Kathleen Kovner Kline, M.D., principal investigator
Dartmouth Medical School

Arthur C. Maerlender, Jr., M.D., co-investigator
Dartmouth Medical School

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A summary of the scientific evidence

In searching for strategies to improve outcomes for children, the Commission reviewed research on the brain and human behavior from the last two to five years. Among the main scientific findings are:

- ▶ The mechanisms by which we become and stay attached to others have a biological basis and are discernible in the basic structure of the brain.
- ▶ Nurturing environments, or the lack of them, influence the development of brain circuitry and how genes affect behavior.
- ▶ The old “nature versus nurture” debate—focusing on whether heredity or environment is the main determinant of human conduct—is no longer relevant to serious discussions of child well-being and youth programming. These findings suggest that strong nurturing can reduce or eliminate the harmful effects of genes that are associated with aggression, anxiety, depression or substance abuse.
- ▶ Primary nurturing relationships influence early spiritual development, and spiritual development can influence us biologically in the same ways that primary nurturing relationships do. For instance, spirituality and religiosity can be associated with lower levels of stress hormone (cortisol), more optimism and commitment to helping others.
- ▶ The human brain appears to be organized to ask ultimate questions and seek ultimate answers.

Three big ideas from the report

1. Surrounding kids with a richly nurturing environment from birth through adolescence is critical to promoting their healthy physical, emotional, moral and spiritual development.
2. Positive social, moral and spiritual development is integral to the healthy overall development of children and youth, and depends on kids receiving consistent and effective nurture from committed and caring adults.
3. Nonacademic nurture is done largely by families, neighborhoods, community groups and religious organizations—what the Commission calls “authoritative communities.” Taken as a whole, these institutions have been growing weaker when we need them to be much stronger.

"Hardwired" continued from page 25

my children any religious training; I want them to decide for themselves when they grow up," Kline replies that there is no evidence that providing religious guidance to children limits their ability to choose. Adults tend to go through a process of reappropriating their parents' religion for themselves, or they find an alternative.

Beyond a means to seeking transcendent meaning in life, religious communities serve as an important authoritative community. For those that meet on a regular basis, members see children over a period of time and develop a relationship commitment to children who are not their own. "They develop a shared parenting community. Parents need reinforcement from other adults and parents," Kline said.

Strengthening the family and being part of religious and civic communities can help restore the nurturing that kids need but, to a large extent, haven't been getting.

“What this report finds is that nature versus nurture is a dance.”

What does this mean to parents?

For a start, the authors of the report hope to raise the level of self-awareness in families. "We are trying to effect a level of cultural change, with adults mostly, beginning with parents, neighbors and extended family. We want them to recognize the importance of the deep and enduring relationships with their children," Kline said. Those relationships are lived out differently in different families.

"A basic premise is, our mere physical presence with each other counts; we are soothed by the presence of those who love us and part of that is manifested in biochemical communication from one person to another," Kline said.

Twins, and families with twins, are experts on bonding and enduring relationships. Certainly, the twin relationship is unique and can be a buffer to a broken family, yet twins have the same deep needs for authoritative communities that others have. In fact, authoritative communities can help twins venture outside their twinship.

If change of the culture begins at home, how do families change? Step by step, according to Kline. "How do individuals change? How do groups change?"

"Take a deep breath and bring some things to consciousness," she explained. "Hear, hear, hear. Reflect. Ask, 'If I should change, then how?' Interventions... turn off the TV. Rituals are an enormous aid to us in doing some of these things to support and restore relationships. Place a big emphasis on inviting family and neighbors into the home—all year, not just at the holidays.

The report is a wakeup call for change in areas we may have discounted in the past few decades, not a stand-alone cure-all.

"What this report finds is that nature versus nurture is a dance. You're going down the wrong track if you think it is just one or the other. Most behaviors are combinations of environment and genetics," Dr. Kline summed up.

"What this report doesn't say is, if we all become loving families and part of authoritative communities there will be no drug abuse, etc. This is no magic pill; we can't write a prescription. But a parent who is willing to be clear and firm, or a neighbor who keeps an eye on a kid can make a difference." ♥

Divorce is not always the only answer

Imperfect Harmony: How to Stay Married for the Sake of Your Children and Still be Happy (St. Martin's Press, 2003, 235 pages, \$23.95)

For many parents, the reality of marriage does not match their expectations. This may be especially so for parents of twins. The good news, according to author Josh Coleman, Ph.D., is that you can be happy despite marital strife.

Dr. Coleman describes his book: "There are a lot of books on how to have a great marriage. This

isn't one of them. This is a book about how to live a happy life, regardless of the state of your marriage." He adds that neither is this a book against divorce, which is sometimes unavoidable.

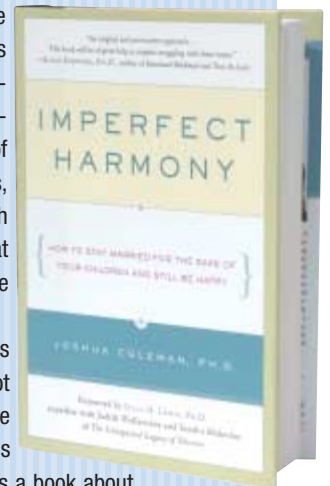
Dr. Coleman challenges readers to rethink our culture's take on marriage and divorce. It is not essential to your children's happiness that you have a great marriage, he writes. But he also assures you that feeling hopeless and discouraged isn't proof that your marriage is flawed or your happiness is doomed.

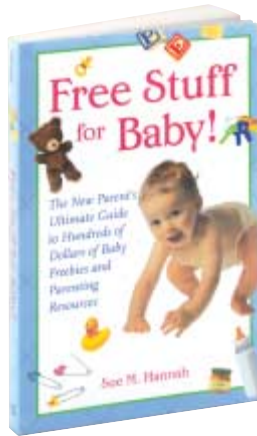
In his easy-going style, Coleman cuts to the heart of the matter at hand. He offers down-to-earth advice that really works to parents who don't want to end their marriage. He carves out concrete suggestions that can help you reduce out-of-control conflict and let go of the fairy-tale idea of marriage for a better reality. He helps you deal with messages from the past, living with a depressed partner, a less-than-satisfactory sex life, making changes and much more.

Many marriage manuals offer vague advice, but Coleman offers very practical, concrete, down-to-earth, straight talk. One piece of advice struck me as particularly valuable. Many times couples wait for the right mood to strike, rather than focusing on behavior. Reach out to your partner, even if you don't feel like it at the moment, Coleman advises. You'll find many more kernels of advice that you can use, in and beyond your marriage.

I laughed, I said "yes," and I marveled at the rich advice. You will too. If you enjoy Dr. Coleman's TWINS Magazine column, "Married with Twins," you will love his book.

—Sharon Withers





Finding freebies

Written by Sue Hannah, a mother of twins, *Free Stuff For Baby!: The New Parent's Ultimate Guide to Hundreds of Dollars of Baby Freebies and Parenting Resources* lists companies such as Pampers, Huggies, Johnson & Johnson, Gerber, Carnation and Heinz, their addresses, toll-free numbers and Web site addresses. Published by Contemporary Books, \$12.95 (U.S.), \$20.95 (Canadian). In all major bookstores.

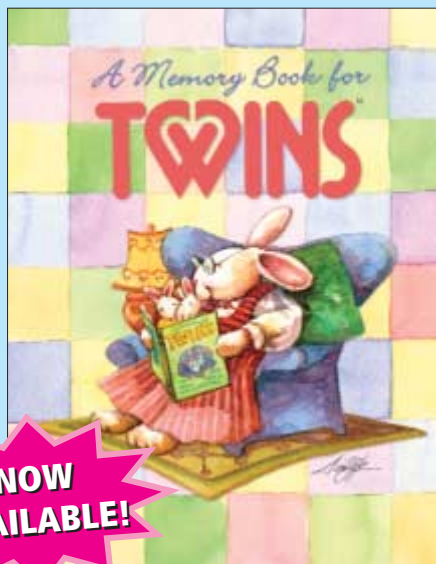


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by Lauren Kafka

The best-laid plans

My husband, Alex, and I took all the classes our doctors and nurses recommended during the pregnancy: “Child Care and Infant CPR,” “Intro to Breastfeeding” and “Strategies for Labor and Delivery.” We bought several books and borrowed more from friends: *What to Expect When You’re Expecting*, *Having Twins*, *The Birth of a Mother*, *A Child is Born*, *From Here to Maternity*, *Babyhood*, *Operating Instructions: A Journal of My Son’s First Year*, *The Girlfriend’s Guide to Pregnancy*, *Surrendering to Motherhood*, *Child of Mine*, *Mothers Who Think*, *Room to Grow*, *Parenting for Dummies*, and Dr. Spock’s *Baby and Child Care*. We somehow thought that over-education might make up for our total lack of experience.

Friends and relatives shared advice: why pacifiers are worth the future orthodontic consequences; where to find the most durable strollers; why sleepers that snap down both legs are superior to ones that snap down only one leg; which ointment is the best for sore nipples; and when to send the kids to preschool.

The major problem with all of this preparation is that I was genuinely convinced there were right and wrong answers. I’m well-educated. I’ve had several jobs since I finished graduate school. In most of my previous endeavors there have been correct and incorrect answers. There have been tests and scores, probation periods and merit increases, colleagues to measure myself against and bosses to impress. For parents, we soon found out, the answers often are murkier, and what was right on Monday might be completely wrong on Tuesday.

A few days after we brought Adrienne and Julian home, I was standing over a playpen at 11 a.m. with two infants staring back at me, waiting to find out whether I had anything fun planned for the day. I suddenly realized that which crib, car seat and diaper cream to buy were the easy

questions. The challenge would be figuring out creative ways to entertain, educate and nurture my children.

The other great irony about my educational preparation for motherhood is that I realized a few months into the postpartum period that almost everything I thought would be easy was extremely difficult, and nearly everything I thought would be horrible was not so bad. Most people told me I’d have a Caesarean section and a six-week recovery period. I had a vaginal delivery and was walking up and down steps within a few days. People warned me that labor would be hell. As soon as the epidural kicked in, the experience wasn’t unbearable. With 10 people in the operating room chanting during my pushes—“One, two, three, four, five, six, seven, eight, nine, 10—deep breath,” it felt more like a sports than a medical event.

On the flip side, I figured breastfeeding would be a breeze. I have breasts. They produce milk. Babies love milk. I love the babies. How complicated could it be? I couldn’t believe that any babies suffered from nipple confusion, and yet mine—who learned to suck from bottles in the NICU—came home from the hospital incredibly confused. I made fun of people who called themselves lactation consultants, yet I was the one calling their beeper numbers during the first, second and third times that I came down with mastitis.

My ob/gyn encouraged me to increase my calories during pregnancy, so I inhaled dishes of Starbucks java chip ice cream and thought I’d have no trouble shedding the 55 pounds I gained. Wrong again. Strict dieting and exercise helped me get back down to my pre-pregnancy weight, but this took more than a year of effort.



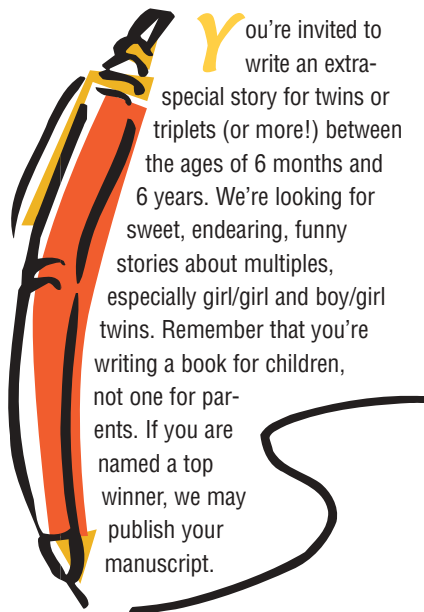
Having played five varsity sports during high school and basketball in college, I was in pretty good shape. I continued to work out regularly, and until the second trimester of my pregnancy, I swam almost every week. Despite these efforts, six months after giving birth, I couldn’t do one sit-up. It was as if my stomach muscles had disappeared.

I don’t know if there’s a moral to all of this. I certainly don’t recommend going into pregnancy and motherhood completely unprepared. But sometimes I wish I hadn’t created so many expectations for myself regarding what the experience could or would or should be. As tempting as it is to try to figure out all the answers ahead of time and to prepare your home, marriage and yourself for everything that’s about to happen, it really is futile. Try telling that to a pregnant woman.

A childhood friend of mine, who attended a prestigious business school and got pregnant a couple years after I did, said she got so revved up at her local baby superstore in New York that she started creating spreadsheets to determine what she still needed to buy and how much it would cost. It wouldn’t surprise me if she goes through the same sort of ritual when it’s time to choose a preschool. Perhaps it’s the way we modern, type-A women prepare our nests. ♡

Lauren Kafka reflects on the first year with her twins, now 5, from her home in Bethesda, Md.

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Deadline for entries: We must receive entries no later than Friday, April 23, 2004. TWINS Magazine is not responsible for manuscripts

lost in the mail. Send entries to TWINS Magazine, Fiction Contest, 11211 E. Arapahoe Rd., Suite 101, Centennial, CO 80112-3851. Only one entry per household, please.

Winners: First prize is \$250 and publication in the January/February 2005 issue. Second prize is \$175; third, \$100. Winners will be notified by mail by Friday, July 30, 2004, and announced in the date issue. Winning stories may be published in book form and may become part of our Bookshelf. No phone calls, please!

Terms: TWINS Magazine reserves the right to accept or reject an entry for any reason and to edit manuscripts as necessary.

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RSV season symptoms and strategies

In most children and adults, Respiratory Syncytial Virus causes a cold and goes away in a few days. For preemies, however, RSV, especially in the first year of life, can be life-threatening.

School-aged siblings, exposure to tobacco smoke, male gender, absence of breastfeeding, day care and a crowded home increase the risk. If your babies show the more serious symptoms of coughing, rapid or difficult breathing and wheezing, call your doctor.

Washing your hands frequently is the most effective way to protect your preemies. If they are not receiving injections of the preventive medication Synagis, ask your pediatrician if they would benefit from it.

For more information, visit www.rsvprotection.com, www.preemiecare.com and www.mostonline.org.

Unlike singleton births, multiples born to older moms fare the same or better in birth than those born to younger moms.

New clues in SIDS mystery

High levels of immune protein in infant brain

In developed countries, SIDS remains the leading cause of death in infants between 1 month and 1 year of age. The exact cause of SIDS is unclear. According to a new study, elevated levels of a brain protein may offer a clue.

Researchers who studied the brains of 27 infants—19 of whom died from SIDS and eight from other conditions—found a pattern of high levels of a protein called cytokine in the SIDS brains.

Cytokines like interleukin-1 could be released in the body in response to various stimuli under infectious or inflammatory conditions and when there is a lack of oxygen. When cytokines interact with neurotransmitters in the brain, the result could change vital functions like arousal responses in the central nervous system, thereby causing SIDS.

The study, however, has been criticized because researchers haven't agreed on what is a suitable control group for SIDS babies and the SIDS and control infants in the study were not age-matched. The cause of elevated cytokines also remains unanswered. No studies have yet correlated the levels of cytokines in the brain with those in peripheral blood in SIDS infants.

Some experts believe a "triple-risk model" best explains SIDS. The infant must have a vulnerability like sleep apnea or low birth weight plus a trivial stressor such as a mild respira-



Nora and Emma, 23 months

The big 8

The eight most common food allergens cause more than 90% of all allergic reactions.

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- ▶ Tree nuts (walnuts, etc.)



Myles Alexander and Brynn Renee

tory infection or partial lack of oxygen. When these two factors come together in an infant during a critical period of development, usually between 3 and 8 months, SIDS can occur, experts believe.

Dual command posts for breathing

Until recently, scientists believed that a single area in the brain generated breathing rhythm, enabling breathing to speed up or slow down to adapt to the body's activity and position.

UCLA neurobiologists have discovered that two systems in the brain interact to control breathing, a finding that may lead to better treatment for sleep apnea and SIDS. Understanding how the brain organizes breathing may shed light on why babies stop breathing.

Chores for stages and ages

Chores are a great way for twins to learn teamwork in the early years. They can share a chore, perform compatible chores or completely unrelated chores—depending on whether they work best together, in parallel or solo.

2 years old

Pick up toys	Sort clothes by color
Wipe up spills	Add ingredients to batter, stir batter

3 years old

Set table	Put away clean clothes
Carry dishes to the sink	

4 years old

Rinse vegetables	Help wash car
Unpack groceries	

5 years old

Make bed	Clear the table
Feed pets	Dust

You, me or we?

Multiples become aware that they are separate people when they are about 18 months old. From then on, they push and pull, fight and embrace, retreat and advance in their search for individual identity.

At the Colorado Parents of Multiples convention, Dr. Eileen Pearlman of Santa Monica, Calif., co-author of *Raising Twins: What Parents Want to Know and What Twins Want to Tell Them*, summed up how multiples perceive themselves and each other.

From birth to 3 months old. Twins have a complete awareness of each other, but without any sense of separateness.

About 7 months old. They see each other as mirror images, but not as separate beings.

About 11 months old. Babies become interactive and begin vocalizing and responding to each other's audible cues. They may also suck on each other's fingers and seek and give comfort to each other.

About 12 to 14 months. Twins begin to copy each other's behavior.

About 15 months. They begin to provoke each other in playful ways and engage in mutual play. This is the beginning of recognition that they are separate people.

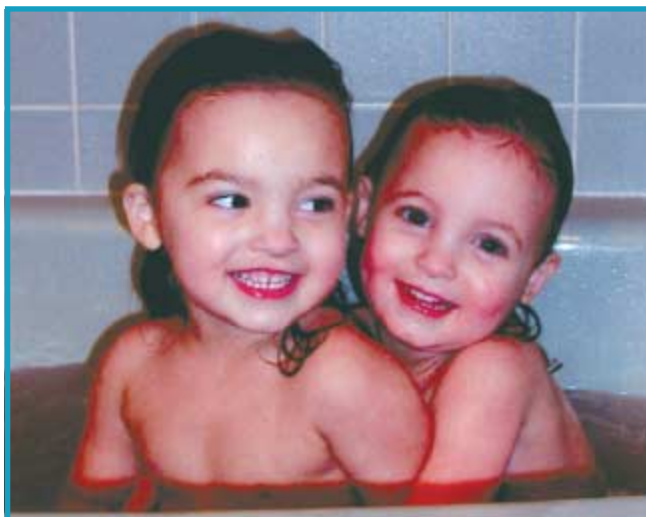
About 16 to 24 months. Twins and higher order multiples begin the separation process and learning to share. They may express this physically and may begin to push and bite.

...they push and pull, fight and embrace, retreat and advance in their search for individual identity.

Toss the syrup

A staple of the medicine cabinet, syrup of ipecac, is no longer considered the antidote every mother needs for a possible poisoning. In a reversal of a longstanding policy to give syrup of ipecac to children who have swallowed certain poisons, the American Academy of Pediatrics now advises against it. Although the AAP recommended consulting a poison control center before using ipecac, parents often didn't follow that advice. Outcomes were not any better for children who received the antidote at home than for those who were taken to a emergency room. Furthermore, because ipecac often lingered in the stomach and could cause prolonged vomiting without always completely emptying the stomach, children frequently threw up other antidotes. The U.S. Food and Drug Administration may halt over-the-counter ipecac sales.

Post the poison control phone number, (800) 222-1222, near your phone and call 9-1-1 if your child has convulsions, stops breathing or is unconscious.



Abigail and Heather, 2½ years old

Love talk

Heather and Abigail, 2½, are language delayed and receive weekly therapy to increase their vocabularies. Among the many things I work on to help their speech are three little words every mother wants to hear: "I love you." Every day I said that phrase, but they never did. One day my mother-in-law was over and we were giving the girls a bath. When Abigail got out, she looked at me and said, "I love mommy." I don't think I ever have smiled so proudly. Tears filled my eyes; I felt so special. She then said, "I love Heather, I love Tyler (her 6-month-old brother), I love Grammie." It was such a great moment. Abigail ended with "I love tub." I was still so proud. And we all had a good laugh.

—Julie Reissner, Montvale, N.J.

by Karen Johnston

HMO forced to pay for TTTS surgery

When I was 12 weeks pregnant, I learned I was having twins. At 14 weeks, specialists found that the twins I was carrying had Twin-to-Twin Transfusion Syndrome (TTTS). I opted for laser surgery to save my twins because my only alternative was termination. My insurance company denied this coverage.

My doctor, Dr. Acker, recommended that I research the condition to educate my husband and myself for the decisions to come. He also suggested that I contact Dr. Ruben Quintero at the Florida Institute for Fetal Diagnosis and Therapy to obtain more information on laser photocoagulation surgery.

An ultrasound at 16 weeks showed that the twins' situation was considerably worse. The recipient baby had significantly more amniotic fluid than she had had two weeks earlier, and the donor baby was now stuck to my cervix and had very little amniotic fluid in her sac. Her kidneys were visible on ultrasound, but her bladder was not. Based on the presence of polyhydramnios/oligohydramnios in the twins, and the absence of the donor twin's bladder on ultrasound, I was diagnosed with Stage II TTTS. This condition is extremely serious, particularly when it appears prior to 25 weeks.

The early presentation of the condition and its severity left us two choices. We could choose to terminate the pregnancy immediately, or let nature take its course over the next few weeks and the pregnancy would terminate itself. Or we could opt for laser photocoagulation surgery to treat the underlying pathology itself. Dr. Acker felt that serial amniocentesis, a common treatment, was not an option for us.

Pregnancies that develop signs of TTTS after 26 weeks' gestation usually are managed by serial amniocentesis, also known as amnioreduction, as the fetuses are at a viable age and theoretically able

to live outside the womb. It is a means of preventing pre-term labor and the success rate may be as high as 50% to 60%.



Jessica Marie and Alyssa Renee, at 6 weeks

For a number of reasons, success rates for this procedure prior to 26 weeks are not nearly as high. To begin with, removing extra amniotic fluid from the recipient twin's sac does nothing to address the underlying issues. Amnioreduction before 26 weeks carries risks of infection and bleeding, and repeat treatments significantly increase the risk of membrane rupture, which can effectively produce monoamniotic twins. Finally, amnioreduction is associated with a high risk of cerebral palsy.

With the early onset and clinical severity of my twins' TTTS, amnioreduction would pose an unacceptably high risk of pregnancy loss, spinal or brain deformities and extremely premature birth. My doctor suggested laser photocoagulation by Dr. Quintero as our only viable treatment option if we intended to continue to the pregnancy. Dr. Quintero has performed close to 300 surgeries of this nature and is considered the world's leading authority on this procedure. As my HMO repeatedly pointed out, this surgery is still considered experimental, and as such, must be performed by the most experienced surgeon in this field in order to obtain the best chance at success.

Tufts Health Plan denied coverage for the surgery, suggesting that I enroll in an on-going, NIH-funded clinical trial at the

Children's Hospital of Philadelphia. This trial is a double-blind, randomized trial, in which participants receive either serial amniocentesis or laser photocoagulation surgery, with the treatment protocol.

I needed to have the surgery as soon as possible, and with the best-qualified surgeon, or risk losing my twins. Despite

the expert opinion of Dr. Acker—a board-certified maternal-fetal medicine specialist who is also head of obstetrics and gynecology at world-renowned Brigham and Women's Hospital and has focused his 25-year practice on multiples pregnancies—Tufts again denied coverage. My husband and I even while awaiting the results of our appeal with Tufts, flew to Tampa, Fla., for the surgery at 17 weeks' gestation. We knew that the results of the appeal were not going to affect our decision.

While in Florida I learned that Tufts Health Plan had denied my appeal again. We proceeded with the surgery nonetheless, paying up front more than \$18,000 for the procedure.

Jessica Marie and Alyssa Renee were born on Nov. 13, 2002, at 28½ weeks. Shortly thereafter, the Office of Patient Protection at the Massachusetts Dept. of Public Health overturned Tufts Health Plan's denial of coverage and ordered the HMO to pay in full.

We recently celebrated Jessica and Alyssa's first birthday—and our decision to have this surgery. ♥

Karen Johnston lives in Weymouth, Mass., with her husband and thriving 14-month-old twin girls.

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NEW!

▲ Growing up Twins Growth Chart

TWINS Exclusive! Created especially for families with twins. Vibrant colors and adorable critters adorn this chart designed to hang on the wall. A unique accent piece for your children's room. Celebrate your children's growth milestones during their early years. Your family will enjoy this life-long keepsake. Printed in full color and laminated for long-lasting durability. Use a permanent marker to write each child's name in the banners at the top, and then note your darlings' heights at important moments in their young lives. Ribbon hanger and adhesive hook-and-loop tabs included. When your children outgrow the chart, each one gets to keep a brightly named customized wooden ruler to use with school projects. 40" H x 12" W. **SS03001 \$25.95 each**



A. 12" x 15"



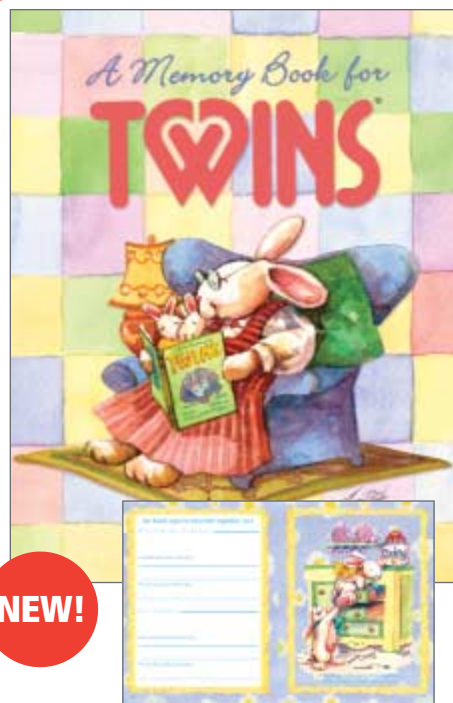
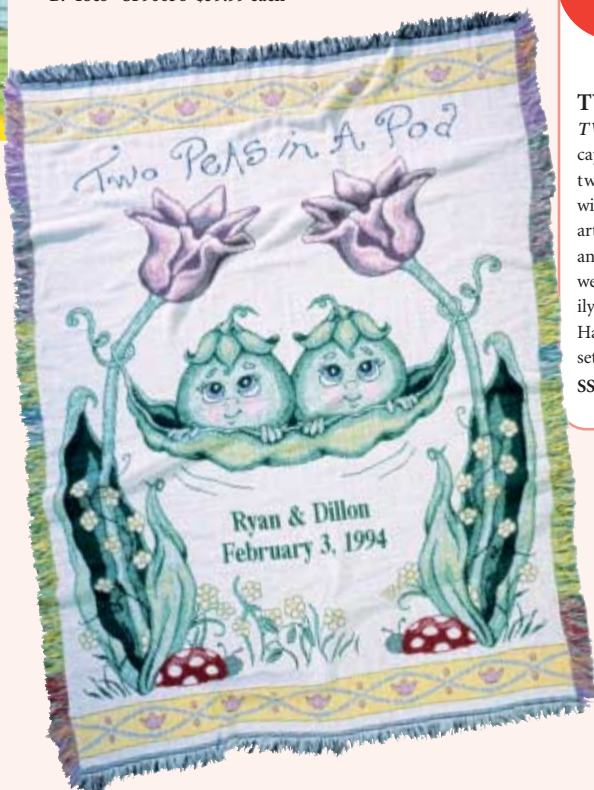
B. 12" x 15"

▲ Tiny Fingers and Tiny Toes

Celebrate twins and create a lasting keepsake!

Do-it-yourself kit comes with non-toxic ink pad and an extra verse-and-hand/footprint page in case you goof. Designed exclusively for us. Perfect gift for grandparents. Openings for twin photo alongside each unique "print". Frame is white painted wood. Overall size 12"H x 15"W.

- A. Fingers - SF90035 \$39.99 each
- B. Toes - SF90036 \$39.99 each



NEW!

TWINS Lifetime Memory Book

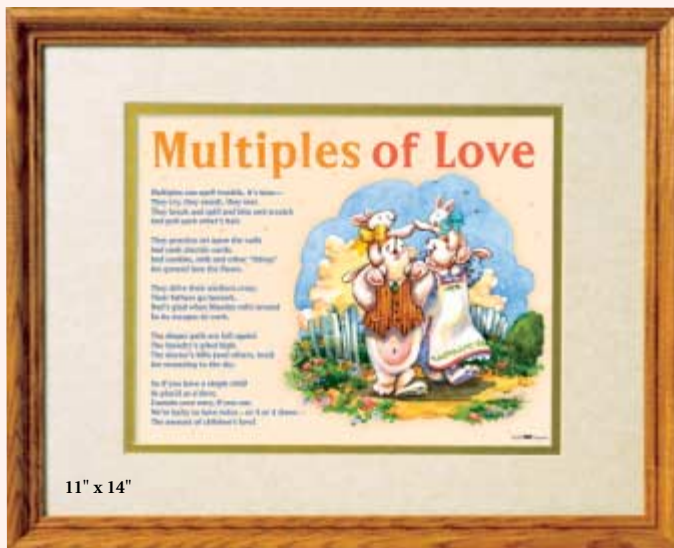
TWINS Exclusive! This remarkable new book captures the special moments in your life and the lives of your twins! Every one of the 56 full-color pages is filled with the gorgeous watercolor illustrations of renowned California artist Jerianne Van Dijk. They await your thoughts, family facts, and photos. Special pages for info from when Mom and Dad were growing up, your babies' wonderful "firsts", and your family trees. You'll love the luscious sherbet colors in this volume. Hard cover, 8.5" x 11" on heavy, durable paper stock. We sell a set of two at a special price so each of your twins will have one. **SS03003 \$34.95 for a set of 2 books**

Dozens more products available at www.TwinsMagazine.com

◀ Personalized Twin Afghan

Clever original design created by an artist with twins and exclusive to us. Woven throw in a large size is personalized with your twins' names and their birth date in green embroidery. 100% cotton, washable. 46" x 67". Shipped directly from manufacturer. Allow 3 to 4 weeks for delivery. No express delivery. **SF90112 \$49.99 each**

Be sure to include personalization information on the order form or when you order by phone.



11" x 14"

▲ **Multiples of Love**

Your love is doubly deep when you have twins, in spite of the challenges they present and the amount of work you do while they are tiny babies. And this plaque expresses the perfect sentiments. You are filled with joy, and your heart overflows with love, but there are times when you are ready to tear your hair out! Hang this on your wall, or on the wall of your darlings' bedroom as a reminder of the wonder of having multiples and the beauty they've brought to your life. The colorful, heartwarming art is a print of a watercolor original by renowned California artist Jerianne Van Dijk created exclusively for TWINS Magazine and TWINS Shoppe. Oak frame, glass included. Creamy parchment mat, pale gold liner; 11" x 14" overall.

SF03002 \$31.99 each; two or more \$29.99 each



11" x 14"

▲ **Hearts Entwined**

Creamy parchment mat, pale gold liner; 11"x14" overall.
SF00001 \$31.99 each; two or more \$29.99 each



11" x 14"

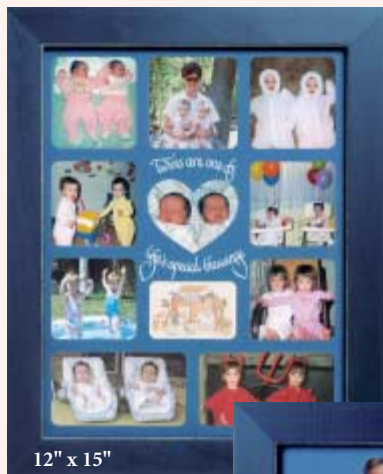
▲ **Mom of Twins Prayer**

Creamy parchment mat, pale gold liner; 11"x14" overall.
SF90034 \$31.99 each; two or more \$29.99 each

◀ **Twin Sisters Hand-in-Hand**

Colorful, high-quality print exudes the warmth of twin sisters' special relationship, and the strength and support they gain from their twinship. This picture belongs on the wall of every twin girl's bedroom. Verse surrounding print says, "Little girls are precious gifts, Wrapped in love serene, Their dresses tied with sashes, And futures tied with dreams." Framed print is 18"x18" overall, double-matted in dusty blue and rose, then beautifully surrounded in 1" gold leaf frame. Comes with glass.

SF90033 \$43.99 each



12" x 15"

▲ **Photo Frames**

Exclusive to us! Collect your twins' special pictures in these keepsake frames. Designed especially for families with twins. Choose from a 12"x15" blue-painted frame with 10 openings in the matching mat, or a 10"x12" blue-painted frame with four openings in the matching mat. Both frames are beautifully lettered to say, "Twins are one of life's special blessings." Adorable Noah's Ark two-by-two illustration appears in one opening of each photo frame.

SF90031 12" x 15" \$23.99 each

SF90032 10" x 12" \$19.99 each



18" x 18"

▲ **"Discover Wildlife, Raise Twins" Ceramic Plaque**

A sentiment every parent of twins can relate to! This handcrafted ceramic plaque will tickle your funny bone and keep your sense of humor charged when you most need it. Leather hanger. 5 3/4"Hx7 1/2"W. SF90092 \$17.99 each



▲ **Twinship Statue**

Keepsake statue of toddlers twins from the Alva Babies Collection, lovingly sculpted by Sergey Eylanbekov, who studied at the Moscow School of Fine Arts, and reproduced in beige stone composite with a rose tint. These twin babies are full of joy and mirth, capturing the special bond of your twins. These toddlers could be twin boys or boy/girl twins. 8"Hx3 1/2"W, 1.8 lbs., breakable.

SW00017 \$39.99 each

**Exclusive
Keepsake Plaques**

created by the editors
of TWINS Magazine
especially for you.

**A. Discover Wildlife,
Raise TWINS!**

Creamy parchment mat,
electric blue liner;
8"x10" overall.
SF00005 \$23.99 each
Two or more \$21.99 each



A. 8" x 10"

B. The Joy of Twins

Four little hands to guide and to hold,
Two special toes to shape and to mold.
Two little titties are gifts from above,
Two special people to snuggle and love.

B. 8" x 10"

B. The Joy of Twins

Creamy parchment mat,
pale gold liner;
8"x10" overall.
SF00006 \$23.99 each
Two or more \$21.99 each

C. Double the Joy

Softest, palest green mat
with pale gold liner;
8"x10" overall.
SF00007 \$23.99 each
Two or more \$21.99 each



C. 8" x 10"

**D. Parents of Twins
Get Double Hugs!**

Creamy parchment mat,
pale gold liner;
8"x10" overall.
SF00008 \$23.99 each
Two or more \$21.99 each



D. 8" x 10"



E. 11" x 14"

E. To a Mother of Twins

Creamy parchment mat, pale gold liner; 11"x14"
overall.
SW00022 \$31.99 each
Two or more \$29.99 each

F. Pardon Our Mess... Twins Live Here

Creamy parchment mat, pale gold liner; 11"x14"
overall.
SW00021 \$31.99 each
Two or more \$29.99 each



F. 11" x 14"



◀ Childhood Memories and Lullabies On Guitar

EXCLUSIVE! You and your twins will truly love this delightful award-winning collection of lullabies and childhood favorites performed by Michael Kolmstetter (a father of twins!). And because these delightful songs are collected on one compact disc, you'll play them as background music while you feed, read to, and prepare your twins for bedtime. The collection includes such classics as Brahms *Lullaby*, *Are you Sleeping?*, *Mary Had a Little Lamb*, *All Through the Night*, *Rock-A-Bye-Baby*, *Twinkle Twinkle Little Star*, Mozart's *Lullaby* and *Spanish Melody*. 19 songs.

SF90115 \$9.95 each

We offer even more precious poems and plaques for mom, for dad and for the twins themselves. All come matted and framed and include glass. Check them out at www.TwinsMagazine.com

by Joann M. Amoroso

The hamster project

My three little ones are busy with a project. They are intent on saving enough money to buy a hamster. About once a day, they take out their stash and count and recount until everyone agrees on the amount. They originally combined their savings in an envelope but have now switched to a zip-locked baggie for safe-keeping of the treasure.

relationship with money, or since I felt in my bones that the act of saving was exciting or fun. It has been even longer since I have been willing to save everything I make for a single purpose.

They have been at this project for about 3½ weeks. Each day it's as if they had just thought of the idea of a hamster. They have the same amount of enthusiasm and

freshwater fish. They are still hit-and-miss when it comes to maintenance, so Mom is the fish safety net. We also have a year-old golden retriever named Molly. Joseph described her best: "She's stubborn but lovable." The kids love to take her for walks and they only need gentle hints about whose turn it is to feed her. But without regular reminders, her water dish goes dry.

Jack thinks they are too young for a hamster. He wants them to prove themselves with the pets we already have before we add to the ranks. Joseph is still toying with the idea that what he really wants is a mouse instead of a hamster. Mary is on mom's side and wants a mouse-free house. I do not want a nocturnal mouse that could end up as a psychotic sleep-deprived creature running loose in our home. Annie says she is "turnal" since she sleeps at night.

I have to admire their tenacity, passion and ability to work together. I think if they can stick with this for a few more weeks, we need to reward them. I know it will add to my "to do" list. I know they will have to be reminded about whose turn it is to feed, walk, clean up after and care for whatever pet is in residence. I know they will still fight, spend their money frivolously and leave home someday without one of these pets in tow. I also know that having animals to love in our home opens a door in our hearts. I often find Mary with her head nestled in Molly's side, telling her how much she loves her. Pets give parents endless possibilities for teaching responsibility and empathy. I still remember the first animal I ever loved and I know the name of the one who first entered Jack's heart.

You will have to excuse me now. I have to look up who's "turnal" and what they cost. And I have to find Jack. We need to talk about time, money and reality. Then I need to check on who feeds Molly. ♡



Illustration by Deborah Zemke

The money has been accumulating as they do extra chores and scour the house for loose change. They sit in a circle on the floor with the dimes, nickels and quarters, stacking each in little towers that then need to be knocked over during the counting. This activity takes quite a bit of time and is punctuated with comments like: "We're rich, Joe!" "Do you think we have enough for a cage and a wheel?" "How many dimes do we have?" It takes them a while to arrive at the final total, but they inevitably agree on the amount to date before disbanding their circle with much laughter and joy.

This is the first time I have witnessed this particular group activity and it is fascinating. I am coming to understand their perception of money, time and reality wrapped up in a neat little package of their own invention. In my world, I write checks or use credit cards. It has been a long time since I have had a tactile

commitment as they did the first time they talked about it. When they were younger they would occasionally latch onto an idea but could be distracted with little effort. Usually just ignoring a dubious idea would cause it to fade away. Their age and resolve has changed this passing daydream into a true undertaking. Time is on their side. The future is something they really think about and they can make plans they intend to carry out. They no longer live solely in the here and now.

We have owned pets before. Our first effort was a beta fish in a wonderful bowl that had a built-in telescope. They never tired of using it to view "Pearl" and keep track of her daily swims around the bowl. They did, however, tire of feeding her and were not particularly helpful when it was time to change the water. As they grew, we upgraded to a full-sized aquarium, complete with colorful and intriguing

Joann M. Amoroso lives in Englewood, Colo., with her husband Jack and triplets who were born July 1996.

Sparkling Snowflakes

Making pancakes in a cozy kitchen on a chilly, snowy morning is yummy indoor fun. Children become their own master chefs

while creating and eating these delightful snowflake pancakes, especially when, like the real thing, no two designs will be identical!

Hands-on experience in the kitchen with real utensils teaches them numbers and how to measure.

They also develop fine motor skills by pouring the snowflake designs and will enjoy a sense of accomplishment that comes with learning how to clean up after themselves. ♡



Anna and Ethan, age 2 1/2 years

Julie Huffman, a fraternal twin and the mother of three, including twin girls born February 1998, lives in Aurora, Colo.

You will need:

- ▶ Pancake batter
- ▶ Bowl
- ▶ Measuring cups and spoons
- ▶ Plastic baggie (or pastry bag)
- ▶ Corn syrup
- ▶ Colored sugar sprinkles

Batter recipe:

- 1½ cups flour
- 2 tablespoons sugar
- 3 teaspoons baking powder
- 1 beaten egg
- 1 cup milk
- 1 tablespoon cooking oil

Directions:

1. Pour about a cup of batter into a plastic baggie. Cut just the tip of the corner off to form a tiny hole.
2. Begin in a cross pattern and add intersecting lines. Try using only circle shapes, attached triangles or curly lines and dots of batter. Pinch the hole of the bag every time you want to start a new line or shape.
3. When thoroughly cooked, cool on wax paper.
4. Add 1 tablespoon of water to 2 tablespoon of corn syrup in a bowl.

Enjoy!



1 Mix dry ingredients together; add milk, eggs and oil all at once.



2 Stir the batter, which will be slightly lumpy and appear thick.



3 Squeeze out the batter onto a warmed griddle.



4 Let all bubbles rise to the surface before gently flipping.



5 Gently brush syrup over the cooled pancake design.



6 Sprinkle sugar crystals over the corn syrup to make it sparkle.

The Ultimate Coping Tool



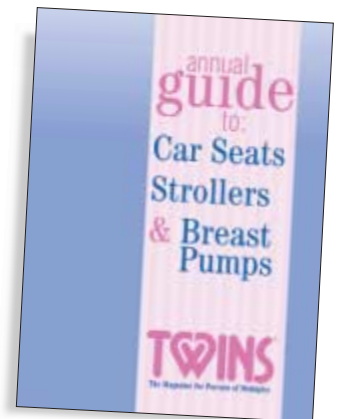
Let's face it. Day in and day out, as a parent of multiples you encounter situations and circumstances that other parents never imagine. You're constantly on the go — from sunup to sundown and throughout the night; it's a never-ending struggle that would exhaust most parents. But you love it and wouldn't have it any other way.

TWINS Magazine is your ultimate coping tool — your "go-to" source for guidance and comfort from parenting experts and parents of multiples who understand and anticipate your needs and expectations. Our editors and writers know your challenges and your joys... and know what you need to survive a couple of life's great pleasures.

In every edition of TWINS Magazine, you'll find exclusive and enlightening reports from experts who bring you targeted information you won't find in any other parenting magazine!

Wait! There's more... TWINS Magazine regularly includes informative departments targeted to parents just like you: Family Talk, Special Miracles, Growing Stages, Threesomes, Double Takes, Twin Research, Great Gear. You'll always find something of interest.

Begin coping today! Take action — subscribe to TWINS Magazine by toll-free telephone at 888-55-TWINS. With your paid new subscription order, you'll receive our exclusive Annual Guide to Car Seats, Strollers and Breast Pumps absolutely free of charge. This 12-page guide includes detailed information and clear product comparison that's essential for any parent of multiples faced with purchasing decisions. This \$10 value is available exclusively to new TWINS Magazine annual subscribers. Quantities are limited. Payment by a major credit card must accompany your order.



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Double Takes

In this issue's Double Takes, sets of twins come in pairs... each family has at least two sets of twins. If you have ever heard, "I don't know how you do it," these families hear it again... and again. Hillary Portnoy of New York, a full time career mom and mother to Mack and Jordan and Lucas and Dylan, offered this advice: "The key to my success is patience. As I walk in the door at 7 each evening to four children screaming, 'Mom!' I take a deep breath and talk to each child, giving them the individual time they crave and deserve. Things can get very hectic and overwhelming. Just stay calm and take deep breaths. As the children grow, they will always have a playmate so it does get easier. It's all about balance. Make sure to have some time for yourself. Always remember, having twins is an experience only special parents get to have."

By the way, if you have one set of dizygotic twins, your chances of having a second increase fivefold. If your photo arrived too late for this issue, keep an eye on Double Takes: We'll run more "double sets" in upcoming issues from time to time.

Boy/girl twins are (almost) always dizygotic (DZ, "fraternal"). Can you guess whether the same-sex multiples are monozygotic (MZ, "identical") or dizygotic?

**More Double Takes
are on pages
44 and 45!**

1



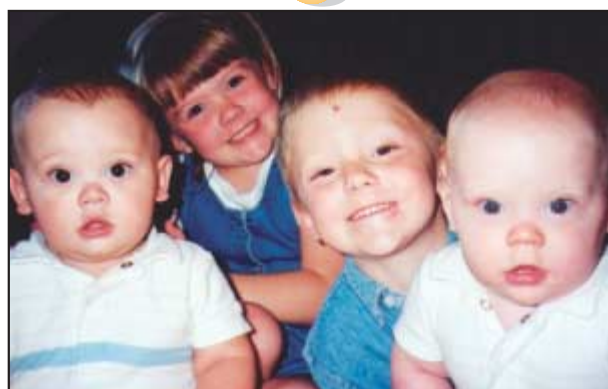
Mack and Jordan (back row), 6 years;
Lucas and Dylan (front row), 2 years
New York, New York

2



Cara (left) and Megan (second from right), 5½ years;
Rachel (second from left) and Erin (right), 2 years
Loveland, Ohio

3



Madison and Dylan (center two), 5 years;
Evan (left) and Ethan (right), 9 months
Wichita, Kansas

4



Chase (left) and Dane (right), 2 years;
Audrey (left center) and Brianna (right center), 4 years
St. Cloud, Florida

5



Ashleigh (left) and Cassie (second from right) 6 years;
Mitchell (second from left) and Haley (right), 16 months
Marion, Illinois

Double Takes

Boy/girl twins are (almost) always dizygotic (DZ, "fraternal").
Can you guess whether the same-sex multiples are monozygotic (MZ, "identical") or dizygotic?

6



Trey and Scott (back row), 4 years;
Smantha and Allison (front row), 8 months
Suwanee, Georgia

7



Madison and Alexander (back row), 2½ years;
Isabella and Gavin (front row), 5 months
Flemington, New Jersey

8



Matthew and Sean (left), 3 years old;
Kayla and Brooke (right), 5 years
Highland Mills, New York

9



Olivia and Evelyn, 2½ years;
David and Nathaniel, 2½ months
Washington, D.C.

10



Erinn, Mitchell and Parker (front row), 6 years;
Taylor and Alex (back row), 13 years
Tonawanda, New York

11



Matthew and Katherine (back row), 3½ years;
Lydia and Ethan (front row), 8 months
Stacy, Minnesota

12



Cole (left) and Paige (right), 15 months;
Chase and Brooke (center), 3 years and 2 months
Lakeland, Florida

13



triplets: Keath, Kaider and Sheyenne, 1 1/2 years
twins: Savana and Sierra, 3 1/2 years
Lake Forest, California

14



Alexander and Taylor, 4 years;
Trevor and Lauren, 2 years
Bristow, Virginia

15



Jared and Hayden (back row), 6 years;
Mason and Jensen (front row), 4 months
Stratham, New Hampshire

Photo Tips

What we are looking for:

- Sharp focus
- Crisp, clean, vivid color (no blue or yellow cast)
- Good, attractive lighting (no high shadow contrasts, no "red eye")
- Uncluttered backgrounds
- Happy children interacting with each other

We select photos for an upcoming issue three months prior to its distribution. Because of the volume of photos received, we are unable to respond individually. Only photos with a release form will be considered. **See Release Form on page 33 of this issue or visit www.TwinsMagazine.com to print out a release form.**

Please be sure to:

- Place your address label on the back of the photo (or write softly with permanent ink pen) along with a phone number.
- Include the names of the children, their age in the photo and their twin type (dizygotic, monozygotic or unknown).

Send your twins' photograph to:

TWINS Double Takes
Attn: Art Director
11211 E. Arapahoe Rd., Suite 101
Centennial, CO 80112-3851

NOTE: We are unable to use any professional photographs. Because of the large number of photos received, photos will not be returned nor their receipt acknowledged.

All photos become the property of TWINS.

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5 - MZ (9) '02
1 - DZ '02
12 '02 '02
8 - DZ (9) '02
7 - DZ '02
4 - MZ '02
15 '02 '02
14 '02 '02
10 - DZ (9) '02
6 - DZ '02
3 - DZ '02
2 - MZ '02

based on partial reports

TWINS Magazine (ISSN 0890-3077) is published bimonthly for \$25.95 per year by TWINS Magazine, 11211 E. Arapahoe Rd., Suite 101, Centennial, Colorado 80112-3851. Periodicals postage paid at Englewood, Colorado and additional mailing offices. Canada Post Publications Agreement # 40579507. Canada Returns to: Station A, P.O. Box 54, Windsor, Ontario N9A 6J5. POSTMASTER: SEND ADDRESS CHANGES TO: TWINS, 11211 E. Arapahoe Rd., Suite 101, Centennial CO 80112-3851.

Oh, my word!

According to Oxford, the English language has more words than any of the world's 2,500-plus languages. English-speaking people can choose from about 600,000 words (not including technical or slang words), and another 1,000 or so are added each year.

With such a rich supply of vocabulary, you would think that I would be able to answer toddler twins' questions of "What's this?" Alas, such is not the case. I never realized just how ignorant I am until I became a mother of twins.

Emmalyn's first sentence, "What is this?" should have forewarned me. The answer then was just, "An animal cracker Emmalyn. Eat it." She said, "Oh," and popped it into her mouth. Enough said.

In recent months, however, I have been woefully inarticulate, and my daughters' frustration has been clear. Between Emmalyn and Alexa, my husband and I hear some version of "What's this?" — with Alexa, it's "Da di dis?"—at least a hundred times a day. No, at least two hundred... thousand. Twins, you know.

Sometimes the answers are easy, for which I am grateful. More often, though, our conversations go something like this:

"What's this?"

"Door."

"What's this?"

I glance. "Window in the door."

"What's this?"

Now she has her hand on one of the small plastic clips that slides the screen in

the door up and down. I hesitate.

"What's this?"

"What's this?" she asks louder and bangs on the clip as if to help me understand the question.

"It's a clip... frame... thing."

A toddler can sense indecision like a carnivore can sense prey. "What's this?" Her fingers stray to the cylinder-like barrel on the rod.

"Some kind of hydraulic thing, I think. It helps the door open and close. It holds it open. Somehow."

Her brow furrows. She rattles the tiny piece of metal that hangs behind it. "What's this?"

Now I'm in dangerous territory. I never realized just how complicated a door really is. Meanwhile, she is flipping the little piece of metal around the rod that holds it in place, still waiting. "That's another little clip thing, Emmalyn. Just another clip."

After a long, frustrating dialogue, Emmalyn usually quiets for a moment, which is when Alexa picks up the relay. She has a different version of the question—"Da di dis?"—but her message is clear. She also has a much higher pitch to her questions that can cut right through an adult conversation or an increasingly louder song on the radio.

If Emmalyn points out everyday objects, Alexa wants to know about larger, sweeping issues. She often points out the window of the car and asks, "Da di dis?"

I usually answer, "That's the outside,

Alexa," but it seldom satisfies her.

"Da di dis?" she gestures again, more loudly and shrilly than before.

I stare in the direction she points and hope we haven't already passed the elusive object. "Cat?"

She shakes her head. "Da di dis?"

"Window frame?"

A faster shake of the head, a wilder gesture and an even shriller tone: "Da di dis? Da di dis?" Clearly my shortcomings disappoint her.

"Leaf? Car? I don't know Alexa. Maybe a dog?" Sometimes bundling answers into a series of multiple choices works. More often she shakes her head, stares longingly at the mysterious unnamed object and is quiet roughly one second before shrieking, "Da di dis?"

The worst situation is when the girls simultaneously grill my husband and me about the same object. Emmalyn sometimes picks up some of her toy dishes and asks, "What's this?"

As I'm answering "plate," my husband is saying, "saucer." Then we end up in a five-minute discussion about what differentiates a plate from a saucer. Is it the size? The shape? The indentation for a cup to nestle in?

At this rate, my husband and I will soon need to petition the good folks at Oxford; 600,000 words just aren't enough. ♡

Kandace York is a freelance writer who lives in Luckey, Ohio with her twins.

Brian and Brad

by Brian and Brad Jones



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