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TIME TO GET ORGANIZED:
Managing the Messes

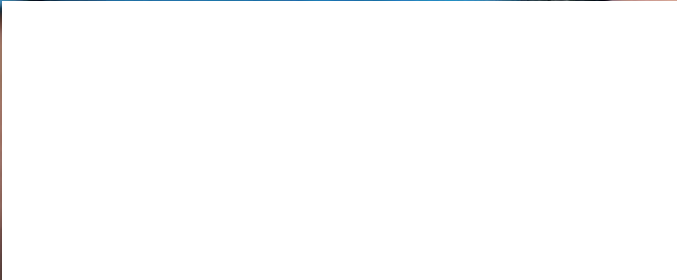
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COVER-KIDS

Nicholas and James Reed are 10-year-old fraternal twins in the same 4th grade class at Lopez Elementary in Fort Collins, Colorado. They both enjoy sports, music, singing and the outdoors. Nicholas plays tackle football and James plays competitive soccer, along with many other fun activities that keep them busy. They are the oldest of four boys, really enjoy being twins and are excited that their mom is the new Editor-in-Chief of TWINS™ Magazine!



Sharon Hartman of Photography by Hartman (www.photographybyhartman.com) c 2008

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It's Time!

TIME—WE ARE ALWAYS ON A QUEST FOR IT. Whether it is to save time, make time or find time. Time seems to always be on our minds or why we can't seem to get enough of it, am I right? Any busy parent of twins (& more in my case) can attest that trying to find the time and keeping all the balls juggling at once all while trying to leave the house without spit up on your shirt or baby food stuck in your hair like Aqua Net hairspray truly does seem to be one of the biggest challenges we all face in today's modern, busy, scheduled world.

My name is Christa Reed and I am proud and honored to be taking over as the brand new Publisher and Editor-in-Chief of TWINS™ Magazine and continuing a rich, 24-year tradition. My twin boys are 10-years-old this month and I often wonder where the time went? I will tell you that when they were young it was really hard to imagine that these hectic and crazy times would soon become a distant memory. I can honestly say that this is the absolute most rewarding and challenging job I have ever had and I would not change it for the world. In addition to our twin boys, my husband and best friend, Aaron and I also have two singleton boys' age 5-years-old & 6-months old and we are a busy and active family.

Therefore, I really understand and value your time—and what little of it you have and if you're like me; you're always on a quest to find ways to pack more hours in the day than actually exist. Since time does fly by so fast... I urge you all to break out your digital cameras and video recorders right now and record these memories you are making—because you will cherish being able to look back on those 'old times' with love and with great appreciation of your survival skills.

So, in honor of my very first issue as the new Editor-in-Chief of TWINS™ Magazine, we are dedicating this entire issue to time—how to save time, make time and use time more wisely! Inside this issue you will find some useful information all about time: time-saving kid-loving recipes you can cook in a hurry; articles about getting organized and managing time; and read about how one family with twins changed their twin infants schedule after taking them home from the NICU. I am also excited to introduce to you some new columns that will call on you, the readers to send us your questions and input for each of our brand new sections. We really do want to hear from you and appreciate your input so please send us your stories and photos and we will do our best to include them in our upcoming issues. If you have a cute craft idea or easy recipe you want to share with our readers then please send them to us with a photo of your twins along with all of your great ideas! Be sure to check out our reader question we will ask in each issue with answers printed in the following issue.

Our goal is to continue including all the things you love about TWINS™ magazine but also add some new components that we are sure you will be pleased with what you see! Springtime is the perfect time for 'change' and I am excited to be leading the way for TWINS™ Magazine as we start its' 24th year of being the premiere publication for everything relating to TWINS™. We will continue to be dedicated to providing you with the most up-to-date, informative and helpful information out there for twins and parents of multiples while also offering you an entertaining magazine you will most certainly continue to enjoy for many years to come. We hope you take the time to appreciate this time (no matter how chaotic it may be) and we look forward to seeing you next time...

Christa D Reed

Christa D. Reed
Editor-in-Chief



TWINS™

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Quaid twins finally released from the NICU

after nurses mistakenly gave Thomas Boone and Zoe Grace Quaid 1,000 times the recommended dose of heparin, a blood thinner last November 20, 2007. Dennis and Kimberly Quaid recently shared their story in the press explaining that they had no idea that the accident even occurred and that the hospital staff were scrambling to try and reverse the affects of heparin on their newborn twins. Quaid had called two hours prior and nobody said anything to him when Zoe started oozing blood from her IV site in her arm and a spot on her heel, too. They recently spoke out on the Today Show about the fact that nobody informed them of the accident and decisions about their treatment were made without anyone notifying them. He also stated in that interview that they didn't even find out about the medical crisis until he arrived at Los Angeles Hospital at 6:30 am the next day. "Our kids could have been dying, and we wouldn't have been able to come down to the hospital to say goodbye," Dennis Quaid said. He shared that when they arrived they were not only greeted by a pediatrician and a nurse but also someone from the hospital's department of risk management. He said he was told a heparin overdose had left his twins' blood too thin to clot, leaving the possibility that his premature infants could be vulnerable to uncontrollable bleeding and that they had been given an antidote. The Quaid's said they spent the day watching in terror as doctors and nurses hovered over their critically ill twins. They said they felt betrayed and misled by Cedars-Sinai, one of the nation's most prestigious hospitals. And their anger has only grown since the release of a report by California regulators, who found that Cedars-Sinai had placed the Quaid twins and others in immediate jeopardy by its

improper handling of medication. The Quaid's said they believe someone at the hospital leaked information about the error to the news media. "We were told that it was not a big deal," Kimberly Quaid said. "We figured we'd be home in a couple days and nobody would know any different. That wasn't the case."

Elbaum did say the hospital is investigating whether there was a violation of the twins' privacy rights by leaks to the media. The Quaid's have already filed a lawsuit against Baxter Healthcare Corp., one of the manufacturers of heparin, contending that the labeling and design of the product led to the error. Baxter representatives have said the error resulted from improper use, not the drug itself. After 11 days in intensive care, Thomas and Zoe appear to have made a full recovery, the Quaid's said. "We have our babies back, and they seem to be doing great, and they're just a lot of fun to be with," Dennis Quaid said. The Quaid's said they plan to start a foundation to promote patient safety.

Adopted Fraternal Twins Separated at Birth Get Married in London!

LONDON (AFP) - Twins who were separated at birth and adopted by different sets of parents later married each other without realizing they were brother and sister, a peer has told the House of Lords. David Alton, an independent, pro-life member of the Lords, said the brother and sister were granted an annulment after a high court judge ruled that the marriage had never validly existed. The Catholic politician — who discovered the case after talking to a judge — used it to highlight perceived deficiencies in the government's proposed Human Embryology and Tissues Bill, which is currently going through parliament. The bill is designed to make it easier

for same sex couples to have children through assisted reproduction, recognizing same-sex partners as legal parents of babies conceived through donated sperm, eggs or embryos. But it contains no provision to require the identity of the donor to be disclosed; potentially meaning a child could not



be told they were conceived by assisted reproduction. Alton raised the case of the married twins -- who were born after IVF treatment -- during a debate last December. "There are implications for everybody involved, but the needs of the child will always be paramount, and it is right that we should therefore make the process as transparent as possible," Alton told the Lords. IVF -- which increases the chances of multiple births -- meant such cases could become more common if the law does not require children to be told they were donor conceived and have access to their genetic history, he said. "The right of children to know the identity of their biological parents is a human right," he added Friday. "There will be more cases like this if children are not given access to the truth. The needs of the child must always be paramount." The identities of the twins and details of their relationship and marriage have been kept secret, but it was known they were separated soon after birth and never told they were twins. They only discovered they were blood relatives after the wedding.

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**FAMILY FACES
TREMENDOUS CHALLENGE
KEEPING TRIPLETS
TOGETHER IN SCHOOL**

I've been working with Kathy Dolan (twinslaw.com) for some time now on the issue of separating multiples in school. I have 5-year-old triplets. I've had to fight to keep them together for the last three years, in preschool and kindergarten. The school has always said they have a policy of separating multiples in order to promote each child's individuality. But my children have thrived during their last three years, being together in a classroom. So we

would like them to stay together through the next few years of grade school, at least. I was told last fall that they would be separated, no matter what—that the school always separates multiples in 1st grade. We are only the second set of triplets the district has had. I'm the first parent to

put up a fight about it. This week the principal said she simply wants to separate them so they may be placed with the right teacher for each of them. I see this as just another excuse to separate them, because

they are multiples.

I've done much research and have come to the conclusion—with my husband—that the best thing for my children is to keep them together in grade school and let them separate in their own time. I have compiled this

research, information, doctors' letters, and a letter from my husband and me. I sent it to the school's principal quite a while before school was to start. After receiving no response, I finally called to see if she had received it or not. She stated she still had to finish reading the information I sent. We had a lengthy conversation, in which she stated that if she made an exception for us, she would have to for every family that thought they also had special circumstances (in fact, I believe they already make plenty of exceptions—for special needs children in the district, which includes ramps, aides, and such). The principal did, however, state over and over that she had not made up her mind whether or not to separate our children. I don't believe her.

I have one more meeting with the principal before SHE makes up HER mind on this matter. I asked her if she would be willing to speak to officials in other districts, other school principals, doctors and experts on this issue. She said yes, she would be willing to do that. I believe it will help a great deal, to help her think outside the box. I'm hoping you will give me your phone number so the principal may call you on this matter. I would appreciate it very much.

KIM WALKER
VIA EMAIL

Editor's note: We're always happy to speak with school administrators or district officials. We're sending the direct phone number to you in a separate email. We hope we can help. I am lucky, in the school district where I live in Colorado they have allowed me to choose. My twins have been together by my request for the past two years. Keep us posted, please!

**FAMILY HAS TWINS, BUT
THEIR MEMORIES OF TTTS
ARE HAUNTING**

I have been reading your magazine since I was pregnant with my now 13-month-old twins. I wanted to respond to a letter that appeared in a past issue

about monoamniotic twins, by telling you my story—in the hope others will learn from it.

Early in 2004, I was still nursing my 7-month-old son and ovulated. I didn't know we had conceived until I was about 8 weeks pregnant and then we found out I was having a miscarriage—I'd had my first three kids without any problems, so we were very sad. As soon as we were given the okay, we wanted to try again. As always, we conceived on the first try. I had a strong feeling I was going to have twins, but thought it was wishful thinking—they don't run in my family. When we got the HCG numbers from our doctor, they were very high. Twins, maybe?! Our first ultrasound at 6 weeks showed we were indeed having identical twins! They looked great and had perfect heart rates. We were beyond thrilled! But, at 7½ weeks we saw one baby wouldn't make it. Her heart rate had dropped to 72. By 8 weeks she had died. Also at 7½ weeks, we learned our twins were monoamniotic. People said horrible things—that we were better off with just one baby; that at least we wouldn't have to worry about cord accidents with the twins now. It was heartbreaking, and only got worse. We learned after the first baby died that TTTS had caused her death. Blood continued to flow from our surviving twin to the one we lost, putting our surviving twin's life in jeopardy. We had weekly ultrasounds, watched, worried. We considered fetal surgery to stop the blood flow and were scheduled to see a specialist at 16 weeks. At 14 weeks we thought things were better—the blood flow was stopping, the surviving twin was growing well. I went shopping for the first time and bought dresses. Then, at 15 weeks—our first week without an ultrasound—I became worried. My tummy was smaller and I lost two pounds. Baby's heart sounded great, though. Our big scare came at 16 weeks, during our appointment with the specialist. In a nutshell, I had no amniotic fluid left—our



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baby had Potter's syndrome, she lacked kidneys. This meant she could not make the fluid she needed for her lungs to develop, and she would die at birth. I was told to abort, but because I don't believe in abortion I carried my twins to 36 weeks—one dead, one alive. Our daughter Crimson lived one hour, and died in my arms. Monoamniotic twins are caused by a late split, day 11 or 12. Because of this, many such babies have birth defects like ours did. I have 400 pictures of my baby girl. We know her twin would have looked just like her, so that helps. I stayed in the hospital for 48 hours and held her. I was heartbroken to lose my twins.

In a nutshell, we conceived again when we got the okay. Two more miscarriages. Then we saw a special-



Audrey King with husband and twins Carson and Willow

ist, Dr. Silverstein, who found I was in the early stages of menopause (a time when twins are often conceived) and was generating "bad eggs." I took the Clomid challenge test and went on vacation with my family. While at Sea World, I ovulated...twice! We were blessed with twins again! Despite being pretty scared something would go wrong, I carried them to term. I was induced at 37 weeks. We now have a beautiful, healthy set of boy/girl twins—Carson and Willow, who joined our 9-year-old girl, 6-year-old boy and 3-year-old boy. We will never forget that Carson and Willow are our second

set of twins. Violet and Crimson will never be forgotten. I am glad we went on to conceive twins again. That's why I hate negative stories about twins. I am still breastfeeding them (no formula, no bottles), co-sleep with them, and I love every single stranger who comes over and admires them and asks questions!

AUBREY KING

VIA EMAIL

"I REALLY WANT MY TWINS TO APPEAR IN DOUBLE TAKES!"

I want to ask some questions regarding your policy on Double Takes photos. I have sent numerous photos and I wonder what the criteria is to make it into the magazine. I have 25-month-old boy/girl twins. My daughter was born with a congenital facial nevus and has had two surgeries to remove part of the nevus from her lip area. Because of this her lip is partially deformed. It breaks my heart that people in public are so rude—they constantly make comments about my daughter's appearance, and tell me my daughter has chocolate on her face. I tell them it is a birthmark and she has had two surgeries—they become very quiet. As her mom, it is very hard to have people be so judgmental and to see strangers stare. I know she is beautiful despite what others say! In most pictures I have sent to TWINS™ Magazine, her lip appears barely deformed at all. I look every time I receive your magazine and I have yet to see a child pictured with any deformity. My daughter's lip appearance might seem very minor, but I know she will never make it onto the cover of a magazine. Yet, it would mean so much for her to be featured in your Double Takes section with her brother. And it would be good to know that your magazine does not discriminate against children with facial deformities. I am so proud of her for what she has been through. She will need to have more surgeries in 2008 to remove more of the nevus and then work on reconstructing her lip. Do you

ever put pictures of children with facial deformities or children with special needs in your Double Takes section?

STACEY WILLIS

VIA EMAIL



Look, Mom...we made it inside TWINS™ Magazine!

Editor's note: Many times, we have wanted to have twins on our cover—and in Double Takes—who have physical disabilities and special needs, Stacey. In fact, we recently discussed this again. We select Double Takes pictures that have the right contrast, brightness, sharpness and color...so many pictures we receive have very busy backgrounds that make it hard to see the children, or the sharpness just isn't good enough. Often, the photographer has caught the children from such a distance, that the picture can't be used...we use mostly close-ups of the kids. In terms of putting special needs kids on our covers, we've learned that the logistics usually make this really difficult and expensive...we have to hire a professional photographer, go to a family's house, and then hope that the children are in good moods and will cooperate.

TWINS ATTENDING SEPARATE HIGH SCHOOLS AREN'T ADJUSTING WELL

I am a psychologist with 15-year-old fraternal twin girls. I am now aware of the literature—which I wasn't aware of last year when I had a Solomon-like

decision to make on their behalf. Kathy Dolan of twinslaw.com recommended I write to you because she thought you might have some helpful ideas or know someone who has experience with this. My girls are going into the 10th grade. Last year, due to high school admission practices here in New York, they ended up attending separate high schools. They were always great students, but since this separation, they have really suffered. They did not make a good adjustment to being apart, or being in their new schools. I think it is because of their separation, although they do not admit to this. One daughter attends a large public high school with 750 kids in the 10th grade. The other attends a small private girls school. I have been given permission to take our daughter out of the private school and put her in the public school with her sister, but the daughter who is attending the private school doesn't want to leave her school. Yet, she did not do well at all there—she feels eventually she will fit in and will do better. Throughout my daughters' earlier years, separation was always a big issue for them. Eventually they did adjust to separation well enough to be good students, but it was always hard and I could see their separation had an impact. Now they are in separate schools, and it is as if they are living in two separate worlds. They are growing apart and there is a lot of anger, resentment, antagonism and rejection of each other. The daughter who is in private school doesn't want to move to Bronx High School of Science because she says she will have to start over and lose the few friends she has made. Do you know anyone with a similar situation who can be helpful? Do you know psychologists who might help, or groups of mothers in the New York area who grappled with this kind of dilemma? Has anybody else made a mistake like this and tried to correct it?

KATHY KRAUTHAMER
VIA EMAIL

Editor's note: We provided Kathy with a

list of "experts" she could possibly call upon for help. Are there other parents out there who've encountered similar school situations? What's your advice for Kathy? Send them to twinseditor@twinsmagazine.com and write in the subject line: LETTERS

MOM OF TWINS DESIGNS A LINE OF "ROCKIN' " TWINS' CARDS

I'm a mom of 18-month-old ID twin girls (and a TWINS Magazine subscriber). Shortly before my girls were born, I started a custom-printing invitation and stationery company called Paperlicious. I started this company after leaving my crazy job in NYC as a record label publicist, because I knew I wanted to stay home with the girls, but I also knew I had to still have an income! Then I realized I couldn't find any contemporary twins' announcements and invitations to fit my rockin' style. So I started making them! You can see our exclusive twins styles for baby showers, announcements, and birthdays, all with coordinating thank-you notes and gift-favor tags in our "Just For Twins" section: www.paperlicious.com We donate \$1 from every box of Just For Twins invitations we sell to the March Of Dimes, a cause near and dear to my heart, since my girls were born at 34 weeks (mo/mo twins) and one of them had heart surgery at 8 days old. One of our most popular items has been our Momager Calling Cards™. When I worked in the music industry, a "Momager" was what we called moms who managed their child-star's career. After having twins, I realized all of us develop serious management skills to raise our children, and I thought, "Aren't we all Momagers?" They're a fun way to exchange information with other moms—no more digging for scraps of paper in a diaper bag or purse!

AMY NELSON
VIA EMAIL

"I WANT TO IMPROVE BABY GEAR FOR MOMS OF TWINS!"

I have 3-year-old twin girls. I have found in the last couple of years that I have a lot of ideas on how baby gear can be improved to help mothers of twins. For example, a diaper bag should be designed that has multiple compartments and special sections for all the gear we have to lug around. I was wondering if there is any way you could give me some resources or contacts so that I may try and get some of my ideas in motion. I have designed them on paper but have no idea where to go from here.

HEATHER MARTINEZ
VIA EMAIL

MOM'S TWINS ARE ON SEPARATE SCHEDULES...ITS CRAZY!

I am the proud mother of 3-month-old twin girls. They were born six weeks early and are quite small. They are a handful. I never realized having twins would be such hard work. You can imagine my—and my fiancée's—shock when we found out the news. We already had a 3-year-old and we bargained on having just one more baby. Surprise! Twins! I am writing to you now in the hope other parents are out there who felt the same way. I am in the process of returning to work full time, as well as attending school. One problem is that the twins are never asleep at the same time—they are on two different tracks. My 3-year-old needs my attention, as well. I am struggling to divide my time so many different ways. I was directed to your magazine in the hope you might be able to provide some insight so I might find a support group in my area, or perhaps you simply have some advice that would help me. Please help. I am exhausted and don't quite know where to go from here.

JENNIFER
VIA EMAIL

Editor's note: Jennifer, you're in luck...

Heal Serious Diaper Rash.

“My twins suffered from chronic diaper rash, and I had tried everything with no success, until my doctor recommended Triple Paste. By next morning, we saw a HUGE improvement! Within two days, the diaper rash was completely gone. Triple Paste is the best diaper cream EVER.”



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Find out more about treating severe diaper rash at:
www.HelpDiaperRash.com



be sure and read the new Ages & Stages section in this issue all about finding more time to sleep. You can also find out if there's a parents of multiples support group in your area by visiting our website under club links.

NEW JERSEY TWINS-IN-SCHOOL LEGISLATION WILL LIVE ON

Thank you for your help, and for posting my letter in the magazine. Here is an update. Yesterday, my husband and I went to Trenton to testify in support of this bill before the Senate Education committee; the committee voted in favor of the bill, and it passed. We made front page news in the Star Ledger (<http://www.nj.com/news/ledger/index.ssf?/base/news-12/119640160493280.xml&coll=1>) Now the bill will have to come up for a floor vote in the Senate; the Senate President determines if it's put up for a vote. I am working with the sponsoring senators as to next steps. They have asked us to hold off for a bit and let them work behind the scenes first. Unfortunately I don't know what's going on with the identical bill in the state Assembly. I have contacted the primary sponsor to find out if she's requested that it be posted to the next education committee meeting, and if not, to ask that she does. But I still have not received an answer. I have also contacted the Assembly's Education Committee Chairman several times, requesting that he posts it to committee.

DOROTHY FRANK
VIA EMAIL

Editor's note: The New Jersey bills didn't come up for a vote before the legislative session ended late last year, but Dorothy and other moms of twins and triplets are determined to fight on for this legislation in the 2008 sessions.

TRIPS WITH ITTY-BITTY TWINS CAN ACTUALLY BE FUN!

I love your magazine! Concerning the

article, "Could This Get Any Worse" by Mark Kennedy (Nov./Dec., 2007), I want to give parents of twins a little hope that traveling with your twins can be better than this article indicated. Being parents of twins is challenging enough; add the stress of planning and actually going on a family vacation to those "normal" challenges and you have a big deal. After reading the article by Mr. Kennedy, I was scared for all the new twin parents who might read the article. If I hadn't previously traveled with our kids, the article might have caused me to not consider any family trips until they were teenagers! How absurd! Most problems Mr. Kennedy's family encountered were their own fault—no gas, traveling with recently sick parents and/or children, no diapers. With good planning and a little patience, any parents of twins could take a wonderful family vacation and enjoy every minute of it (well, maybe not every minute!). My husband and I are parents of 20-month-old twin daughters, Aubrey and Amber. We have traveled several times with them, starting as early as when they were 8 months old. Our trips have been as short as two hours, and as long as six hours. We were very nervous about the six hour trip—the girls were 15 months old at that time—but we managed nicely. We packed what seemed like the entire house in our vehicle, prepared for any situation that could arise and ensuring plenty of entertainment. In the weeks and days before our vacation, we spent many hours developing our plan-of-attack. What time would be best for us to leave? We always worked around the kids' nap times, they've always slept pretty well in the car; so we always make use of that time in our trips. What time do we need to arrive? We always give ourselves extra time, allowing for miscellaneous stops to stretch or walk around; we've even walked through a store a time or two just to let the kids burn off some energy. Last but not least, we always have plenty of entertainment along for the kids,

including books, toys, and DVD players (we purchased the ones that attach to our headrests) with their favorite movies. We pack plenty of snacks and juice for the kids; and plenty for mom and dad, too (you'll need the energy!). There's no way a trip will be as relaxing and enjoyable as "before kids" days. But with planning and plenty of entertainment and snacks, any trip is manageable—and once you get where you're going, everyone is so happy to be out of the car that anything is fun! Happy traveling, parents of twins, and Keep up the great work, TWINS Magazine!

KATRINA (LAST NAME WITHHELD
BY REQUEST)
VIA EMAIL

Editor's Note: I agree with you. We have always traveled with our twins and other two children and enjoyed it very much! We love road trips because you can stop when you want and see the country. Check out the May/June issue when we theme the entire issue around Travel and Taking Your Twins Out & About!

MOM OF TWINS IS DREADING POTTY-TRAINING HER DOUBLES

First of all, thank you for all the information your magazine provides. When we had twin girls two years ago, I was totally clueless. We have two older children, but I had no idea how different having and raising twins was going to be. Since I am at the two-year mark, I feel I should start potty-training. What are some signs I should be looking for? Our twins act ready sometimes, but I dread this a lot. I had heard it is best to train them separately, but our twins don't do anything apart! I would really like your advice on this matter, and suggestions from any of your readers who would like to write in.

JULIE CRIMMINS
VIA EMAIL

Editor's Note: Potty training can be a challenge and I have heard the numerous ways and techniques that parents

of twins implement. Sometimes it's easier to have one of your twins learn and teach the other but that may not work for your situation. There are so many tried and true methods, finding the right one that works best for you is truly the key to successful potty training. My twin boys weren't even ready for potty training until after they turned three! You will know when they are ready and don't be afraid, there is light at the end of the tunnel when potty training your twins! You can also log on to the TWINS™ Magazine message board and check out the forum on potty training.

STAY-AT-HOME DAD OF TWINS WANTS TO PUBLISH HIS "JOURNAL"

I read in a recent issue about your efforts to share with readers stories of parents working both in and outside the home. I also noticed you included an article written specifically from a dad's point of view (Shane Borrowman's "Dad's Here!"). I have recently become a stay-at-home dad and would like to share my experiences with your readers. As you know, stay-at-home dads represent a growing segment of our culture. I would be happy to contribute an article for your magazine. I am especially interested in writing an ongoing column that would follow my journey with a journal. My philosophical insights and practical survival tips would meld in a true-life narrative that would prove sometimes light-hearted and sometimes moving. Think of it as reality TV in print.

JEF COBURN
VIA EMAIL

MOM OF SCHOOL-AGE TWINS NEEDS TO FIND TWINS' "SUPPORT LETTER"

Please tell me where I can find online the letter in support of legislation that gives parents the right to determine whether their twins will be together in school. Thank you.

CLARA
VIA EMAIL

Editor's note: Other people had also had trouble finding our letter, and wrote to us, so we made it easier to locate... go to <http://www.twinsmagazine.com/vbulletin/showthread.php?t=86295> and you'll see the letter near the top of the "threads" in that TWINS message Board Forum...Part 1 and continued. We had to break our letter up into two parts because it was quite long. Please let us know if you want us to write a letter on your behalf to a legislator, a school principal, or district officials.

MOM WHOSE TWIN SON HAS LEUKEMIA NEEDS A BUDDY

Hi! I'm not sure if I am emailing the right place but I was wondering if there has ever been a story done on twins with one of them having leukemia. I have fraternal boy/girl twins and my son was diagnosed with leukemia 20 months ago. He's doing well. I just would like to know if there is anyone else in this same situation, to see how they are handling it and how they are dealing with the other twin's "acting out." Thank you so much for your help.

JENNIFER
VIA EMAIL

Editor's Note: One of my friend's here in Colorado has identical twin girls

and one was diagnosed with a rare form of cancer. She underwent aggressive chemotherapy and is still going back to Children's Hospital for ongoing treatments. I could ask her how her twin sister handled the news and pass that along. As a mother of fraternal twins myself, I can only imagine that her actions could have been caused by fear for what her brother was experiencing since the twin bond is so strong.

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sample of 2-page spread

Turning Night Owls into Early Birds – How We Tackled Time after Our Twins Left the NICU...

By Sabra Winebeer

When my doctor entered my post-partum hospital room and asked if I was ready to be discharged, my husband and I both audibly sighed. We were ready to take our two tiny, premature bundles home and leave behind all of the complications and helplessness that came with my twin pregnancy. After developing preeclampsia, I was hospitalized at 34 weeks gestation and when it continued to worsen, labor was induced at 35 ½ weeks.

It was Groundhog's Day when I delivered my boy/girl twins, losing half my blood volume in the process. Isaac and Samara were on IV antibiotics for Group B Strep and after three days in the NICU, they were perfectly healthy. However, we all stayed in the hospital an extra day so that I could recover a little bit more before my husband and I would be solely responsible for our children. We looked forward to settling in and leaving

My husband and I have always been early birds. I generally rose at 5:30 or 6:00 AM and went to sleep at 10 PM; my husband awoke at 4 AM to exercise or start his research day and retired at 11 PM. Under normal circumstances I was a solid eight to nine hour a night sleeper and at the time that our twins were born, my husband was writing his doctoral dissertation and we soon realized something would have to give. Either we would have to change our sleep and work patterns, or our twins would.

We weighed the pros and cons of changing their sleep patterns. First, we worried that the adjustment might disrupt their natural inclinations. Then our pediatrician explained that having days and nights switched is a common problem for infants who spend time in NICU. Because of the hustle and bustle that occurs during the day, visiting relatives and family friends come to see the baby and new parents; pediatric nurses often wait until the late evening or nighttime to do routine tests on infants.

Because of the potential for complications, NICU babies are more closely monitored. In my twins' case, a Group B Strep infection required frequent blood tests and antibiotic administration. These were most often done at night when things had calmed down in the maternity ward, concluding that Isaac and Samara might have been set to this NICU schedule rather than their own. Then we realized that leaving them as they were would eventually be problematic. After all, school starts in the earlier hours of the morning. As an elementary school teacher, I had seen many a late-rising student suffer through half a school day before becoming alert well after 11:00 AM in the morning. Whereas there wasn't much I could do about the preeclampsia or Group B Strep infection, if I could prevent my twins from being night owls, I would.

Our first plan of action was to put them in our brightest room during the daytime. Our living room has a four-light ceiling fan and also opened up to our dining room, which had a six by eight foot window, so they would get both artificial and natural light. We then made sure there was noise and lots of it. Being music lovers, my husband and I usually had the stereo on. So we cranked the volume to a level that, though not painful, was difficult to talk over. We also made sure the music we played was anything but soothing. My husband's musical tastes favor heavy metal and punk so Metallica, Bad Religion, and Pantera were in consistent rotation on our CD player. If the stereo wasn't on, the TV was while I sat on the couch folding those two or three daily

the chaos behind.

However, that first evening home we got a rude awakening, several in fact, from each twin. Though the pediatric nurses had ensured I would have the twins for every feeding, the twins woke far more often at home to eat than I ever saw them while we were in the hospital. We quickly realized that the nurses had kept them in the NICU for at least half of their nighttime feedings. At home, barely functioning the next morning because of our lack of sleep, my husband and I noticed that our twins napped more and ate less during the day. They were restless and wakeful at night and had great difficulty falling asleep. During the day, however, they fell asleep easily after a feeding and change. Their days and nights were switched and we were facing our first battle with time.

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loads of laundry that come from having newborn twins. So from the time they woke for their first morning feeding until it was dark they were in a bright and noisy environment. This was only mildly effective since they were still waking more during the night than during the day.

Undeterred, we became more aggressive in our efforts. My husband and I decreed that their crib, which they shared, was only for night sleep. No naps were to occur in such a quiet, restful environment. This meant, at their premature, newborn stage, that they slept in the living room in their bouncing chairs. We hoped that sitting up while sleeping in the daytime would condition them and cause some dendrites in their brain to reroute and determine daytime was better for short catnaps and only nighttime provided the supremely comfortable sleep. This was slightly more successful.

As a last resort, we started waking them if their daytime sitting-up-bright-light-loud-music naps extended too long. Initially,

Our pediatrician explained that having days and nights switched is a common problem for infants who spend time in NICU. Because of the hustle and bustle that occurs during the day, visiting relatives and family friends come to see the baby and new parents; pediatric nurses often wait until the late evening or nighttime to do routine tests on infants.

we thought it might be cruel to wake them up and there was a strong sense of dread that doing so might induce dual squalls of crying. After all they shrieked when they were hungry, but also when their diapers were changed, when they were given a bath, or when their pacifiers fell out of their mouths. We then realized that in the NICU, the nurses were waking them up to stick needles in them to draw blood to test how well the antibiotics were fighting off their Group B Strep infection. Mom and Dad walking over and bending down to give them a little shoulder wiggle couldn't possibly be as traumatic. Still, with baited breath, we attempted a wake-up. Both startled awake, blinked, and looked around, but neither even whimpered. Very gradually, we then began to cut back the nap lengths. We quickly joined the when-they-nap-you-nap sort since the sleep deprivation left us needing at least one two hour naps a day.

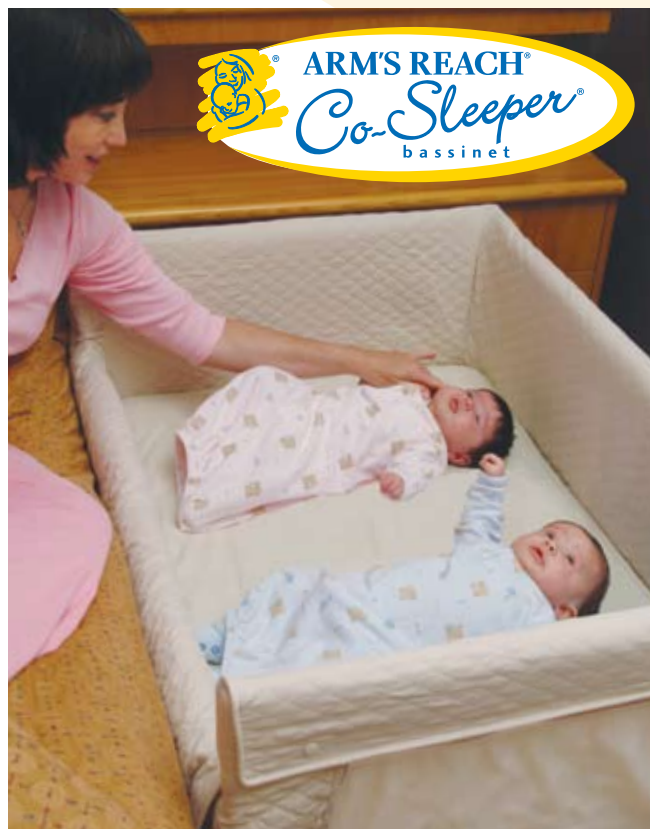
Eventually, however, they began waking up more during the day to eat and less at night and we continued our efforts, shortening their naps to an hour or hour and a half. Within a week of our bringing them home from the hospital they were self-waking on a fairly stable nap schedule and waking at night for feedings that were gradually reduced from once 2 1/2 hours to once every 3 1/2 to 4. Because it often took between 30 and 45 minutes to feed, burp, change, and get them back to sleep, the extra hour or hour and a half of sleep became quite precious to us.

When a friend of mine, whose son was born only a few days



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Newborn Issac and Samara

before the twins, complained that he had his days and nights switched, I told her my twins had the same problem. I explained that my husband and I had intervened and she balked at this. She wanted to believe the conventional wisdom that a newborn's sleep schedule will normalize to day wakefulness, night sleepiness after several weeks without caretaker intervention. However, my friend's son was eight weeks old at the time of her complaints and the newborn showed no signs of adjusting to a new schedule on his own. Though she asked me how we had

done it, she shook her head at my suggestions, saying that she couldn't, in good conscience, purposefully wake her son during one of his daytime naps. I didn't mind her refusing the advice, because at that point mine were sleeping most of the night. Clearly, a more hands-on approach was effective in our case.

Samara began sleeping through the night at four months and Isaac at five and a half. They are now seven years old and we have found their sleeping habits are ideal for our family. They wake between 6:00 and 6:30 AM; in fact, if they don't rouse on their own, we know they are sick. We send them upstairs to get ready for bed sometime between 7:00 and 7:30 PM every night. After changing into pajamas and brushing their teeth, they read in bed until they are sleepy. Then they come to my husband and me for one last hug before we all go

upstairs for hugs, nightly prayers, and tucks-ins. Then they are down for sleep, lots and lots of sleep.

Sabra Wineteer is a freelance writer and stay-at-home mother to three children including boy/girl twins. She received her Bachelor's degree in English and was a Special Education Teacher for three years. She currently resides in Bloomsburg, Pennsylvania with her family.



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Time for Sleep

How Much Sleep Do Children Really Need?

The age-old question, “How much sleep do children really need?” can be answered by pointing your web browser towards AskDrSears.com and WebMD.com.

According to www.askdrsears.com, babies birth to 3-months old should sleep approximately 14 to 18 hours per day. Three to six month old babies should sleep 14 to 16 hours per day, and children 6 months old to 2 years old should sleep approximately 12 to 14 hours per day. Two to five-year-olds should sleep approximately 10 to 12 hours per day. At three, most children are still napping, while at five most are not. Naps gradually become shorter as well. Five to ten year olds should sleep approximately 9.75 to 11 hours, and adolescents should sleep approximately 7.5 hours on school nights and 8.75 hours on weekends. These numbers are simply averages reported for large groups of children of particular ages. There's no magical number of hours required by all kids in a certain age group. According to WebMD.com, some children will sleep more or less than these recommended amounts but since sleep can influence a child's temperament, it's important that children act and feel well-rested. The proper amount and quality of sleep are important to the development of children. Poor sleep can lead to a variety of behavioral problems including defiance, aggression, and hyperactivity.

When children reach the school-age years, extracurricular activities increase however, sleep times should not decrease. Children in the 7 to 12 year old range still need the proper amount of sleep, 9-12 hours, to stay mentally

acute during the day. Children with a history of sleep problems will likely see those problems persist later in life.

The importance of sleep continues well into the teen years. Teens who don't get enough sleep may notice changes in mood and behavioral problems. Sleep is vitally important to the health and well-being of teenagers, and children of all ages.

The importance of sleep continues well into the teen years. Teens who don't get enough sleep may notice changes in mood and behavioral problems. Sleep is vitally important to the health and well-being of teenagers, and children of all ages.

Sleep Tips

Infant:

- Establish positive sleep habits at an early age.
- Have a set sleep schedule for bedtime and waking. Keep the same schedule for weekdays and weekends.
- Know how much sleep is appropriate for your child's age.
- Infants and children should be put to bed when they appear tired but still awake (rather than falling asleep in a parent's arms, or in another room).

Toddler:

- Set a regular time for bed each night and stick to it.
- Establish a relaxing bedtime routine, such as giving your child a warm bath or reading him or her story.
- Make after-dinner playtime a relaxing time. Too much activity close to bedtime can keep children awake.

- Avoid feeding children big meals close to bedtime.

School Aged:

- Avoid giving children anything with caffeine less than six hours before bedtime.
- Set the bedroom temperature so that it's comfortable – not too warm and not too cold.
- Make sure the bedroom is dark. If necessary, use a small nightlight.
- Keep the noise level low.

Teenager

- Encourage older children or teenagers to establish and maintain a consistent bed and wake-time that allows for the full hours of sleep needed at this age.
- Make sleep a priority. Adjust bad habits so your teen gets enough sleep to stay healthy.
- Make your teen's room a sleep haven. Keep it cool, quiet and dark.
- Ensure your teen avoid foods and drinks with caffeine late in the day.
- Encourage your teenager to avoid the TV, computer and telephone in the hour before they go to bed. Sticking to quiet, calm activities will help them fall asleep much easier.
- Encourage your teen to engage in nighttime activities that have a calming effect vs. activities that heighten their alertness.
- Suggest your teenager keep a diary or to-do list so that they can jot down notes before they go to sleep instead of lying awake at night worrying or stressing.

It's Time For Value

By Tom Terwilliger

One of the most frequently asked questions I hear from just about every mom and yes even dads I consult with is "how do I find time to exercise with my busy schedule?"

By now most of us understand the value of exercise as part of a healthy balanced and successful lifestyle. We know that regular exercise can help



create abundant physical and emotional energy, that it has anti-depressant capabilities, helps prevent disease, and can even turn a good lover into an unforgettable one. Why then are so few of us taking our weekly dosage of this would be panacea? After 20 years as a fitness and life coach I can tell you with puzzling certainty that the primary reason is that most people believe they don't have the time. I'm not sure that's true in most cases. If we took an accounting of the time we spend watching TV, reading magazines, having a few beers, gabbing on the phone or any number of other things that are not important we would be shocked at how much extra time we really do have. We all find the time for the things that are important to us, picking up the kids from school, selecting the right

clothes for the day, or stopping for gas when the tank is almost empty. Why? Because those things are important! Is it possible that if you haven't been exercising it is not because you don't have the time, but rather because you haven't made it important enough? So maybe you're in the one percent of us who really don't have time to get all the way to the gym for a formal workout. Does that give you a get out of jail free card for doing nothing at all to get and stay in shape? You should know that even 10 minutes of exercise done two to three times per day can have a profound impact on your fitness levels, health, energy, and how you look in those new cloths you got as a gift last month. So what kind of exercise can you do in just 10 minutes?

Perhaps the best investments in time and money you could ever make would be to head over to the local sporting goods store and drop \$30-\$60 on a re-bouncer or mini trampoline. The re-bouncer has many benefits including stimulating the immune system, creating energy, and providing a great cardiovascular workout. Spending 10 minutes in the morning before breakfast and another 10 minutes in the evening will re-vitalize your body and burn between 200 and 300 additional calories a day. What can you do at work? Take a rigorous vertical tour of the stairwell a few times before and after lunch. 10 minutes of daily stair climbing could improve your cardiovascular fitness levels by as much as 10 percent in only a few weeks and will burn an additional 200 calories per day or 1000 calories per week. A great way to get an invigorating and quick calorie burn at your desk would be to convert your desk chair into a workout station. Try these three exercises. First

plant your elbows and forearms on the arms of your chair, then try to lift your body off the chair using only your shoulders and upper arms. Next, while in that same position try to bring your knees up to your chest while exhaling and squeezing your stomach. Finally, brace the back of your chair against the wall or your desk, facing the chair grasp both arm rests with your hands, then stretch both your legs back and place your body in a full pushup position. You guessed it you're going to do pushups, but because the chair is a bit unstable it will provide a wonderful upper body as well as core abdominal workout. Start with two sets of ten repetitions of each of these three exercises and work your way up to doing more. No more excuses. It is time to make fitness and your health a value in your life...if not for you then at least

for your little ones.



Tom Terwilliger is a former Mr. America, certified NLP Master Practitioner, life strategies and Personal Fitness

coach, Motivational Speaker, Author and an identical twin. He owns and operates Coaching Leadership Excellence in Denver, Colorado where he works one on one with his clients to help them obtain their strategic fitness and life goals. Tom is available for seminars and one on one and group coaching at 303-404-9241 or Tom@terwilligerfitness.com www.InnerGameofConfidence.com

Submit a question for an upcoming issue to the TWINS Magazine resident life coach and fitness expert, Tom Terwilliger (the Coach) at <http://tinyurl.com/282b75>

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Time Management

101

By Elizabeth Lyons

Time. According to the Rolling Stones, it's on our side. Oh, how I wish I agreed.

Time is the commodity of which there isn't nearly enough. The seemingly constant lack of it is the issue of which manic stress is made.

Here's one of my recent Monday morning lists: make a breakfast no one will complain about (impossible); ensure that daughter's skirt isn't too short (and that sons aren't wearing skirts period); get kids to school (on time); water plants that are, by definition, dead; buy groceries to prevent another cereal-for-everyone dinner; dust to stop the sneezing; remove holiday decorations (they need to come down before May this year); remove DVD rammed into player; spackle hole that came from who-knows-who (I mean where); and remove gum from carpet.

One might wonder at what point amidst all that I might eat, schedule a dentist appointment, or empty my bladder. In

fact, washing my hair more than three times a week is an idea that's gone the way of the Wannanosaurus. Is it any wonder I got dressed up, styled my hair instead of throwing it into the everyday wet ponytail, and slicked on lip gloss for a holiday party—and was bewildered when no one recognized me?

Here's the obvious reality: as a mom of multiples I could work twenty-four hours a day. Once you have twins, the phrase "I don't know what to do with myself" goes out the window as quickly as do consistent hygiene habits.

There is, however, a way out of this mayhem. As with many other afflictions, the first step is undoubtedly admitting I have a problem...or three. A problem with time (the lack thereof), a problem prioritizing (it's true), and a problem letting things (say, the occasional crumb or out-of-place shoe) be.

It's challenging to focus on Dora with four campers around me—each fighting over whose spot is whose—when the dust on

continued on page 18

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the mantle is so heavy it resembles a blizzard as it floats through sunbeams. Or the clean laundry is developing wrinkles as it sits wadded at the end of the couch. Or the juice on the counter that no one will admit they spilled—or agree to clean up—is congealing.

Like many moms of twins, I'm Type-A. Letting go of my need for structure and control is my greatest struggle. Subconsciously even, I feel so little control of the under-eighteen segment of my family that it's cathartic to fill my days with tasks I can control—even if those tasks are ones I never thought I'd choose to fill my days with.

I'll admit that after eight years of parenting, when the choice is between explaining yet again where asphalt comes from or getting on my hands and knees to scrub the bathroom floors, the choice can be tough. After all, I don't know if I'll ever be able to explain highway construction to anyone's satisfaction but, by God, if I scrub hard enough, I know I can remove pee from baseboards.

I worry about the realization that, while I could win awards in the janitorial arena, I may slowly be disconnecting with my kids simply because, let's face it, cleaning up urine is far less emotionally draining than breaking up fight #62 over whose

scooter is whose.

In those frustration-charged moments (of which there are many), I fear that the perpetually kind, loving, let's-have-a-sing-a-long-in-the-station-wagon Brady bunch I continue to fantasize appearing in my kitchen one morning out of thin air won't develop into anything more than a misty mirage in the recesses of my cluttered mind. I bury that fear in lists of people to call, things to scrub, and closets to organize.

As Billy Joel proclaimed in "Pressure," You have to learn to pace yourself. Yes, Billy, I do.

This year, I vow to limit my non-parenting to-dos to three that need to be done on any given day. I vow to prioritize quality time with myself, my spouse, and my kids. When I have a free moment, I ask myself, "What do I want to do now?" And when the answer is "read a book," "take the kids for a walk" or "call a babysitter and head to a bar with David" (okay, so that never happens), I will allow myself that luxury without worrying what will be left undone.

One day sooner than I can imagine, my kids will be at a point where they'd rather play God-knows-what with their friends than play Candyland with me. They'll prefer to whisper their secrets over the phone to shouting them at me. And in the end, I need to know that I did my best to connect with them as often as I connect with Hoover.

When my little angels are begging to spend their evening with anyone but David and me, I'll have plenty of time to vacuum, work, or hang pictures. And, hopefully, by then I will be trained to pick up a book—not one of the parenting variety—or try to keep the kids around with a surprise trip to Cracker Barrel. Either way, with any luck the first thing I lunge for will not be a to-do list or a Swiffer! ♥



Elizabeth Lyons is the author of *Ready or Not...Here We Come!* and *Ready or Not...There We Go!*, humorous guides to the first year and toddler years with twins. Visit her website at <http://www.elizabethlyons.com>

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Get the TWINfo

Have you ever wondered if identical twins have the same fingerprint patterns? The simple answer is no because identical twins form when a single fertilized egg splits in two after conception. Their DNA is virtually indistinguishable because they form from a single zygote, and we understand that the two individuals will have the same genetic makeup. However, fingerprints aren't really a genetic trait. Fingerprinting, along with other physical characteristics, is an example of a phenotype -- something that is determined by the interaction of an individual's genes and the developmental environment in the uterus. The ultimate shape of everyone's fingerprints are believed to be influenced by environmental factors during pregnancy, like nutrition, blood pressure, position in the womb and the growth rate of the fingers at the end of the first trimester. You might find similar patterns or ridges and lines in your twins' hands but there will also be differences which you can also see between the fingers on any one person's hands.

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Be Prepared When You Take Your Twins to the Doctor

By Rebecca Moskewski, M.D., FAAFP

In the first year of life your babies will have many opportunities to visit the doctor.

The American Academy of Pediatrics recommends that newborn infants see a physician for a check-up at birth, two weeks, two months, four months, six months, nine months, 12 months, 15 months, 18 months, and 24 months, and annually thereafter. Most pediatricians and family doctors follow this schedule, or some variation of it. These are called “well-baby exams.”

A well-baby exam consists of questions the parents will be asked about the babies’ general health and development, followed by a physical exam. The exam includes measurements of length and height, weight and head circumference (the distance around the head), vital signs, and general physical examination. Your doctor will ask if the babies have met normal developmental milestones. You will also be questioned about your babies’ activities so that normal development can be assessed.

What is a parent’s role in all of this? The most important role you have is to get the babies to their appointments regularly and also to keep track of each baby’s behavior. Although this may sound simple, it can be daunting to get two or more babies ready and to the doctor’s office – and especially to do it every other month!

How can it be made easier? You may want to enlist the help of another adult when you go to visit the doctor. This can help you maintain control of the children and minimize distractions for you so that you can give full attention to the physician and what she

may be saying. Some parents (who are able) make the appointments for each child on a different day so that they can concentrate fully on just one child. This can be a nice way to spend a little individual time with each multiple, which is often a rare event! It can avoid mix-ups and it will be appreciated by the doctor as well.

Make sure each child has been fed before going so they will be content. Bring along some treats or a favorite toy to help to distract them and calm them. Fill your diaper bag or, better yet, a backpack with these items and extra outfits and diapers. You should also include any records you have made of each child’s developmental milestones, minor illnesses, foods, and toileting activities.

Another helpful item is a small notebook so that you can write down vital statistics, such as weight, and any instructions given by the health care provider. This can save confusion later. Write all of your questions and concerns in the notebook ahead of time so you don’t forget to ask them when it becomes chaotic in the exam room. Don’t forget the pen!

Bring your stroller right into the office with you. You can keep one of the babies in the stroller while the other is being examined. This is where the other adult comes in handy so that you can focus on the child being examined, help to calm him or her, and listen intently to what the doctor is saying. The other baby can be rolled or carried out of the exam room until it is his or her turn to be examined, which will make that baby much happier and make the room quieter and less distracting for all involved.

Don’t become distressed when your children need their immunizations. Although it is difficult to see your children get a shot that will give them pain, remember that you are giving them vital protection against some pretty painful and nasty diseases. Also, your children will take their cues from you, and if you seem distressed, they will become distressed as well.

All in all, a little preparation by you ahead of time will make those doctor’s visits with your multiples go much more smoothly. This will be appreciated by the entire office and make the time less hectic for you.



And the bottom line is: you are helping to keep your multiples healthy!

Dr. Rebecca Moskewski is a staff physician at the University of Notre Dame in South Bend, Indiana and is the proud mother of six including twin daughters. She is also the Past President of the National Organization of Mothers of Twins Clubs, Inc. (NOMOTC) and is currently serving on the NOMOTC Board of Directors as Board Advisor. Dr. Moskewski was the editor of the popular book compiled by NOMOTC entitled, ‘Twins to Quints’ and is currently available for purchase in the TWINS Magazine Bookshelf.

Do you have a question for our Doc? If so, send them via email to: twinseditor@twinsmagazine.com and include ‘Ask the Doc’ in the subject line and we will try and include your questions in upcoming issues.

Thank You Note Playdate

Submitted by reader Janeen DenHaese

The holidays are over and you still have not found time to put all your Christmas decorations away, as random items have been misplaced around your house by your adorable twin toddlers. Yet another thing on your never ending "to-do" list is getting your thank you notes in the mail to grandma and grandpa and other special people who were kind enough to remember your children during the holidays. How to you find time to do that, without taking time away with your children?

The answer: a Thank-You Note Play Date!

One Saturday morning, I invited my girlfriend over who also has tod-

dlar twin boys and we did just that. It was relatively easy (though, easy may be inappropriate as any event involving 4 toddlers under 2 is not ever easy) and made the whole process fun for moms and twins as well. Thanks to my nearby Dollar store and Wal-Mart, (of course I went at 9:00 PM at night after the boys went to bed and my wonderful husband was home.) I purchased an assortment of stickers, construction paper, and Crayola Washable finger paint.

We wrote brief Thank -You's on the cards, and then helped the boys make their own handprints on each one, and add their own creativity to the cards as well. The cards were fun to

make, and the receivers were extremely appreciative.



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“Buzzing” Activities and Crafts for spring

By Joanne with MyCraftBook.com



Toilet Roll Bumblebee

Recycle a toilet paper roll and make a cool bee that won't sting. Add a string through a hole in the top and you can even make it fly! Adult assistance may be required with use of the scissors to poke a hole in the roll for the wings.

Tools: (1) Yogurt container; Scissors; Ruler; Paint Brush

Supplies: (1) Toilet paper roll; (1) 9"x12" sheet of black construction paper; (1) 2 ½ x 1 7/8" Styrofoam egg; (2) yellow pipe cleaners; (2) Pieces 3" x 4½" bubble wrap; (2) 10mm wiggle eyes; (1) Fine point black permanent marker; Black and yellow acrylic paint; White craft glue

Step by Step Instructions:

1. Squeeze a small amount of yellow paint into a yogurt cup. You can always add more if necessary. Paint the toilet paper roll with a coat of yellow paint. Set aside to dry. Wash out the yogurt cup and your paintbrush because you will need to use them again for the black paint.
2. While the paint is drying on the toilet paper roll, cut three strips of black construction paper, each measuring 12" x 3/8".
3. Fold each of the 12" strips of black construction paper in half. Cut them in half at the fold.
4. Squeeze a line of white glue along one side of one of the strips of black construction paper. Arrange this strip at the top of the toilet paper roll you painted yellow. The ends will overlap at one spot on the toilet paper roll. Squeeze a line of white glue on one side of another strip of black construc-

tion paper. Arrange this black strip 3/8" below the bottom edge of the first one with the ends at the same spot as the ends of the first black strip glued on the toilet paper roll. Arrange and glue on three more strips of black construction paper 3/8" from the bottom edge of the previous one with the ends at the same spot on the toilet paper roll. There will be a 3/8" space of toilet paper roll painted yellow at the bottom of the roll after all the black strips have been glued on. Set aside the roll to allow the glue to dry completely.

5. Prepare the Styrofoam egg for the head. If the egg is too big to fit into the opening of the toilet paper roll, use the side of a pair of scissors and shave of some of the wider end to make it fit.

6. Squeeze a small amount of black paint into the yogurt cup. Paint the entire surface of the egg black and set it aside to dry (on a plastic surface would be best because it will stick to paper). Wash out the yogurt cup and paintbrush.

7. Create the wings while the black paint is drying on the head. Measure and cut a 9½" piece off of each of the yellow pipe cleaners.

8. Shape each piece of the pipe cleaner into a raindrop shape and twist the ends together. Line them up so the raindrop shapes are as similar as possible because you want the wings to look the same.

9. Using the thin black marker, trace the raindrop shape onto the flat side of one of the pieces of bubble wrap. Trace the other raindrop shape onto the flat side of the remaining piece of bubble wrap.

10. Cut out both of the raindrop shapes so the marker lines don't show.

11. Place the raindrop shapes flat side up on your work surface. Squeeze a line of white glue around the edges of each of the shapes.

12. Press the pipe cleaners shaped like raindrops into the glue on each of the raindrop shaped pieces of bubble wrap. Let the glue dry completely.

13. While waiting for the glue to dry, attach the head to the bee's body. Squeeze a line of glue inside the end of the toilet paper roll and press the painted Styrofoam egg into the opening of the roll with the glue inside.

14. Squeeze two drops of glue at the front of the head of the bee and press a wiggle eye on each drop.

15. Use the remaining pieces of yellow pipe cleaner for the bee's antennae. Curl one end of each piece of pipe cleaner around the thin marker. Arrange and insert the straight end of the pipe cleaner antennae into the head of the bee at an angle, 3/8" behind the eyes.

16. Using one side of the scissors, poke a small hole in the same spot on each side of the middle of the bee (which worked out to be the 3rd strip of black construction paper). Adult assistance may be required with use of the scissors to poke the hole in the roll for the wings. Squeeze a small drop of white glue on the twisted end of the wings one at a time and insert the ends through the hole in the body of the bee.

Continued on page 29...

Quick and Easy Recipes by Debra Baggett

Trying to balance a busy life between family, home, and work is a daunting task. Over the years

I developed recipes that, not only save time, but are kidlicious. As a working mother of two boys, I wanted to give my children healthy homemade meals that were easily prepared and that they would eat. This became a labor of love for me. I wanted my children to grow up loving home cooked meals and the family time we spent dining together.

BBQ MEATBALLS

Shopping List:

3 pounds of frozen meatballs
1 cup of BBQ Sauce
3 TBSP of honey
Rice
1 can of green beans
1/2 cup water

How to Prepare:

Combine the meatballs and water in a large heavy skillet and cook over medium-high heat for 10 minutes, stirring occasionally. Meanwhile, prepare rice according to package directions. After the meatballs have been steaming for 10 minutes, stir in BBQ sauce and honey. Reduce the heat and simmer for 10 minutes. Warm the green beans either in the microwave or on the stove.

How to Serve:

In a shallow bowl, scoop a helping of rice. Place the meatballs in a circle around the outside of the rice, then place the green beans in the middle. For small children cut the meatballs in half before placing them in the circle. This presentation makes it fun for the kids and only takes a few seconds. Serves 4.

Time Saving Tips:

When we order Chinese take-out, we usually have an entire container of rice left over. I freeze it right in its container. When I need rice for a meal, I just zap it in the microwave.



This delightful and EASY meal has been a hit with my family for years. It takes about 20 minutes to prepare and is great for nights when you have very little time to make dinner. All the ingredients can easily be stored in your pantry and freezer.

BEEF STROGANOFF

Shopping List:

1 pound beef round tip steaks, thinly sliced
4 cups uncooked extra wide egg noodles
4 tsp olive oil, divided
3 cloves crushed garlic
1/4 tsp salt
1/4 tsp black pepper
1/2 pound sliced mushrooms
1 pkg (3/4 oz) brown gravy mix
1 cup cold water
1/4 cup sour cream (optional)

How to Prepare:

Cook noodles according to package directions; keep warm. Meanwhile stack beef steaks; thinly slice into 1 inch wide strips. In large skillet, heat 2 tsp oil over medium-high heat until hot. Add garlic and sauté for 1 minute; add steak. Stir fry until beef is no longer pink (do not overcook.) Remove from skillet; season

with salt and pepper. In the same skillet, cook mushrooms in remaining 2 tsp of oil until tender (approx 2 minutes) stirring occasionally. Remove skillet from heat and add gravy mix and water. Blend until smooth. Return to heat and bring to a boil, stirring constantly until sauce is thickened. Reduce heat, add beef, and simmer until beef is heated through.

How to Serve:

Serve over noodles and pass the sour cream. Serves 4



Comfort food made easy; only takes about 25 minutes to prepare. This meal is a great way to break up the monotony of everyday dinners.

Get Organized!

Do you feel like you make the same dinners over and over again? I have the solution. It is very low-tech. Get a 3x5 index card and write down all the meals in your arsenal, grouping them by: pastas, soups, chicken dishes, beef dishes, sandwiches, etc. When you sit down to create your weekly meal list, refer to your MAC (Meal Arsenal Card) for suggestions. Take a look at your calendar for the upcoming week and plan your meals to coincide with your schedule. Make your grocery list at the same time to ensure that you have everything you need to prepare your meals for the week.

Time to Get Organized: Managing the Messes

By Donna May Lyons

Some people are natural-born organizers while some couldn't tell you the difference between a filing cabinet and a trash can (for some, they are probably one in the same!). Parents of multiple birth children are thrust into the world of chaos, disorganization, and multi-tasking simply by having two or more children at once – a “baptism by fire” of sorts. But what if, in your sleep-deprived state, you can't muster up the energy or focus to figure out how to organize and manage the messes?

Fortunately, there is a rapidly-growing supply of professional organizers across the country (and world) that are ready and able to answer your pleas for help. In fact, some are even parents of multiples themselves, and they have mastered the art of organizing their own homes and businesses while teaching others to do the same.

Tonia Tomlin, a mom of one-year-old identical twin girls, has been a professional organizer since 2004. She is the founder, CEO, and president of Sorted Out in Plano Texas, and has been seen around Texas in numerous advertisements, publications, and nationally on HGTV's Mission: Organization.

Sorted Out offers a variety of organizing and consulting services including closet organizing, collections and memorabilia organizing, errands, personal shopping, filing systems and procedural manuals, paper management, and kitchen, home office, and small business organizing. They also offer personal shopping services. Tonia considers the services offered by Sorted Out to be unique because they “offer a customized solution for every single client” and a “maintenance program to motivate clients to STAY organized.”

Tonia and her three employees specialize in organizing kitchens, pantries, closets, craft rooms, garages, living rooms, kids' rooms, attics, home offices, and home businesses. Addition-

ally, Tonia especially enjoys consulting with other parents of multiples, and helping them regain control of the time and disorganization in their lives.

Tonia began organizing when she was little, continued into college, and then when she started her family. While her background is in the mortgage and banking industries, Tonia found that her organizational know-how was still well-utilized, and eventually in high demand. She had other loan officers asking her for guidance on organizing files, and time management. After an Internet search, Tonia found the website for the National Organization of Professional Organizers (NAPO) at www.napo.net, and put her gift for organizing to good use.

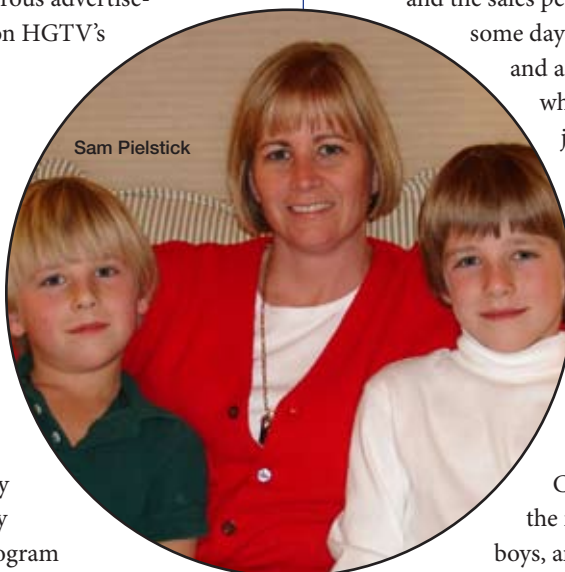
Tonia loves being a professional organizer and finds many rewards in the business including: having a flexible schedule and clients that appreciate her. According to Tonia, there are also some challenges in running your own business. “You are the company therefore; you are the marketing guru, the accountant, and the sales person. It's hard to do it all by yourself some days. With two babies, a household to run,

and a husband, I get worn out sometimes. But when you love what you are doing, you just keep pulling through.” Keep an eye out for Tonia's book, *Chaos 2 Calm*. It's an organizational book for parents of multiples and is due to be released nationally in September. You can also learn more about Tonia and Sorted Out at <http://sortedout.biz>.

For Sam Pielstick, a professional organizer living in Northern Colorado, it's all about “Removing the Chaos to Reveal the Harmony.” Sam is the mother of eight-year-old fraternal twin boys, and has been the owner and sole operator of Neat Freaks Organizational Services, LLC since 2004. Neat Freaks offers three levels of service: Consultant (tell you), Team (with you), and Solo (for you). Sam specializes in organizing pantries, closets, garages, basements, and even



Tonia Tomlin



Sam Pielstick

entire houses! She also offers services to businesses and home-based businesses.

Additionally, Neat Freaks offers a unique “take away” service to its clients. When they are done with a session, they take away all the unwanted items and find them a new home somewhere else. For example, cell phones and household goods are taken to a nearby women’s safe house, medical supplies and eyeglasses are donated to a local church, children’s items are taken to a kid’s closet, and camping and outdoor supplies go to EDUCO, a non-profit outdoor leadership school based in the foothills of the Rocky Mountains. According to Sam, “less than five percent goes into the landfill.”

Sam considers herself a natural born organizer – she even provided services to family and friends for free until her husband suggested she do it as a business. In fact, the business name, Neat Freaks, came about following a conversation between Sam’s husband and a disorganized neighbor!

Like Tonia, Sam also worked in the financial field before becoming a professional organizer. She also worked as a nanny, retail manager, food service manager, and waitress. She looks back on her past jobs and sees how, in those positions; she was frequently responsible for organizing and managing things for others. According to Sam, “I spent my whole life training for what I do now.”

For Sam, the rewards far outweigh the challenges. Her business allows her the time to volunteer in her children’s school, choose who she works with and when she works, as well as having the flexibility to visit extended family and take vacations when she chooses. According to Sam, a challenge of owning your own business is that, “...you are never guaranteed an income – you have to go find your customers. If you get busy and are working with clients and not marketing and networking, then when you are done with those clients, you have no more behind them. You have to go and GET the business.”

Janis Nylund has also found her niche in the professional organizing business. This busy single mom of 14-year-old triplet girls is the owner of Orderly Concepts and Solutions in Vancouver (Surrey) B.C. Canada. Janis has been in business since 2000 and is a member of the Professional Organizers in Canada (POC) (www.organizersincanada.com). Like Sam and Tonia, Janis handles all the administrative and customer service aspects of her business, as well as the networking and marketing.

Janis became interested in the field of professional organizing after seeing a show on the topic on television. She saw that there was a need for organizing services and she wanted to do something at her leisure that would still allow her to look after her children. She looked further into the idea and then started her own business when her triplets were in first grade. Janis

specializes in organizing for residential and small businesses but also offers a unique service to people who are building new homes. According to Janis, she “provides them with ideas for organizational systems that can be built-in to suit their lifestyles and family needs.” Her business name spawns from that concept – orderly concepts for the clients she consults, and hands-on ideas and solutions.

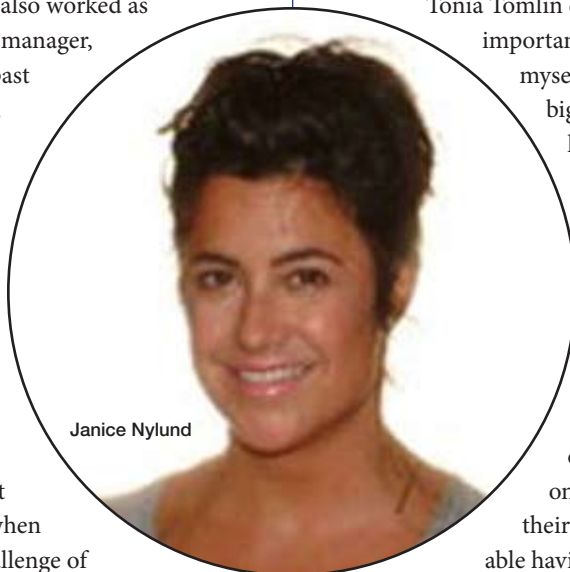
The most exciting part of Janis’ business is when a job has been completed and she can see the end results. The most frustrating part is when clients think they can get a quick fix to their organizational needs. Janis finds that networking and word of mouth are two of the best ways to meet new clients. She looks forward to building her business and gaining more clients for the residential construction side of the business. You can learn more about Janis and Orderly Concepts and Solutions at www.orderlyconcepts.com.

Even professional organizers sometimes struggle with the organization and management of their own lives. For example,

Tonia Tomlin constantly reminds herself of the importance of “making an appointment with myself to organize.” Sam Pielstick finds her biggest organizational challenge to be her husband who she claims is a “pack rat and procrastinator.” However, he’s also her biggest supporter so she is more than willing to help him keep his area neat and organized! Janis stressed the importance of realizing that, “You cannot do it all and that it’s okay to say no.”

When looking for a professional organizer, clients should look for someone who has innovative ideas, who fits their personality, and that they are comfortable having in their space. Finding an organizer who has a relaxed attitude can also be beneficial as it puts clients at ease that they won’t be judged for their disorder. The professional organizer should also be trustworthy. If a client is not sure of the organizer’s reputation, they should ask for references from previous clients.

Some of the areas that parents of multiples tend to seek organizational help with include: ways to obtain and purge all the clothing; ways to organize their children’s memorabilia items and artwork; and time management (including making time for themselves). Whatever their organizational challenges, a professional organizer can provide parents of multiples with unique organizational and time management tips, and hands-on help in all the disorganized areas of their lives. Janis provided a great tip to help parents of multiples stay organized while also allowing them to get more sleep. She encourages parents to always have a notepad handy – at each and every desk in the home, by the bedside, or in a drawer. According to Janis, “We always have many things running through our thoughts when we need the time to just go to sleep. If you write it down, it’s taken care of.”



Janis Nylund

To locate a professional organizer in your area, go to: www.napo.net (U.S.) and www.organizersincanada.com (Canada). Also, check out the additional websites and information about organization and clutter control in the sidebar. Take that first step in getting control over the chaos and disorganization in your life, and become an expert at managing the messes!

Donna May Lyons is a stay-at-home mom of three – fraternal twin girls (14), and a son (10½) – a freelance writer, and serves on the Board of Directors of the National Organization of Mothers of Twins Club, Inc. (NOMOTC). Donna resides in Colorado Springs with her husband and children.

Need additional organizational tips? Here are just a few of the many resources available online, in print, etc. This is certainly not a complete list. Additional resources can easily be found online by searching on keywords like “organizational tips,” “clutter control,” “home organization,” etc.

ORGANIZATIONS:

National Association of Professional Organizers (NAPO) (www.napo.net). NAPO's mission is to encourage the development of professional organizers, promote recognition of and advance the professional organizing industry.

Professional Organizers in Canada (POC) (www.organizersincanada.com). POC's mission is to connect the public with Professional Organizers, and bring together organizers from across Canada to build and strengthen the whole industry.

TELEVISION PROGRAMS:

HGTV's Mission Organization
Lifetime's How Clean is Your House?
Real Simple Television (airs on PBS throughout the country)

MAGAZINES:

Real Simple (www.realsimple.com)
Organize (www.organizemag.com/subscribe)

BOOKS:

Calm to Chaos by Tonia Tomlin (a mother of twins)
The Organized Parent: 365 Simple Solutions to Managing Your Home, Your Time, and Your Family's Life by Christina Baglivi Tinglof (a mother of twins)
Where's My Stuff?: The Ultimate Teen Organizing Guide by Samantha Moss, Michael Wertz, Lesley Schwartz, Michael Wertz (Illustrator)

WEBSITES:

www.organize.com – Thousands of products to 'organize everything.'
www.garagetek.com - Custom installed garage system for homeowners.
www.housefairy.org/page2.php - Uses children's gift of imagination to empower them to behave, help around the house, and keep a neat and tidy room.

RETAIL STORES:

The Container Store® (www.thecontainerstore.com) - Offering an exceptional and eclectic mix of products devoted to helping people simplify their lives.
ClosetMaid® (www.closetmaid.com) - A leading manufacturer and marketer of home storage and organization products.
Home Organization Solutions (www.orghomesolutions.com) - Well-designed solutions to help clients solve any organizational challenge, from closets to pantries, home offices to garages.

HELP FOR THE DISORGANIZED:

National Study Group on Chronic Disorganization (www.nsgcd.org). The group offers a scale to help people gauge the seriousness of their clutter problem. It also includes a referral tool for finding a professional organizer.

5 Strong Suggestions for Time Management and Multi-Parenting Success

By Mike Poff

No matter if time seems short, long, relative or fleeting, time matters. It is either your aide or your adversary and its pressure is more pronounced when you are parent to multiples and more. So allow me to share a bit of timely advice on how to keep this relationship pleasant and productive. You might call this “The Quadfather’s Five Strong Suggestions for Time Management and Multi-Parenting Success.”

1 Regardless of your family size and structure determine your personal strengths and weaknesses. Discover likes, dislikes, passions and giftings. For instance, my wife Pam and I have known for years that in terms of personality and motivations we are polar opposites. She is goal oriented, organized and assertive. I am more relationally motivated, creative and persuasive. On the other hand, you might say I am friendly, disorganized and long-winded. Still, we have learned over a decade, or almost two, that my weaknesses are her strengths and visa versa. When we relate well we minimize our vulnerabilities and blind spots. Taking on the tasks that fits us the best makes sure sense.

Knowing yourself, your spouse and your best mix together is vital. It makes your efforts more focused and effective. It saves time and limits frustrations. Unrealistic expectations of each other will sink your best intentions every time--and we are talking about your precious time.

2 Maintain and establish a healthy family boundary. Various people for various reasons will want access and input into your love and care of the double blessings, triple wonders, quality quads and so on. Advice will be like weeds in your neighbor’s lawn but real help will be as rare and welcome as rain in the desert.

The time challenged life of a multi-family needs as little extra drama and relational drains as possible. Parents, in-laws, siblings and friends can be invaluable and provide much needed relief and support. Alternatively, they can be vicariously attached, jealous, co-dependent and distracting.

One good friend explained it to me like this. Your family is like a large train. You make set stops and set departures. Your regular riders depend on this. If someone wants to be on your train, they need to be on your schedule with a ticket you issued. This keeps the train riding smoothly and its’ passengers happy and on time.

3 One word...schedule! If there is one thing (besides faith, grace and mercy) that has kept our household manageable, it has been the fact that we have a schedule. With multiples, you will either have organized logistics or you will have chaotic crisis management and you get to choose. The organized thing is better trust me.

Start this on day one. All of the feeding, changing, napping and visiting need to take place on a time structure. My belief is that multiples

respond to this better than singletons. When we are raising multiples we are raising individuals, but much of the dynamics and interactions will occur with a group inclination. I contend that you can harness this behavior tendency to everyone’s advantage by early schedule introduction and constant reinforcement. They can be a group cyclone or a troupe that knows the drills. Now you guess which one most folks prefer to sit near at a restaurant.

There is no need to be neurotic in this pursuit but I can assure you as the unforeseen arises your schedule will allow you to bend and adapt. Without it, you scramble to stay ahead and might even miss your own train.

4 And I do love fours, with all the commotion, planning and boundary protecting carve out time for yourself and your spouse. This may seem hard but be realistic, like us you may go for a year or more with just one afternoon. Make it count.

That one good friend always came to our house every Wednesday at 9:00 AM. She would be there until 4:30 PM. During that time, we sometimes shopped, napped, had lunch or talked in the park. Other times we might rent a boat, find a nice cove, sit in the sun and just hang loose.

Even if you are a single parent, make time for you. I cannot overly stress how much this will help when someone opens a pudding cup and your double dreamboats practice body painting just before its time to go pick

up the oldest from school. Make regular time deposits in the bank of personal mental health and relational renewals. Multi-parenting can drain this account dry if you do not take that time for you.

Embrace the seasons! No matter where you stand in relation to faith listen to the Wisdom of Solomon “to everything there is a season, a time for every purpose under heaven.” Even if you define heaven as “only stars” you need to know your seasons.

Shorts in wintertime and long sleeves at summer are nearly always poor choices. Seasons change so do circumstance and people. Look around and look ahead. Potty training may be kicking your butt but one day they might be changing your diaper. Embrace the best of where you are today, even if the

best may be simply getting to tomorrow because tomorrow will come and it will not be the same as today.

I hope my list has not left some of you disappointed as you might be seeking well-seasoned tricks or amazing magic formulas. As you sort through these “suggestions”, it is my hope you take away this bit of insight, no matter the number of kids you have. Regardless the number of recourses and abilities you possess. It is the health of the relationships involved and the space you create around them that will matter the most.

These are what will most influence you, your kids and those around you. These are what will set the stage for your children’s, children’s childhoods, parenting styles and prayerful success. Just in case, you have been wondering, these

are a huge part of what has kept our train running and Pam and I feeling like we are heading somewhere wonderful.



Mike Poff is a 40 something stay-at-home father who lives in the Appalachian Mountain Town of Big Island, Va. Mike’s wife, Pam, owns a case-management firm

that operates in four states in the Mid Atlantic region. Before defining his role as domestic dad, Mike was a news reporter, disc jockey, copywriter and production manager. He is perpetually working on his Masters of Theology in his abundant spare time. He and Pam have seven children ranging from 15 down to 17 months including their quadkidos who are now six.



Portable, storable, adjustable booster chairs

The HandySitt™ Portable Wooden Booster Chair is a child’s seat that combines the comfort and stylishness of a full sized Booster Chair with portability and convenience, and the quality of a good piece of furniture. The HandySitt™ chair easily adjusts to fit most chairs having backs from 12 inches to 17¾

inches high. Collapses flat for storage or use outside the home. Your twins can sit and eat at the table with you. Use the chair at home, restaurants, when traveling or when visiting grandparents. Suitable for children 9 months to 4½ years old and available in different colors.

For all the details, colors, accessories and prices, go to:



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- Top quality construction
- 3 point safety harness
- Tether strap
- Adjusts for your twins as they grow
- Adjustable handles
- Easily folds flat
- 3 year warranty
- Weighs 5 pounds
- Chair width 12”
- Chair height 15” to 21”
- Folded dimensions 21” x 3”
- Seat width 10”
- Seat depth 9½”

...spring crafts continued

Have a Honey of a Bee Party!

By Penny Warner with Balloon Time Helium Balloon Kits

Have the kids buzz on over to your hive and bee entertained!

Join Barry B. Benson and his pals for a "Bee Movie" party! You're sure to get an A+ for this honey of a bash that will have all the guests buzzing for weeks!

BEE-VITES FOR A SPRING TIME PARTY OR PLAY DATE

Cut out a large and a small circle from yellow construction paper or craft foam for each guest. Glue the smaller circle to the top of the larger circle to form the head and body of a bee. Add black stripes around the body and at the top of the head with black marker. Glue wiggly eyes onto the head. Cut a black pipe cleaner into quarters and glue them onto the top of the head for antennae and at the bottom of the body for legs. Write party details in the yellow spaces on the body and mail to guests.

CATCH A BUSY BEE ACTIVITY

Inflate a yellow balloon but don't tie it off. Hand it to the first player. On the word "Go!" tell the player to release the balloon, chase it and try to catch it before it hits the ground! Let each player have a turn trying to catch a "bee" and award prizes to everyone for effort.

Penny Warner has more than 25 years of experience as an author and has published more than 50 books, including 16 specific to parties. Currently, Warner offers her party planning advice on BalloonTime.com where parents can look for party planning ideas. Balloon Time is the leading brand of consumer helium balloon kits in North America. For more information, visit BalloonTime.com

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Time for Support

By Tiff Wimberly

NOMOTC Membership Vice President 2007-2008

“Do twins run in your family...?” This question is how my doctor told my husband and me we were expecting more than one. However parents receive the news that they are having multiples, it starts an imaginary clock ticking down the months, weeks, days, hours, and minutes until the Big Event...and in most cases it IS “big”! The time is spent buying clothing and equipment, getting the nursery ready, making decisions about feeding, childcare...the “to-do” list goes on! So many things to do, so many decisions to make and so little time to get it done...not to mention the doctor’s visits and taking care of yourself! As an information person, it was important for me to hit the ground running because I knew it would be a short time before that run morphed into a waddle, and eventually into “La-Z-Boy Land.”

Where could I turn to get all of this information and more?

The National Organization of Mothers of Twins Clubs, Inc. (NOMOTC)! I attended my first local meeting when I was pregnant and that was all it took for me to realize that I didn’t need to look any further for the information and support that would carry me from infant stage, to toddler issues, to school-aged questions and beyond.

NOMOTC was founded in 1960 and with almost a half-century of supporting parenting multiples you could say that we have hit the mother lode of experience. Our Mission Statement sums it up best...

The National Organization of Mothers of Twins Clubs, Inc. is a 501(c)(3) non-profit organization dedicated to supporting families of multiple birth children through education, research, and networking. In partnering with local support groups, health care providers, researchers, and educators, and with the highest standards of integrity, respect and professionalism, we endeavor to aid parents of multiples and to raise public awareness of the unique qualities of multiple birth families.

NOMOTC offers support through education and research. When you join a local club, you get support in the way of monthly meetings, speakers, play dates, family events, Moms’ Night Out, clothing and equipment sales, etc. Your membership in one of our clubs allows you to see the bigger picture that is NOMOTC with our Education, Research and Membership Departments.

The Education Department of NOMOTC writes, edits and publishes all of the organization’s written materials. NOMOTC’s Notebook features current research, expert columns, book reviews, club news and multiple-birth related articles. This

magazine is received by our members four times a year. The department also produces a variety of booklets and DVDs covering school placement, higher order multiples and bereavement issues which you can find in our online store on our website!

The Research Department oversees both external and internal research studies. We partner with the scientific community on medical and psychological research projects. These projects involve multiples and/or their families and are conducted by qualified professional researchers. The organization also conducts its own research, surveying its membership on topics that relate to multiples and their parents. NOMOTC is a collective charter member of the International Society for Twin Studies (ISTS) and member of the Council of Multiple Birth Organizations (COMBO).

NOMOTC’s Membership Department operates a Support Service Program to assist individuals in special situations. These services include pen pals for parents whose multiples have special needs; Higher Order Multiples support for families with triplets, quadruplets and more; Bereavement Support for those who have experienced the loss of a child or spouse; and Single Parent Outreach for those divorced, widowed or never married. We also have a liaison to address inquiries from parents who speak Spanish.

The NOMOTC web site offers information 24/7 and features a Members’ Only

section that offers a discussion board with topics like Infants & Toddlers and School-Aged Multiples. You can also find Research Reports on multiple-related topics and other information that is helpful to your club.

With multiples there is always the question about whether to buy one or two or more of everything, but with NOMOTC the only numbers you need to know are:

- One website: www.nomotc.org ...use our Club Finder to find a club near you!
- One annual convention...Boston in 2008!
- One Executive Office at info@nomotc.org
- Four quarterly issues of NOMOTC’s Notebook
- Thirteen Board of Director volunteers
- Seventy-four volunteer National Workers
- Approximately 400 local clubs
- Over 26,000 members and multiplying all the time!

Support at its finest...it’s about time!

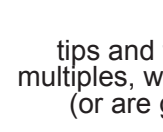


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Educational articles on medical research & breakthroughs affecting your multiples



Inspirational tips and tools from parents of multiples, who have been there, (or are going through it now!)



Essential beneficial, cannot-live-without information. What parent of multiples would want to live without it?

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ATTENTION
TWINS MAGAZINE READERS

THIS ISSUE'S QUESTION
Where is your favorite family travel destination & why?

Please send your responses with one photo to: reader.responses@twinsmagazine.com and we will try and include as many as possible in the May/June 2008 issue that will be all about Travel & Taking your twins out and about!

Catherine and Benjamin, 8 months



This gate is no pushover

KiddyGuard™ disappearing gate

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Installation takes an hour or two

KiddyGuard™ Wall Kit **\$19.95**

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Mounts right or left hand either inside the door frame opening, or stairway

Gate can also be installed on a wall adjoining the opening or stairs or on a bannister at the top or bottom of stairs

Time to Give Hope

By Lonnie Somers,
Founder of the Fetal
Hope Foundation

What if giving of your time would help save lives, especially those of twin babies and give you time to spend with your family? TTTS (Twin-to-Twin Transfusion Syndrome) takes twice as many lives of our babies per year than does SIDS (Sudden Infant Death Syndrome). Giving of your time will help save babies lives and bring hope to families that have had their dream of having a family crushed by a fetal syndrome such as TTTS. I invite you to give some of your time this year by joining us at one of the many TTTS Race for Hope events around the U.S.



The TTTS Race for Hope is a premier national event that focuses on the importance of family while raising awareness about fetal syndromes and raising funds for the Fetal Hope Foundation.

The TTTS Race for Hope (nationally sponsored by TWINS™ Magazine) features a 5K run/walk, kids fun run, NOMOTC Family Festival and a wonderful sponsor expo. The TTTS Race for Hope also features the only competitive stroller division, non-twin duo and twin team divisions. The family festival has something for everyone with a wonderful carnival atmosphere for kids, and the adults are taken care of too with free massages and free beer at most of the events. The event lives up to its motto: Come for an experience, leave with a memory!

The 2008 series starts with the TTTS Race for Hope – Pasadena (Greater Los Angeles) presented this year by Childrens Hospital Los Angeles and Hollywood Presbyterian Medical Center, on March 30 at the Rose Bowl. Other TTTS Race for Hope events are planned for Seattle, Charlotte, Boston and Denver. Check www.TTTSRaceforHope.org for more information and to register.

If you can't participate in one of the events, or want to check out other ways to support the foundation, go to www.FetalHope.org. There you will find information on ways to donate, the national fall pledge drive, Hugs for HOPE, and the inaugural Golf for HOPE event in Dallas.

Remember when your children first uttered "mommy"? This is for sure a memory you hold in your heart. Today seven families will never have that memory. They lost their twins or babies to TTTS. We all at times take our kids for granted, but imagine life without them. How truly empty our lives would be, regardless of what else life has brought us. You can make a difference. With your support, we can help save two-thirds of all the babies we lose to TTTS every year. You do have the power to make a significant difference with your time. Don't just live, achieve!



Lonnie Somers is the Founder/Executive Director of the Fetal Hope Foundation and the national 5K charity series the TTTS Race for Hope. He and his wife Michelle reside in Littleton, Colorado with their almost 5-year-old identical twin daughters (& TTTS survivors!) Ashley & Aspen.

Twin-to-Twin-Transfusion-Syndrome (TTTS) is a disease of the placenta. It affects pregnancies with monochorionic (shared placenta) multiples when blood passes disproportionately from one baby to the other through connecting blood vessels within their shared placenta. One baby, the recipient twin, gets too much blood overloading his or her cardiovascular system, and may die from heart failure. The other baby, the donor twin or stuck twin, does not get enough blood and may die from severe anemia. This syndrome left untreated, mortality rates near 100%.

The Fetal Hope Foundation is the only organization to be aligned with fourteen (14) of the top fetal care centers in the U.S. who's mission is to provide support, provide information, fund research, increase awareness and be an outlet for leading medical information pertaining to fetal distresses and syndromes. We are all about arming families and healthcare providers with information and helping to save babies' lives.

TWINS Magazine Calendar of Events for Families with Multiples

MARCH 2008

- 1-2 Palmetto State Parents of Multiples State Convention, Columbia, South Carolina
- 30 Los Angeles TTTS Race for Hope at the Rose Bowl in Pasadena, California, www.fetalhope.org

24-26 Pennsylvania Parents of Multiples State Convention Pittsburgh, Pennsylvania at the Marriott North

24-27 Texas Mothers of Multiples State Convention San Antonio, Texas at the MCM Elegante Suites

APRIL 2008

- 10-13 New York Organization of Mothers of Twins Clubs, Inc. State Convention Saratoga, New York at the Holiday Inn
- 18-20 Michigan Organization of Mothers of Twins Clubs, Inc. State Convention Kalamazoo, Michigan at the Holiday Inn
- 18-19 Mid-Atlantic Parents of Multiples State Convention Roanoke, Virginia at the Hotel Roanoke
- 18-19 North Dakota Parents of Multiples State Convention Fargo, North Dakota at the Ramada Plaza Suites
- 23-27 Northwest Association of Mothers of Twins Clubs State Convention Boise, Idaho at the Grove Hotel

Coming in the May/June Issue:

- Flying into a new Frontier with identical twin airline pilots!
- Family-Friendly Travel Destinations.
- Taking Your Twins Out & About.
- Germ-Safe Travel
- Summer Travel Gear for Families on the Go
- Fun Activities & Quick-n-Easy Recipes for summer
- Calendar of Events for families with multiples
- Our in-depth interview with Kate Gosselin from the popular TLC reality show, Jon & Kate Plus 8
- & much more

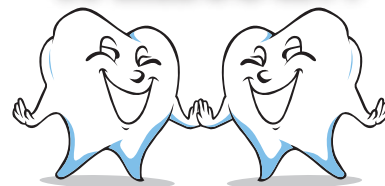
PRODUCT SPOTLIGHT



Mother of 6½ year old twin daughters invents the PASTEInBRUSH

Beatrice Spivak, mother of 6½ year old twins girls of Paramus, New Jersey has just invented a great new product called PASTEInBRUSH to solve the problems she was constantly having with messes in her bathroom sink from gobs of toothpaste smeared everywhere while they would brush their teeth. This refillable toothbrush is the “less mess”, environmentally friendly, easy to use, and economical toothbrush. She puts her daughters favorite toothpaste in the handle. They turn the dial and toothpaste appears on the bristles. Since Sarah and Kirsten started using PASTEInBRUSH she doesn't need to clean the bathroom sink as much. This is almost as much a necessity for her as the double stroller was to her when her girls were younger. For more information on this innovative new product visit www.pasteinbrush.com.

Baby teeth wanted!!



Do your twins have loose teeth? Have they already lost teeth?

We are looking for baby teeth from same-sex fraternal or identical twins for a research study of genetic and environmental factors affecting tooth enamel.

We mail you a postage-paid return mail kit that takes 30-60 minutes to complete. It includes:

- A description of the project
- Buccal swabs to genetically test, at no charge, whether twins are identical or fraternal
- Two short surveys

We look at sections of the teeth under a microscope. At the end of the study, we send you the results of the genetic testing, pictures of the tooth sections, and the teeth.

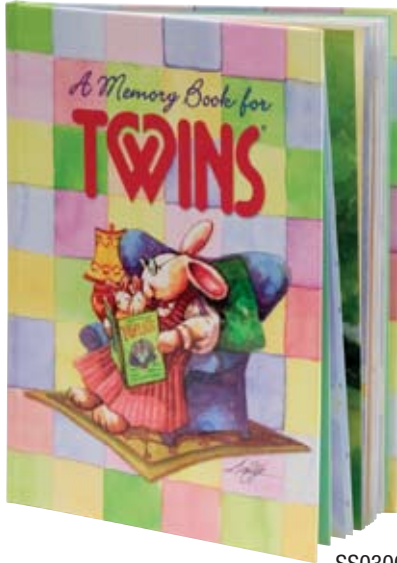
If you would like to find out more about participating, please contact:

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Sociology & Anthropology Washington, DC 20059
Howard University (202) 806-9357
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TWINSTM Lifetime Memory Book



TWINSTM Exclusive! This remarkable 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.

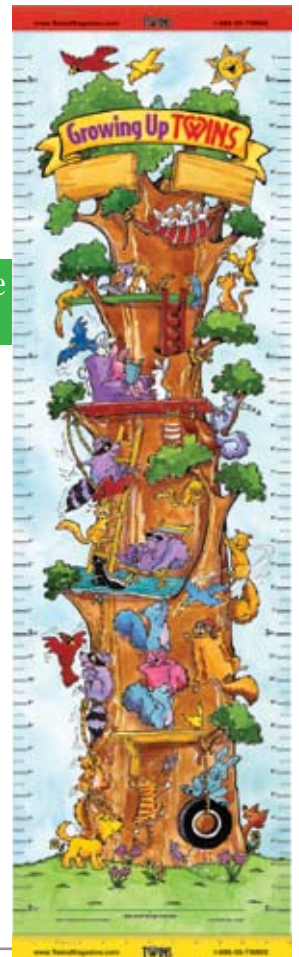
SS03003 \$31.95 for a set of 2 books

Dozens more products available at www.TwinsMagazine.com

Growing up Twins Growth Chart

TWINSTM 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 lifelong 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 enameled customized wooden ruler to use with school projects. 40" H x 12" W

SS03001 \$17.95



Dekor Soft TouchTM Changing Cushion

The Dekor Soft TouchTM Changing Cushion is the softest changing cushion available. Your twins will love the super soft, custom fitted terry cover and foam center. Fitting all 16" x 32" standard baby changing tables, the Soft TouchTM Changing Cushion has three inflatable sides and is easy to inflate. It's easily portable for traveling and provides a secure, comfortable, sanitary environment for changing your baby on the road, or at home.



Constructed of high quality phthalate free vinyl, the cushion is rugged and ready for use. Its soft custom-fitted terry cover can be removed and is machine washable. The Soft TouchTM Changing Cushion includes a safety belt for your baby, and straps to secure the cushion to the counter. High quality valves keep air sealed in the cushion. You'll find the Dekor Soft TouchTM Changing Cushion will fit your needs and please your baby.

SS06007 \$19.95

"The Twins Room" Door Hanger

Everything is ducky with this cute framed print to hang on your twins' doorknob. The 3 1/2" x 5", white, framed print comes with a green double satin ribbon to hang it from a doorknob, door or wall. Packaged in a white toile coordinated gift bag.



SS05001 \$13.95

Twin Hearts

Brush away your tears after reading this heartfelt poem by Teri Harrison, a mother of four. Twin Hearts tells of the gift of twinship and the promises and encouragement a mother gives to her children in return. Available with blue, pink or yellow border, with matching ribbon. 11" x 14" matte print comes with a gift envelope to save a special letter for each twin. Also available: SS05003 5" x 7" card for \$3.25. Available in three colors: blue, pink and yellow.



Unframed Art



5" x 7" Gift Card

TWIN HEARTS

Awed to be expecting twins,
A mother's journey now begins
Blessed with heaven's gift of two,
I fell in love with both of you.

As days passed and months moved on,
I prayed for two, born safe and strong.
Thrilled by the promise of the joys to-be,
Like two voices joined in ABC's,
Shared sweet kisses on cheeks and lips,
Two toddlers riding atop two hips.

I promise to see you each as one,
Two connected, yet free lives begun,
Both loved completely, for all they are,
Following their own bright star.

I promise to encourage your treasured bond,
from babies to children and beyond,
Partners, soul mates and best friends,
The love of each of you will depend.

At last I stroke each newborn face,
I knew my heart was touched by grace.
My hands now full-as most will say,
Yet my life never richer than today.

Awed to hold my little ones,
Our lives together have begun,
Blessed with heaven's gift of two,
I forever love the both of you.

Be sure to include your color choice on the order form or when you order by phone.

SS05002 Unframed Art \$16.99 each

SS05003 Cards \$ 3.25 each

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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"Hx15"W.

A. Fingers - SF90035 \$39.99

B. Toes - SF90036 \$39.99



A. 12"-x-15"



B. 12"-x-15"

Twin Blessing Photo Frame

Show off your darling twins with this charming photo frame from Laura Leiden Calligraphy. The rich mahogany-colored frame includes an oval opening in a moss-colored mat for your favorite photograph of your twins, plus a thoughtful verse that celebrates the differences in your children. Their arrival is a true blessing in your life! A wonderful gift to celebrate the birth of your twins for yourself. 10" x 12" frame holds one 6" x 4" photograph.

SS06004 \$24.99



Melissa and Doug

Noah's Ark and Circus Train Photo Frames

Popular children's toys and accessories manufacturer Melissa & Doug has created these colorful hand-painted Noah's Ark and Circus Train solid-wood table-top frames. These beautifully crafted frames will compliment any nursery or home. (Overall size of Noah's Ark is 11" x 9½". Circus Train is 14" x 10½") They each hold three, 2 1/8" x 2 1/8" photographs.

SF05001 Noah's Ark \$19.99

SF05002 Circus Train \$19.99



Twice as Nice Photo Frame

This frame from Russ Baby's Middle Ones Collection will look fabulous on your dresser, bookcase shelf or fireplace mantle. Made of ceramic with a glass insert and flocked backing, the frame provides a unique opportunity to show off your twins and the happiness and fun they bring to your life. Individually boxed. 8 3/4" x 6 3/4" - holds one 4" x 6" photograph.

SS06001 \$12.99



"Two Peas in a Pod" Personalized 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

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



"Discover Wildlife, Raise Twins" Ceramic Wall 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. 5¾"H x 7¼"W.

SF90092 \$17.99

To place an order, call (888) 55-TWINS or go to www.TwinsMagazine.com

GENERAL PARENTING

Married with Twins

Joshua Coleman, Ph.D. \$14.95
When twins arrive, the dynamics of a marriage change as parenthood brings challenges and rewards. Popular TWINS columnist Dr. Josh uses humor and professional expertise to help parents manage their feelings and challenges with ease. *Paperback, 108 pages.*



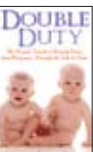
Ready or Not... Here We Come!

Elizabeth Lyons \$16.00
This mom of twins recognized that raising twins wouldn't be easy. In her multiples birthing class, she met a group of women who weathered their pregnancies together. Lyons and her "multiple sorority" survive the hardships and humor of their first year with twins. *Paperback, 165 pages.*



Double Duty: The parents' guide to raising twins, from pregnancy through school years

Christina Baglivi Tinglov \$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 has a "top 5" list of tips. *Paperback, 201 pages.*



It's Twins!

Susan M. Heim \$17.95
Navigating the often-turbulent waters of parenthood from birth through high school. Susan Heim offers a firm hand on the wheel for parents of twins and higher order multiples. Real-life stories provide inspiration and guidance. *Paperback, 201 pages.*



TWINS! Pregnancy, birth, and the first year of life

Connie Agnew, M.D., Alan Klein, M.D.; Jill Alison Gannon \$18.95
Discusses physical, medical, emotional, psychological issues, with emphasis on twin-specific situations. *Paperback, 360 pages.*



Mothering Twins:

Advice and support from five moms who've been there and lived to tell the tale \$14.00
Five moms of twins offer many worked-for-me solutions to myriad situations unique to caring for twins. *Paperback, 414 pages.*



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

Eileen M. Pearlman, Ph.D.; Jill Alison Gannon \$18.95
From a leading expert in twin development, this book blends guidance, interviews and illustrative cases about physical, emotional and cognitive development, birth thru adolescence. *Paperback, 267 pages.*



The Multiples Manual: Preparing and Caring for Twins or Triplets

Lynn Lorenz \$13.95
Written by an identical twin who is the mother of triplets, The Multiples Manual is a compendium of over 1,000 indispensable tips and ideas for new parents of multiples. Covering topics ranging from crying to feeding, bathing to safety and more. The Multiples Manual entertains as well as informs. *Paperback, 288 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
Authors are mothers of twins, deliver a bounty of useful guidance. Readers tap into a wealth of practical tips and advice from doctors, nurses and dozens of other parents of twins. *Paperback, 304 pages.*



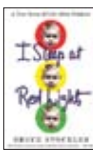
Oh Yes You Can Breastfeed Twins! Plus More Tips for Simplifying Life with Twins

April Rudat, MS, Ed, RD, LDN \$19.95
Using up-to-date research and her own practical experience, dietician April Rudat covers everything a new mother needs to know about breastfeeding her young babies. *Paperback, 252 pages.*



I Sleep at Red Lights

Bruce Stockler \$13.95
Every parent of multiples will identify with Bruce Stockler's hilarious adventures with his triplet babies. Bruce is the primary parent for his four kids, who include a slightly older singleton son. Bruce is a former stand-up comic who worked as a joke writer for Jay Leno. He is laugh out loud funny. *Paperback, 336 pages.*



The Art of Parenting Twins

Patricia Malmstrom, M.A.; Janet Poland \$14.00
Pat Malmstrom, founder of Twin Services, Inc., has adult twins and holds degrees in early childhood education and special ed. Highly readable. Covers organizing your home, breastfeeding, "twins shock," developmental delays, identity issues. *Paperback, 333 pages.*



The Twins Sourcebook 2: Toddler Twins

The Editors of TWINS™ Magazine \$14.95
Everyday questions are addressed in this practical guidebook. Twins and triplets who are moving beyond their babyhood—and, oh boy, can they move!—make every day a challenge and lots of fun! Insights from experts and other parents. Topics include biting, discipline, creativity and much more. A perfect gift. *Paperback, 198 pages.*



Mothering Multiples

Karen Kerkhoff Gromada \$18.95
NEW REVISIONED EDITION! A maternal-child health care nurse for almost 30 years and a parent of twins herself, Karen Kerkhoff Gromada has invaluable experience in working with mothers of multiples. This is a guide for new and expectant mothers. *Paperback, 286 pages.*



Twice the Love: Stories of Inspiration for Parents of Twins and Multiples

Susan M. Heim & TWINS™ Magazine \$13.95
Cartoons by John M. Byrne
NEW! True tales that will have you laughing, crying, always identifying with these families' trials and triumphs. Crazy days with twins, unique challenges faced and overcome, celebrating life's gifts. Endlessly heart-warming and encouraging. A great gift for parents of twins, or for grandparents and relatives. *Paperback, 214 pages.*



Heart Two Heart: Words of Wisdom from the Real Experts: Seven Mothers of Twins on Raising Twins the First Year

Lisa Blau, Julie Diamond Bobbitt, Shelley deMontesquiou, Nicole Davis, Stacy R. Carter, Heidi Mark, Lisa Rojany Buccieri, Connie A. Gilbert \$21.95
Written by seven experienced mothers of Twins, *Heart Two Heart* gives new mothers of multiples the straight talk about day-to-day life with their twins. How do you feed two infants? How can a family manage? These and other questions for which new moms want simple answers. *Paperback, 308 pages.*



Twinspiration: Real life advice from Pregnancy Through the First Year

Cheryl Lage \$16.95
Mother of twins Darren and Sarah, Cheryl Lage uses humor, personal anecdotes and a friendly, conversational tone in her helpful book, *Twinspiration*. The host of the popular online twins website twinsights.com, and a contributor to TWINS™ Magazine, Lage provides insightful, honest advice and practical information for new and expecting parents of multiples. *Paperback, 320 pages.*



Discipline Without Shouting or Spanking

Jerry Wyckoff, Ph.D.; Barbara C. Unell \$9.00
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Nanny to the Rescue! Straight Talk and Super Tips for Parenting in the Early Years

Michelle LaRowe \$15.99
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Christina Baglivi Tinglov \$16.95
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SLEEP

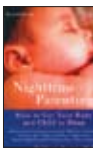
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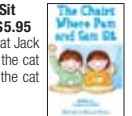
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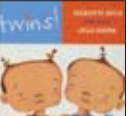


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Illustrations, Julia Gorton
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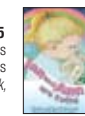
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Managing a Home-Based Business: Ingredients for Success

by Donna May Lyons

Running a home-based business is a big undertaking. Add the responsibilities of managing a home and outside interests and providing for the needs of two or more children and you could be talking about disaster. Avoid an unfortunate outcome—try these “ingredients” for success.

Start simple. You wouldn't plan a dinner for 20 the first time you ever prepared a meal, so don't set yourself up for failure by starting a business you may not be able to stay on top of. Choose your path based on the amount of time you can invest. If direct sales is your calling, there are a variety of opportunities available today. As an independent contractor **you** determine the amount of time you invest in your business. If you don't want to sell someone else's product then determine what product or service **you** can provide and start marketing yourself.

Do something you enjoy and that you're good at. If your favorite meal is lasagna and you absolutely hate liver, which would you spend your precious time making? Of course you'd make something you enjoy. The same holds true for home-based businesses. If you're a whiz on the computer you'd probably do well at desktop publishing, while a gourmet cook would make a great caterer. On the other hand, if you can't find the ENTER key on a computer keyboard or you burn water while boiling it, you might think about other home-based business opportunities. Most importantly, choose something you'll have fun at. If it's not fun, you'll quickly burn-out. Check out the following websites for some great home-based business ideas.

- www.at-homeworks.com/ideas.htm
- www.bizymoms.com/ideas.html
- www.ahbbo.com
- www.bestrealincome.com

Additional resources can easily be found online by searching on keywords like “home-based business ideas,” “working from home,” etc.

Have a plan and set goals. Most accomplished cooks start with a recipe and a goal for what their finished dish should



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look and taste like. A recipe tells a cook what and how much of an ingredient to use, how to put together the dish, and how long to cook or bake it. Running a home-based business ought to work in a similar fashion. It's important to have a plan of action. You'll want to consider the days you will work and the office hours you will keep. Establishing office hours is a must since you also share your home with members of your family,

and will want to maintain a life outside of your business. Without set office hours, you can be sure you'll get business calls at all hours of the day and night. If you establish office hours up front it shouldn't be a problem.

Discuss your business plans with your family so they understand when you are available and when you are working (you'll obviously need to allow room for compromise - especially with small children). Discussing your plans with your family is important because it will make them feel like part of the process, and will also help them realize that the business you do “at home” **IS** work and something that you need to commit time to. If you have older children, allow them to assist you. They can help with shipping and receiving, answering phones, filing paperwork, etc. By including them, you'll model a good work ethic, and they'll have a better understanding of what you do at work. Be sure to include them when you celebrate an achieved business milestone or accomplishment. A trip for ice cream will let them know how much you appreciate their help, and may even lead to a further respect from them towards your home business.

Setting goals in your business is a must. It will give you the motivation to start and continue your business - especially during the slow times. Start out with basic and achievable goals. For example: “I'd like to make enough profit this month to take my family out for a nice dinner.” By achieving your initial goals, you will be motivated to establish new goals. Also establish short and long term goals. For example: “In six months I want to be making a profit of \$500.00 a month, and by this time next year, I want to make at least \$800.00 profit per month.” Don't be disappointed if you don't achieve your goals. Perhaps your goals are set too high, and simply need reevaluated.

Gather your supplies and equipment. Just as a chef needs utensils and a designated work area to accomplish her job, you will also need a work area to call your own. If you have the space, try to allocate a certain room in the house as your office/work area (this space will also pay off when you file your taxes). Set up your area with whatever equipment you can afford which will help you accomplish your job (i.e. computer, printer, phone, file cabinet, and career-specific tools and equipment). When making decisions about what business purchases to make, consider what your competitors may be using, and try to put your business on the same level to stay competitive. Of course, this all depends on what you expect to gain from your business venture, how much money you have to invest, etc. If you are only planning to make enough money to have extra spending cash, then you probably don't want to invest a lot up front. However, if you plan to be a primary provider you should consider setting yourself up to be competitive.

If you are uncertain as to what you may need to get your business up-and-running, check with your competition – either anonymously or candidly. You could glean a lot of ideas from visiting their shop or office and surveying their set up, what they offer, prices, etc. Or approach them directly and tell them what you are doing, and ask if they'd give you some honest input. You can also find out specific information about potential home-based businesses by researching them on the web, or going to your library and checking out trade magazines or books. Most libraries have a thorough computer search system which allows searching by specific titles, names, or phrases.

Organization. Imagine cooking Thanksgiving dinner for all your relatives and not having a clue where to begin, when to put the turkey in the oven, etc. No one would be crazy enough to attempt such a feat without being organized and knowledgeable about how they plan to make it all work. The same holds true in your home-based business. In addition to having your business plan, goals and tools, you'll also want to get organized in your day-to-day operations. The demands on your time are endless so establish a system or routine for getting things accomplished – both in your home and business.

Being organized in a home-based business is a difficult task but one that can be perfected over time. There are so many ways to save time and cut corners on household and business tasks. Check out the sidebar for some helpful tips.

Balance, Balance, Balance. Doctors and dietitians tell you that eating too much of one food group will cause a nutritional imbalance in your body. In comparison, too much attention on your business can put stress on your family and personal life. On the other hand, not enough attention on your business can lead to its demise. There is no set rule for how much time you should invest in each facet of your life and you can be guaranteed it will be ever-changing. Each of us has the same twenty-four hours in a day, and we need to figure out how to manage that time. The important thing is to strive to maintain a balance.

In doing so, you will prosper and grow in all areas of your life.

Donna May Lyons is a stay-at-home mom of three – fraternal twin girls (14), and a son (10½) – a freelance writer, and serves on the Board of Directors of the National Organization of Mothers of Twins Club, Inc. (NOMOTC). Donna resides in Colorado Springs with her husband and children.



Organizational Tips

- Put your mail in a small basket in your car and read it while you are at a traffic light or waiting in a doctor's office (which is often if you have multiples!)
- When running errands, plan your stops ahead of time, so you can arrange the quickest and most efficient way to get from point A to point B and home
- Write letters or do simple business paperwork while on a road trip (but only when **you** aren't driving)
- Get a wireless phone and a headset and empty your dishwasher, fold laundry, etc., while you are making phone calls
- Keep a list of "things-to-do" nearby and tackle one or two while your children are at school, during naps, or after bedtime
- Have "no-brainer" projects you can do while watching television like labeling photos or simple paperwork (it's also a good idea to keep track of how much time you spend in front of the TV – you'd be surprised how fast an evening in front of the tube can fly by!)
- Have your children help with chores. Even toddlers can lend a hand by putting their dishes in the sink, putting their clothes in the hamper, etc. Older children can take on even bigger responsibilities
- Hate scrubbing showers? Scrub it while you are in it and then bathe yourself when you are done
- If you have the time and energy, prepare and freeze meals. This will really make a difference on those nights when you have business away from the home or the family has a busy evening. Check out: www.suppersolutions.com, www.mealmakers.com, or www.dreamdinners.com for a fun and easy way to stay on top of meal preparation.

These are just a few ideas for organizing your home and business. You'll come up with many of your own ideas along the way. Just ask yourself, "Is there a better or easier way to be doing this?"

Winning The Bed Time Battle

By Michelle LaRowe Conover

At the end of a very long and exhausting day of dealing with your dynamic duo, the last thing you want to tackle is an uncooperative team of trouble as you round them up for bed.

Almost as dreaded as mealtime, bedtime can be one of the most stressful events that a parent of twins encounters during their day. Night after night, the whining in stereo, the never ending

member- a reasonable bedtime for your twins is probably much earlier than you think. Kids under age five should hit the hay between seven and eight o'clock.

Have Clear Rules

Establishing clear guidelines for what is acceptable and unacceptable bedtime behavior will help your twins better understand your expectations. Set limits on the number of drinks, books and

bathroom trips beforehand so that your child understands what they can and can not do before bed.

Setting guidelines for when it is acceptable to get out of bed is also helpful. Telling early risers, for example, that they can not get out of bed until the clock says 6:00 AM, or telling your twins that tend to get out of bed often that they are only aloud to leave their bed if there is a fire or if someone is hurt, will help your twins grasp on when it's really okay to leave their bed and when it isn't.

Be Consistent

Consistency is the sole determining factor of how well any routine, rules or guidelines will work. Stand tall and don't give in when it comes to matters of bedtime. Follow through with established routines and enforce the law of your land. Your twins learn by testing and when they see through the eyes of experience that the line can't be pushed, they begin to understand that routines and rules are set and unchanging.

Teach Your Twins to Sleep Alone

Learning to fall asleep on their own and to self soothe back to sleep is a life lesson that your twins may need some help to learn. Putting infants in their crib when they are drowsy, but still awake from the get go, allows them to learn to dose off to sleep on their own, and helps to secure good future sleep habits. If you

happened to miss the boat here, there is hope! With older kids, resist the urge to let them fall asleep on the couch or floor and insist that they lie in bed at bedtime.

Train Your Twins to Stay Put!

When your twins consistently get out of bed and refuse to stay put unless you are present, try these tips to get them to stay put--sans you. Be clear and tell your twins as you tuck them in "Remember, its bed time and we stay in bed." By consistently telling them this, by walking your twins back to bed when they get up, and by calmly but firmly reminding them that "Bed is for bedtime" soon enough, that reality will sink in. The secret here is that if your twins do not know that it's okay to get out of bed, they won't get out! If your twins do continually insist on getting up, put them in their beds and leave the room. If they get out of their bed, enter their room, do not speak, help them back into bed and leave the room. It may take about three nights of crying and tantrums to break this bedtime habit, but it's surely one habit that's worth breaking.

Create a Good

Atmosphere Set your twins up in a serene place to sleep. Eliminate clutter; keep the lights off or very dim and the room slightly cool. Pull the shades and turn on the sound maker. Creating a comfortable sleep environment will help your twins fall peacefully to sleep.

Put Your Twins to Bed Before They Are Overtired, Naps Included!

Take the time to learn your twins "I'm getting tired" cues. Rubbing their eyes, yawning, and crankiness are all signals that your twins are ready to rest. Putting your twins to bed after they have reached the point of exhaustion only sets everyone up for a major bed time battle.

trips to the bathroom and the constant getting out of bed, is enough to make any mom and dad of multiples wave the white flag of surrender. So what can you possibly do end these battles once and for all and help your multiples go from nutty to nocturnal?

Establish a Concrete Routine

Implementing a well thought out bedtime routine for your multiples will almost immediately turn the nighttime chaos into calm and dinnertime provides the perfect opportunity to begin that nightly bedtime transition. While eating, remind your multiples that "After supper we are going to take a bath, read a book, go to the bathroom, brush our teeth and go to bed" to help prepare them for what is to come next. Moving directly from supper to sleepwear also eliminates that time frame in between eating and sleeping- when most kids tend to get a second wind and wind back up. And re-

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Often parents believe that if they keep their toddler twins up during the day, they'll sleep better than at night- and this is really so far from the truth. Kids until the preschool years still benefit from a nap. Even if your twins refuse to nap, having a quiet time will help to incorporate a time of rest in their day. Having a set bedtime is also a good way to ensure that your twins are getting enough rest at night.

Separate When Needed

If your twins, or their siblings, are really itching to wake the others up, separate them. A pack and play in another room is a great and easy way to create an alternative sleep station for your twins. When you notice your twins are keeping each other up, calmly but firmly enter the room and give one warning. The second time, enter the room and silence and remove the offender.

Get Everyone on the Same Page

Regardless of what routine or method that you choose, getting everyone in the house on the same page with significantly help your bed time routine to be successful. Get your spouse, childcare provider or anyone else that helps with bedtime involved in what you're doing and insist that everyone follow the same rules.

So whatever you're facing, trying these tried and true nanny tips are sure to help you have victory over your



twins and end your bedtime battles. ♥

Michelle LaRowe Conover lives on the East Coast and recently learned she is

having a baby (not twins, dam it!) later this year. Michelle has assisted four families that have twins. She wrote *Nanny To The Rescue!* and was 2004 Nanny of the Year.

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(doubletakes)

Can you guess whether the same-sex twins pictured on these pages are identical or fraternal?

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1

Aiden & Brenna
8 months
Swansea, IL



2

Annie & Rachel
3 years
Valley Village, CA



3

Cal & Tatum
5 months
Columbus, OH



4

Emily and Kennedy
3 years
Chesapeake, VA



5

Ava & Marisa
7 months
San Marcos, CA



6

Cullen & Kayla
9 months
Easton, MD



7

Ericka & Amanda
4 months
Mission Viejo, CA



8

Caden & Addiison
4 months
Waterford, PA



9

Emily & Katelyn
9 months
Queensbury, NY



10

I an & Henry
21 months
Mandeville, LA



11

Madison & Megan
3 years
Lansdale, PA



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12

Madison & Bailey
3 years
Waleska, GA



13

Ian & Isabella
5 months
Mobile, AL



14

Kaitlyn & Emma
3 years
Bear, DE



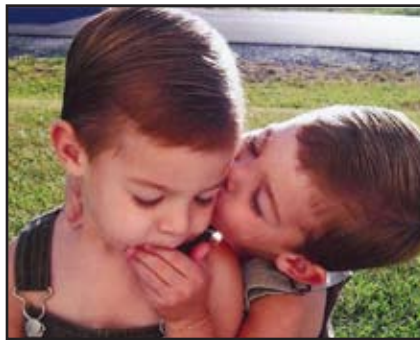
15

Madison & McKayla
5 months
Annadale, NJ



16

Jayden & Jordan
6 months
Augusta, KS



17

Kevin & Corey
2 years
Martinsburg, WV



18

Nicholas & Rosalia
4 years
Huntingtown, MD



19

Jeb & Ana
3 months
Ewa Beach, HI



20

Kristen & Hailey
10 months
Cincinnati, OH

Based on parental reports:

1 - FR	6 - FR	11 - FR	16 - ID
2 - FR	7 - FR	12 - ID	17 - ID
3 - FR	8 - FR	13 - FR	18 - FR
4 - FR	9 - FR	14 - FR	19 - FR
5 - ID	10 - ID	15 - ID	20 - ID

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My Dad was a “Psychic Friend”

By Christa Reed, Editor-in-Chief

It was the summer of 1997 and my husband and I were on a trip back to Ohio to celebrate my 10-year high school reunion. I

slowly walked into the ladies restroom at the Dayton Mall; I just knew I was pregnant when blubbering after realizing my husband ate the last frozen burrito, weird even for me. The store bought pregnancy test we had just purchased confirmed what we both had already known; yes indeed we were expecting a baby!

When we got back to Santa Barbara after our trip, we went out to dinner with my folks to share with them our big news. Seeing that I was the youngest in the family, my parents were hoping for more grandchildren and already had three grandsons. So, I waited until we were half way through our wonton soup when I proudly exclaimed, “Guess what, I’m pregnant!” and my dad looked right at me and said, “Oh, I know. I also know something you don’t know... you’re going to have twins!” We immediately said, yeah right, we’re having twins, sure we are! He then explained that while we were in Ohio and he was on his business trip in London, he had a flash or a ‘vision’ that my husband and I were holding two babies! Had my dad suddenly developed psychic powers we never knew he had? Highly doubtful since he was a Physicist/Scientist type and was usually much more logical then this ‘vision’ he was now sharing with us. The thought of having twins never even occurred to us. So, for the entire week until my doctor’s visit it was our inside joke that we were going to have twins. But it couldn’t be true, there was no way my dad could have known I was having twins before I

even went to see my OB/GYN, right?

It was a Friday morning and as we entered the doctor’s office I can even remember what the air smelled like that late summer day in Santa Barbara. As I waited for my turn in the waiting room and watching the parade of babies going by, I read all the pamphlets about how big your baby would get inside your womb and all the fun I was to experience during my first pregnancy. When we finally entered the exam room, I boldly stated to my doctor, “Just so you know, my dad says I’m going to have twins.” He sounded skeptical like he had heard this prediction a thousand times before and just said, “Yeah, we’ll see about that.” My husband and I were focused on the TV screen that would soon show us what our baby would look like on an ultrasound image. As my doctor began the ultrasound he stated just as matter of fact as he could be... “Hmm, there are two of them in there.” Well I did see two little egg yoke looking symbols on the screen and loudly exclaimed “My dad was right?” He then translated those ‘egg yoke’ symbols into Baby A and Baby B for us as we sat there in shock and then he asked, “Are you more surprised that your dad was right or that you’re having twins?” All I could say and think was, “My dad was actually right! WOW!” I just couldn’t believe that he could predict this amazing and wondrous event. It was really fun calling him after my appointment and proclaiming that DAD, YOU WERE RIGHT! Not that often a parent hears that from a child, especially for a twenty-something like me at the time. He just laughed and said, “See, I told you so.”

It was later on in my pregnancy when one day my dad came over and said, “Well, it’s going to be two boys, I just know it.” I wasn’t in any position to argue with him at that point and started leaning more towards boys’ names and colors. On March 2, 1998, the very first day of my 34th week, I gave birth to two fraternal twin boys, Nicholas and James. They were 6 pounds 11 oz. and 6 pounds 5 oz. and both stayed in the NICU for 15 days after being released from the hospital together on St. Patrick’s Day. I’m not certain I am Irish but I sure did feel lucky that day. I still do and still wonder how my dad knew before we did that we were going to have twins.

I will say that his physic powers didn’t hold up when five years later I was pregnant with my singleton, Robbie, and he told me I was having a girl. After my ultrasound I was so happy to call him and say, “Ha, ha... you were wrong! I’m having another boy!” Then, most recently when I was pregnant with my 4th baby, Benjamin, he didn’t even bother making a prediction, or he already knew I would have another boy, too! It’s always so fun to share the story of how I found out I was carrying twins... Either way, even for only a little while, my dad was my very own ‘Psychic Friend’. ♥

Send us your amusing and funny stories for submission to the ‘Twin Talk’ column to twinseditor@twinsmagazine.com and be sure to write in the subject line: TWIN TALK to be considered.

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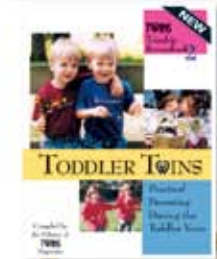
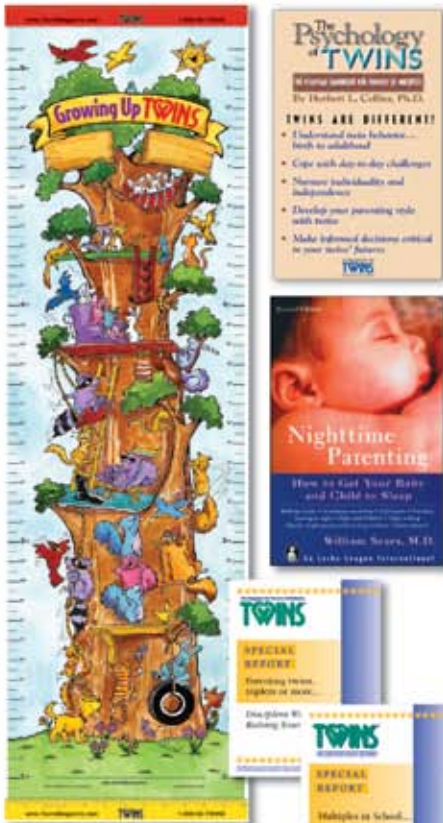
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