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The Magazine for Multiples Since 1984

TWINS™

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With TWINS™
Magazine

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3-Time
Cover Twins

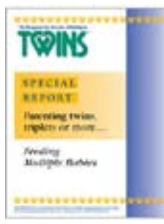


Jan./Feb. 2009

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COVER: Meet 3-time cover twins Tiffany (Friedel) Broberg and Tara (Friedel) Carr age 28. They have graced the cover of TWINS™ Magazine a record three times... first in 1984 in the first year of the magazine; second to help celebrate the 10th Anniversary in 1994, and now for our 25th Silver Anniversary edition. The third time is a charm, ladies! Read more about these dynamic twins on page 30.

Cover photography: Betsy Strafach of Portraits by Betsy, Fort Collins, Colorado, www.portraitsbybetsy.com.

Let's Celebrate— Birthday Ideas for Parents with Twins and Multiples

By Dr. Eileen Pearlman



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What Were You Doing in 1984—Just 25 Years Ago?

Prince's *Purple Rain* album was released that year; 'I'll be back' was the favorite quote from the hit movie *The Terminator*; the Olympics were held in Sarajevo; Ronald Reagan was re-elected to a second term, and TWINS™ Magazine was first published.

Twenty-five years of information, inspiration, resources and support specifically published for parents like us with twins (& more!) who deserve to have a specialized magazine dedicated to covering the unique issues we face raising two, three or more at the exact same time. Unlike our counter-parts with singletons, raising multiple birth children provides specific issues that can't compare to raising only one child. By having a magazine that we can turn to for information and research about parenting twins, thousands of families across the world have reaped the rewards of this amazing and beloved publication.

TWINS™ Magazine is an icon and has been for many, many years, and we invite you to celebrate with us this issue by taking a look back over the magazine's 25-year history. Our entire staff has worked extremely hard to produce this commemorative issue and we hope you enjoy all the information that is packed inside this 25th Silver Anniversary edition.

TWINS Magazine™ was started because a couple with boy/girl twins had a dream and saw the great importance and need of providing information, research findings, support, and topics for parents trying to raise twins when information was scarce and hard to find. With a pioneer spirit and over two years of research and hard work,

Barbara and Bob Unell first launched TWINS™ Magazine in the summer of 1984 from Kansas City, Kansas. You can read more about the birth of TWINS™ inside this issue, along with many more special features to celebrate this amazing 25-year milestone, including an article about our three-time cover girls, identical twins Tiffany and Tara, who have grown up with TWINS™ Magazine.



2008 has been a wonderful year for our entire TWINS™ Magazine family and for us, too. After my husband, Aaron and I acquired the magazine on January 1st, we have been very busy. We relocated the company 60 miles north, hired all new staff, redesigned the magazine and website, and we have been enjoying all the positive feedback and support from numerous subscribers and friends in the twins' world. We have also been busy raising our four active boys, fraternal twins Nick & James, age 10, Robbie age 5 and our youngest son, Benjamin, now 17 months old.

I am extremely proud of our accomplishments this year and look forward to a positive and exciting future for TWINS™. In 2009 we are celebrating 25 years by continuing to provide you with important medical information, research findings, touching and entertaining stories, and articles that cover numerous topics of interest to you

while also introducing new columns and features that you can relate to. I would like to thank my family for all of their love and support this past year. It has meant so much to me and I am honored for this opportunity I have been given to do what I truly love to do. Next, I would like to thank our dedicated staff at TWINS™ (aka: the Dream Team—Aaron, Donna, Ellen, Gaylin, Leslie & Tiff) for all of their contributions, and for supporting our mission and vision for the magazine now and in the future. We could not have made it through this first year without them and we appreciate their hard work and enthusiasm, especially during those crazy days. Speaking of our staff...did you know that 95 percent of our staff actually has twins? We don't just talk-the-talk about how to raise twins but we walk-the-walk because we live it first-hand, each and

every day, and we know what your life is truly like. Isn't it wonderful to have a magazine and network of supportive parents that you can relate to and turn to for answers when you need them most?

Finally, I would like to thank all of the amazing contributors and regular writers, loyal advertisers, and most importantly, I would like to thank all of you...our subscribers. I have really enjoyed hearing from you and connecting with so many inspiring and interesting families and look forward to another amazing and exciting year. All the best in 2009!

Sincerely,

Christa D Reed

Christa D. Reed
Publisher/Editor-in-Chief



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~ Founded in 1984 ~

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A Labor of Love



TWINS™ Magazine Staff: Back Row L–R: Gaylin Altfeld; Donna May Lyons; Christa Reed and Ellen Brey. Front Row L-R: Leslie Odstrcil; Aaron Reed; Photographer Betsy Strafach; and Tiffany Wimberly (inset)

Get to Know the Staff at TWINS™ Magazine

Christa Reed, Publisher/Editor-in-Chief, is married to Aaron Reed, Co-Publisher/TWINS™ Shoppe Manager, and together they have four boys: fraternal twins Nick & James, age 10; Robbie, age 5 and Ben age 17 months.

Donna May Lyons, Art Director, is married to Jim, a Colonel in the Air Force, and together they have 15-year-old fraternal twin girls, Amanda & Ashleigh, and a son, D.J. III, age 11.

Tiff Wimberly, Advertising Account Executive, is married to Jim, a Biomass Energy Specialist, and together they have identical twins, Sam & Parker, age 12, and a daughter, Alexa, age 14.

Ellen Brey, Customer Service Manager, is married to Bill, an Operating Engineer with Anheuser Busch, and together they have an 18-year-old son, Tim, and 8-year-old identical twin girls, Julie & Emily.

Leslie Odstrcil, Circulation/Marketing, is married to Jason a Sales Representative with Guardian Life, and together they have 8-year-old fraternal twin girls, Jordan & Lindsey.

Gaylin Altfeld, Bookkeeper/Administrative Assistant, is married to Dylan, a chiropractor, and together they have two children, Madison, age 8 and Aidan, age 6. Gaylin does not have twins but still understands twins since she grew up with older twin brothers!

Twins in the News....



their parents.” Learn more at www.daddiesboard-shop.com.

Claremont Trio Launches Their 10th Anniversary Season... Led by a Set of Twins!—As one of today’s most exciting ensembles, the Claremont

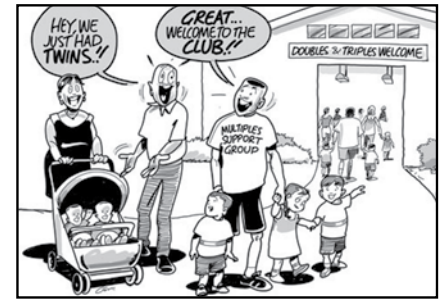
Trio launches their 10th Anniversary 2008-2009 Season with the anticipated release of their new album *American Trios* (Release Date: 12/09/08).



Bringing an exhilarating freshness to classical music of our time, the CD’s five diverse pieces for piano trio represent the richness and varying styles of American music. From the earthy, old-time string band style of Mason Bates’ String Band to Leon Kirchner’s poetic Trio and Trio II, *American Trios* demonstrates the group’s incomparable prowess to gracefully balance tradition and modernity.

The Trio is scheduled to perform these works at birthday celebrations for Kirchner both at New York’s Miller Theatre and at Boston’s Gardner Museum in January 2009. Twin sisters Emily Bruskin (violin) and Julia Bruskin (cello) formed the Trio with Donna Kwong (piano) in 1999 at The Juilliard School. Widely regarded as the premier piano trio of its generation, the Trio is sought after for its thrillingly virtuosic and richly communicative performances. To celebrate their 10th anniversary season, the Trio will return to Carnegie Hall and Washington D.C.’s Kennedy Center and will present world premiere performances of works by Nico Muhly and Howard Frazin. In addition, they will perform celebratory concerts for Leon Kirchner’s 90th and Elliott Carter’s 100th birthdays.

For more information visit www.claremonttrio.com.



Cayman Multiples Support Group Featured in Local Press and Subject of Editorial Cartoon—The Cayman Multiples

Support Group recently got featured in the local press after newspapers and TV stations were invited to attend a regular support group meeting there. They had a fun Halloween-themed meeting that drew a pretty good number of families that they featured on the local TV News. The kids were all dressed up and it made for great video. The cartoon ran when the press was surprised to learn how many multiples are actually in the Cayman Islands and was doing their part to help parents network with others. According to Tim Dailey, Coordinator for the Cayman Islands Parents of Multiples Support Group, “the cartoon was cute and certainly got some feedback from the community.” Visit www.caymanetnews.com/news-10537-8-8--.html to read the entire article.

Twin Girls Born at 25 Weeks Gestation After Ground-Breaking Heart Surgery—Chloe

and Isabel Martini, twins, were born on June 29 after only 25 weeks gestation and weighed less than 2 pounds each. The circumstances of their birth alone gave them a 25 percent chance of not surviving and the girls also had to undergo heart surgery. On July 8 Dr. Jonathan Chen, Director of Pediatric Cardiothoracic Surgery at NewYork-Presbyterian Hospital performed PDA (Patent Ductus Arteriosus) Ligation or heart surgery on the twins to close a blood vessel that was pushing blood through the lungs. This type of surgery is performed to close the PDA when it is too large, a large PDA directs extra blood to the lungs, which may result in enlargement of the heart and, over time, heart failure. A large PDA is not uncom-

Family Owned Business Features Twins in Skateboard Magazine Ads

Daddies Board Shop, a family-owned snowboard and skateboard shop in Portland, Oregon has been featuring their identical twin girls in a series of ads since they were infants to promote their shop. “We have really been able to differentiate ourselves with the girls in the ads. Instead of the same old ad with some guy skateboarding, we stage our girls in different skateboarding situations and do product tie-ins,” says twins’ mom Sarah Loveland. “I was reluctant at first but as we began to stage funny pictures with them skateboarding with their Dad it really conveyed our family business style.” The ads have a following in *Concrete Wave Magazine* since the readership is older and have families of their own. “Skateboarders have their own kids now and want to see other families skateboarding together.” The girls have been featured in over ten of Daddies Board Shop’s ads over the past two years and they turned three in September of 2008. “It is easier to stage the pictures now although we still have to get the pictures fast. I put tape on the ground and show them how to stand or hold their props. I think they will really get a kick out of it when they are older, after they are done being embarrassed by





mon in premature babies but can usually be closed with medications instead of surgery. The twin girls survived the surgery and with the care they received in the NICU, at New York Presbyterian Hospital/Weill Cornell Medical Center from the Director, Dr. Jeffrey Perlman, his team of medical staff, and the love and constant support of their parents who were at the hospital every day, the girls gained weight, were able to breathe on their own and went home in three months.

When the girls were born Chloe weighed 1.8 pounds and Isabel weighed 1.94 pounds by the time they left the hospital on October 8 and September 24, respectively, Chloe weighed 7.08 pounds and Isabel weighed 6.8 pounds.







Three Sets of Triplets Born at Valley Presbyterian Hospital in Van Nuys, California—Valley Presbyterian Hospital delivered three sets of triplets, an unprecedented multi-birth delivery rate within one month. The proud parents of the triplets range from domestic partners that flew in from Florida to have the ability to legally adopt, a mid-aged couple that had tried to have children for years, to a third couple who prefers to remain anonymous. Larry Alexander and domestic partner Clifford Sawyer are the proud parents of two fraternal boys Cayman (3 lb), Collier (3.2 lb), and one girl Camelah (3.1 lb). “It’s been a long journey,” said Larry Alexander, father of the triplets. “We flew to California, because we are unable legally adopt in the state of Florida. Our obstetrician recommended Valley Pres, because it’s known as one of the best NICU hospitals. After touring the facilities and having our OB

speak so highly of the hospital we were really comfortable with flying all the way from Florida to have our babies at the Valley Pres.” Born to a surrogate mother on August 21st, at 28 weeks, the babies were healthy. “Just getting them all in one crib and bottle feeding them is a great milestone for me, we’re really anxious to take them home,” said Clifford Sawyer father of the triplets. “We rarely have high multiples births of three or over, to have three sets of triplets at the same time is very unusual,” said Laurence D. Shaw, MD, and Director of Neonatal Intensive Care Unit at Valley Presbyterian. “Our staff is very involved in the infant care. We try to get them to a status where all the triplets are together in the same bed so that they can bond and the parents can also bond with them.” Robin Baerg and German Gonzalez tried to have kids for three years, after many attempts they finally decided to see a fertility specialist. “We only had a 30 percent chance that it would work on the first time,” said Robin Baerg, mother of the triplets. On the first attempt the couple gave birth to a set of identical twins and one fraternal girl born on September 8th, Kate Corinne (3.5lb), Jamie Anika (2.13lb) and Claire Ruth (3.3lb). Valley Presbyterian Hospital is a community level II neonatal intensive care unit equipped with a full complement of highly qualified pediatric sub-specialists, including gastroenterology, orthopedics and cardiology to treat critically ill infants in the San Fernando Valley. To ensure the care each child receives is most appropriate, Valley Presbyterian is also contracted with Children’s Hospital Los Angeles. Through philanthropic support VPH continues to upgrade and renovate the Labor and Delivery department. “Our NICU has some of the highest trained and qualified Neonatologists in the state,” said Jennifer Castaldo, RN, BSN, MSCHA, Director of Women and Children Services for VPH. “We have remarkable quality outcomes, much of that is due to our multidisciplinary team, our highly skilled nursing staff, and the additional specialist support that is available to our unit at all times. Our family centered approach ensures that the families are involved every step of the way. Parents can take what they learn and apply it at home.” A third set of triplets was also born at Valley Presbyterian Hospital, the family requested privacy. Learn more at www.valleypres.org. ♥


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Dear Editor: I want to thank you and author Shane Borrowman for the article on male post-partum depression, which we read on the e-mail newsletter. It describes the emotional path of my husband for the past year. Although he had other anger and emotional issues related to the pregnancy, I can now see that this was a key component of what he was going through. Luckily, he was smart enough to ask his doctor for help, but it was still a struggle to live with him during this time. I hope the article will alert other spouses to the reality of this condition in fathers. I think it also helped my husband to self-identify with this condition, and realize that he is—and was—not alone.
~ Name withheld by request. Green Bay, WI

Editor's Note: We are so thankful that this article could help you with this issue. Even though people don't really talk about this subject with men, it happens and it was nice to hear that you experienced a greater understanding after reading the article.

#####



My name is Candi Spitz and I am the wife/manager of Dan Spitz, legendary guitarist from the Heavy Metal band "Anthrax" and solo project/new band

releasing in 2009. We are the proud parents of identical / mirror image twin boys, Brendan and Jaden Spitz, now age 17 months (born on May 29, 2007). Brendan and Jaden have been hard at work in the entertainment business as well since they were 5-months-old. They landed a role in their first major feature film (from Director, Sam Mendes) at age 10 months. They play the baby of actress Maggie Gyllenhaal in the 2009 film currently working titled *Farlanders*. After completing shooting their scenes

for the movie and heading back out on tour with Daddy this summer... we returned home to New York where they landed their first national commercial for Volkswagen's new Mini-Van, Routan, starring Brooke Shields. This commercial is currently airing at www.vw.com and approximately seven versions of the commercial are currently airing on national television (Brendan and Jaden have been used in three versions, to date).



They have also just completed a PR campaign for their 1st "celebrity endorsement" for Today's

Tot :) They will be featured in a series of ads for their new drum sets. Note: The boys are represented by Debbie and Lisa Ganz of Twins Talent NYC. Stay tuned to www.SpitzWatch.com for more information. ~ Kind Regards, Candi Spitz

Editor's Note: Thanks for the update, Candi. It sounds like they keep you happy and quite busy! Keep us posted on any more news and we will look for your boys on the silver screen in 2009!

#####

Dear Editor: My name is Ana Rosa Gutierrez and I have two sets of twins. I have never met anyone else with two sets. I have heard of others but have never met any personally. Is this rare? Both sets of twins are boys ages four and three. The older twins fight with each other a lot. The younger ones fight, too but with the older set. One of my three-year-old twins always cries when any of the other boys are crying. I would like information on why they fight or if this is just normal for twins. ~ Ana Rosa Gutierrez. Via email

Editor's Note: Thanks for your email, Ana Rosa and your twins are so close in age, I can only imagine your unique challenges you face with two sets of twin boys only a year apart. We are planning on doing some articles about families with multiple-multiples in 2009 and we

can certainly address the fighting topic so stay tuned and thanks again for your letter.

#####

Dear TWINS Magazine Staff: Thank you so much for the great TWINS™ Magazine 25th Anniversary Double Takes 2009 calendar. Ellen was so helpful answering all of my questions and finding my adorable grandbaby twins. I love the calendar and what a cute idea. Hope you do it next year. Oh, and just a thought. Could you do an article on eczema? Our twins are having so many problems as I'm sure others are, too. It is so hard to know what to do. I am a nurse and feel helpless in advice. Keep up the good work on the magazine.

~ Grandma Marcia Weeks. Via email.

#####

Dear Editor: Angelina Jolie was recently quoted as saying that she had to stop nursing her newborns after three months because she was exhausted. "It's a lot harder than it looks in the books," she was quoted as saying. "I [nursed both at once] a few times,

but [mostly] I would take turns. It just takes a long time." Can somebody send Angelina an Easy2Nurse Twins pillow



and a copy of your magazine? I nursed my twins for 15 months (using the pillow until they outgrew it) and it worked great! ~ Sincerely, Ann Marie Hoffman Suko

Editor's Note: Great suggestions, Ann Marie... if anyone knows how to reach her, I would gladly send her our most recent edition!

#####

Dear Christa: I just got off the phone from ordering a subscription to Twins Magazine for my niece, who is expecting identical twin girls in December. When my identical twin boys were born at only 29 weeks (weighing 2 pounds and 3 pounds) I felt guilty for their prematurity and stressful beginning. One of my friends gave me a subscription to your magazine, and I soon began to realize that I was not alone in what I was feeling or experiencing with this new and wonderful job as the mother of

twins. Your magazine was instrumental in helping me through the years, especially when it came time for my twins to go to school. You gave me articles to read with insight as to how to handle the situation with the school district. My twins are now 22 and will graduate from college in May of 2009. They have been pictured in your magazine twice over the years. When I found out that my niece was expecting twins, I knew that the best gift I could give her would be a subscription to "Twins Magazine". Congratulations on your 25th anniversary, and many thanks from a mom that grew up with you along the way.
~ Debbie Piller, Alamo, CA



Editor's Note: Thanks so much for sharing your special memories with us and for sharing TWINS™ Magazine with your niece, too! It's great to hear how TWINS has helped so many parents over the past 25 years.

#####

Dear Christa: I hope you are well. I just wanted to share some photos of my twin girls Rachael & Jenna and our family. They will be 4-years old on February 28th. Like most new parents, my wife Michelle and I were concerned with the typical challenges most parents face that are related to behavior. We spent countless hours discussing our interaction, boundaries and limitations for the girls. I am proud to say that our girls are very well behaved- my wife and I have worked quite hard with the girls. My wife recently got a job as a teacher's assistant. The experience she gained with our girls was invaluable for her at work. If you ever want to interview a mom



(or dad) with practical experience, feel free to contact us. Best of luck with your magazine!
~ Eric Weinberg. Via email

Editor's Note: Thanks for your letter, we always enjoy hearing from loyal readers like you. We also appreciate the suggestion for a future article, too!

#####

Dear TWINS Magazine, I am not sure if you will be able to use this information, but I wanted to let you know and possibly let your readers know that there is a new twins/multiples group in Southern Oregon. We have a new website: www.mom-sofmultiplesg.ning.com and we provide support, play dates, friends, peace of mind, twin stuff for sale, twin stuff for free, and fun stuff on the site about multiples. Please check it out and maybe you can post this for moms of Southern Oregon. Thanks so much for taking the time to read this. ~ Britanie Rains

Editor's Note: We all need support, peace of mind and friendship Britanie and it's great to hear about your brand new group!

Keep us posted on how everything is going from time-to-time and good luck! ♥



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Are You Ready?

Tips on Preparing Your Family for an Emergency

Q: What should parents do to prepare for an emergency?

A: In the winter time, in some parts of the country, snowstorms and blizzards can keep you home bound for several days. But no matter what part of the country you live in, you should be prepared for an emergency – be it a tornado, hurricane, flood or even a pandemic. There are simple steps you can take to better prepare yourself and your family. They include: getting an emergency supply kit; making a family emergency plan; being informed about the different types of emergencies and the appropriate response; and getting involved in your community's efforts.

Q: What materials should I have on hand for an emergency?

A: First of all, you should prepare an Emergency Supply Kit to have at home. When preparing, think of the basics of survival: fresh water, food, clean air and warmth. Here are some items that should be included in your emergency supply kit:

Water – one gallon of water per person per day for at least three days (for drinking and sanitation). Don't forget to include water you might need to mix formula. Children and nursing mothers need more water.

Food – at least a three day supply of non-perishable food and formula. Don't forget a can opener for canned foods! Dry powder formula will store more easily, or canned formula. Include extra nutrition for yourself if you are nursing.

Radio – a battery powered or hand crank radio and a NOAA Weather radio with tone alert and extra batteries for both.

Flashlight – A flashlight and some extra batteries.

First Aid Kit – A basic kit for emergency treatment. Many fine pre-made kits are available commercially.

Dust Mask – to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place.

Personal sanitation supplies – moist towelettes, garbage bags, plastic ties. Diapers. Feminine supplies and personal hygiene items.

Tools – wrench or pliers to turn off utilities.

Local Maps

In addition to the basic supplies, you might also want to consider including:

- Prescription medications and glasses.
- Pet food and extra water for your pet.
- Important family documents (insurance policies, ID, bank account



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Chaos 2 Calm is THE ESSENTIAL GUIDE for all moms of multiples-to-be to prepare for and manage the important and daunting task of raising multiple babies. You will refer to this guide again and again.

~Continued on Page 39



Debra Baggett is a mother of two and an aunt to two sets of twins and more. She provides helpful and easy recipe tips and fun activities you can do with your kids in every issue of TWINS™.



Turn your whines into wine. The meals I have for you this issue are very easy, elegant, sophisticated, and tasty. Valentine's Day is an opportunity to expose your family to fine dining. You don't need to take them

to a 5-Star restaurant to give them this experience. You can create the atmosphere right in your own home. Each year at this time I like to make a special meal, set the table with two forks, cloth napkins, and candles – the works! This generates ambiance and makes it somewhat out of the ordinary. You will be surprised at how your family will embrace this dinner. You don't, of course, have to save these for special nights. They can be enjoyed anytime.

Chicken in Wine Sauce

Shopping List

- 4 chicken breasts
- 1 cup white wine
- 1 tbsp butter
- Lawrey's Seasoning Salt™
- 8 ounces of sliced mushrooms (optional)

How to Prepare

Sprinkle chicken generously with Lowrey's Seasoning Salt™. In a large skillet melt the butter over medium-high heat. Brown the chicken on each side. Add the wine and mushrooms. Reduce the heat, cover, and simmer until the chicken is tender and wine is reduced to a sauce (approx. 30-40 minutes). Turn chicken once or twice during the simmering process.

To Serve

Serve with egg noodles, steamed green beans, and the remaining white wine.

Turn Your Whines into Wine

By Debra G. Baggett

Beef Burgundy

Shopping List

- 1 pound flank steak
- ½ cup dry red wine
- ½ pound mushrooms
- 1 bunch scallions
- 4 tbsp butter
- 2 cloves garlic, minced
- 2 tbsp flour
- ½ tsp salt
- ¼ tsp pepper
- ¼ cup beef broth
- 1 tsp dried tarragon
- ¼ cup chopped parsley (optional)



How to Prepare

Cut the steak with the grain into two inch wide strips. Then cut each strip across the

grain into ¼ inch thick slices. Put the beef into a bowl, add the wine, and let it marinate at room temperature. Thickly slice the mushrooms. Cut the scallions into two inch pieces. In a large skillet, melt two tablespoons of the butter over medium heat until hot; add the garlic, mushrooms and scallions. Stir fry until mushrooms are limp (approx. 5 minutes). Scoop the vegetables and pan juices into a bowl and set aside. Mix the flour, salt and pepper in a zip top bag. Drain the beef, reserving the marinade, and place the meat into the flour mixture. Shake to coat. Add the remaining two tablespoons of butter to the skillet and melt over medium-high heat. Add the beef and stir-fry until brown (approx 3-4 minutes). Add the sautéed vegetables, along with any liquid, the reserved marinade, the broth, and tarragon. Bring to a boil stirring until the sauce thickens.

To Serve

Serve with egg noodles, steamed green beans, and the remaining red wine. Sprinkle chopped parsley over beef, if desired.

What do you give grandmothers, aunts, teachers, etc. on Valentine's Day? My mother loves to get hand made things from my children. This is a very easy and inexpensive gift that you can make with your kids. It's a little something special made from the heart.



Heart Sachet Craft

Shopping List

- 1 red 11x17 sheets foam paper
- 1 white 8x10 sheet foam paper
- 1 pink 8x10 sheet foam paper
- Hole punch
- Heart-shaped hole punch
- Scissors
- Black permanent marker
- White school glue
- Nylon rope
- Cinnamon Potpourri

How to Prepare

Using the templates, trace the hearts onto the foam sheet and cut them out. You will need two hearts per sachet. Using a regular hole punch, punch out the holes on each heart (see template). Using the heart-shaped hole punch, punch out three hearts from the pink foam sheet and three from the white. Cut a 24 inch piece of the nylon rope. Hint: To prevent the rope from fraying, slightly burn the ends of the cut rope with a flame to seal them.

How to Assemble

1. With the nylon rope, have the children sew the two hearts together, then tie the tow ends of the rope together with at square knot.
2. With the permanent market have your kids write a Valentine's message in the center of the heart.
3. With school glue, have the kids attach the pink and white hearts.
4. Finish the sachet by opening the heart from the top and filling it with the potpourri. ♥

The pattern for this craft can be found on the TWINS™ Website at: www.TwinsMagazine.com

Healthy, Wealthy, Happy, and Successful in the New Year

By Tom Terwilliger

“It’s that time once again when we dust the cobwebs off our ambitions and resolve to achieve more, have more, or stop doing something we could live with a lot less of.”

“This year I will...” How will you finish that sentence for 2009?

The truth is we set goals or make resolutions on New Year’s Eve that we never really take ownership of or even truly expect to achieve. Have you ever made a wish? Sure you have. We all have. On thanksgiving we have a tradition in our home where two of us hold the opposite ends of the dried turkey wishbone, we then silently make a wish and pull. As the tradition goes, after the brutal combat ends the holder of the large half of the wishbone will have his or her wish come true... it rarely does. Why?

After all we’re told that if we put a powerful enough intention out into the universe we can achieve it. I was also taught, “If it’s God’s will, it will come to pass.” I believe both of them are true. But here’s the thing... for either God or the universe to rush in and help you get what you want you have to do more than just wish for it and you have to know specifically what it is that you want first.

Let me put it this way, the last time I came up with the large end of the wishbone I wished for a “million bucks” and I didn’t get it. And that might have been a good thing. Had I gotten my wish I might have found myself surrounded by a large herd of big horn elk. Asking for a million bucks is just too ambiguous to be anything more than a wish.

Although dreams and wishes do occasionally come true, I’m sure most of us would rather not bet our future on the potential outcome of a wish.

You have in you- what I like to call an internal success mechanism. It’s the part of you that will move the rest of you, kicking and screaming if necessary, towards what you really want in life. This year you can begin programming your internal success mechanism by turning your “New Year’s Resolution” into an actual goal and intention.

That requires getting crystal clear on exactly what you want, why you want it, and then writing it down as a clear and concise achievement statement. The

fact is your potential is limitless. You can have for yourself and your family everything you dream about and wish for but you have to first make it a true intention. Then you can shout it out loud to the rest of the world, “This year I will...” knowing that you truly mean it. For more on how you can achieve what you want in 2009 check out www.7RulesofAchievement.com.
♥

Tom Terwilliger is an identical twin and founder and CEO of Coaching Leadership Excellence in Denver, CO. He is a certified NLP Master Practitioner, Hypnotherapy practitioner, Life Coach, ACSM trainer, personal growth and development trainer, and co-creator of Experience the LEAP.com and the winner of the NPC National Bodybuilding Championship (Mr. America). Tom’s books and training programs include: 7 Rules of Achievement, Inner Game of Confidence, and TeleCoaching for Big Profits. Tom can be contacted at www.TomTerwilliger.com.



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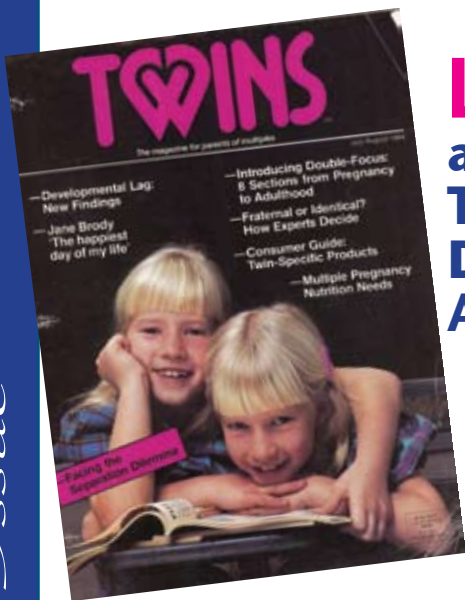
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This article was originally published in 1994 to celebrate the magazine's 10th anniversary.

This is an exciting moment for multiple-birth researchers, practitioners and families. As TWINS Magazine celebrates its tenth anniversary, an opportunity to consider meaningful changes in themes and perspectives in twin studies is provided.

A review of articles and columns in TWINS Magazine reveals both continuity and change. Individuality, school separation and distinguishing between identical and fraternal twins are persistent concerns. The single parenting of twins, the special role of fathers, new methods for overcoming infertility and the consequences of losing a twin are emerging as new areas TWINS has addressed and brought to our attention.

It is important to appreciate that many of these general concerns are not specific to multiple-birth families. All parents strive to foster individuality in their children, and to formulate school placement decisions with care. Issues of alternative parenting, infertility and loss are also confronted by many families of singletons.

There are, however, some critical distinctions between single and multiple-birth families in the nature and resolution of these issues. Appreciation for these differences was largely

Look How We've Grown... a Special Anniversary Trip Through Time, Celebrating the Growth and Development of Our TWINS... And Yours!

By Dr. Nancy L. Segal

responsible for the birth of TWINS Magazine 10 years ago. Expansion of the magazine has been nurtured by the increased use of twins in research activities, and the pressing need to communicate these research findings and news about how they affect multiple-birth families to concerned individuals who are hungry for information to help them understand and better care for their loved ones.

The primary purpose of this article is to identify and reflect on the trends in twin research findings and their applications, as they have been discussed in TWINS Magazine over the past decade. Reports of new data or other developments, which appeared in the magazine prior to some other publications, will be noted. Given the many topics that have been presented in the 60+ issues, this review is selective, and focuses on specific subject categories. The professional climate in which twin research is currently viewed and evaluated will be examined, and contrasted with previous perspectives.

Identical twins result from the division of a single fertilized egg between one and 14 days following conception. The twin partners share all their genes, and are either both male or both female.

In contrast, fraternal twins result from the separate fertilization of two eggs by two spermatozoa. These twin partners share half their genes, on average, and can be both male, both female, or can be opposite-sex. Appreciation for the unique biological and psychological characteristics associated with the different types of twins has been a recurrent theme in TWINS Magazine. The first issue (July/August 1984) included an informative review

of methods available for distinguishing between identical and fraternal twins: blood typing, placental analysis, fingerprinting, questionnaire, cardiologic characteristics, mixed leukocyte analysis and histocompatibility studies (characteristics associated with immune response.)

The applications of some of these methods were discussed in 1985, 1986 and 1993, as new research became known. For example, a 1985 article revealed research results from a study done in the late 1970s that presented evidence of a third twin type, known as polar body twinning. These twins result from separate fertilizations of an egg and a polar body (both of which result from division of a germ cell.) The frequency of polar body twins, who may share varying degrees of genetic relatedness, is still unknown, however.



The 1986 article documented average differences in birth weight and birth length that are typical of identical and fraternal twins, and underlined the importance of accurately classifying twins due to its impact on medical, as well as parenting decision-making.

The 1990 article described DNA fingerprinting, as this new technique for diagnosing twin type was an important development of which readers needed to be aware. Scientists are now able to examine DNA segments to determine the unique sequencing patterns for individuals; identical twins will display the same patterns, while fraternal twins will display different patterns. Additional details about DNA fingerprinting,



as well as new information about other available methods, appeared in a 1993 article in TWINS Magazine.

Articles appearing in 1985 and in 1986 also discussed behavioral variations among twin types. Slight personality differences may emerge between identical twins as a function of their close social interaction and role differentiation. In contrast, fraternal twins may show more qualitative personality differences associated, in part, with their genetic differences.



In July/August 1988, the intriguing situation of “different fraternal” was addressed, importantly underlining the variation in fraternal twin types; some twin partners

may be very much alike (behaviorally and/or physically), while others may differ to a marked degree. This information again, rarely discussed in families and education circles, impacts greatly upon the expectations of teachers and parents, as well as debunks the myth that “all twins are alike”.

Most importantly, the various articles gave deserved attention to male-female pairs. Opposite-sex twins may differ not only due to their different genetic makeup, but also due to the gender-related differences in rates of physical, social and intellectual development, as well as to different genes. These developmental differences pose special issues for the rearing and educating of male-female twins. In recent years, opposite-sex twins have been used with greater frequency in studies of gender differences in behavioral and physical characteristics. A 1990 article gave an in-depth look at the toddler to teen growing stages of sexual identity unique to opposite-sex co-twins.

Finally, TWINS Magazine underscored the issue of differentiation between twin types of twins: identical males; identical females; fraternal males; fraternal females; and males and females from opposite-sex pairs. These

in-depth portraits of the different twin types were made possible by increased research activities over the years.

It is informative to consider the different twin pairs that have appeared on the covers of TWINS Magazine. The first several issues included identical twins, while subsequent issues included same-sex fraternal and opposite-sex twins, as well as twins from varying ethnic groups. Higher-order multiples (triplets and quadruplets) as well as handicapped twins (twins with Down Syndrome) have also been featured over the years. These changes reflect, in part, appreciation for the diversity of pairs comprising the twin population, as well as needed attention to multiple-birth children with special concerns.



Nature and Nurture

Comparative study of resemblance between identical and fraternal twin pairs is an ideal method for examining genetic and environmental factors influencing behavior. Many psychological twin studies have found, for example, that identical twin partners show greater similarity in general intelligence than do fraternal twin partners, thus demonstrating a genetic influence on mental ability. It is important to note, however, that identical twin resemblance for any measured characteristic is not perfect, indicating that environmental factors also affect behavioral and physical development.

It is striking that, over the years, TWINS Magazine’s research reports have clearly increased in terms of the range and variety of topics. For example, the July/August 1984 issue included a general overview of the Minnesota Study of Twins Reared Apart, conducted at the University of Minnesota, by Professor Thomas J. Bouchard, Jr. reports on specific aspects of that project (for example, IQ, expressive behaviors, dental health and homosexuality) appeared subsequently. In all of these areas studied, greater

similarity was found between identical twins reared apart than fraternal twins reared together, supporting a genetic influence on these measured traits.

Studies of twins reared apart have also been launched in Scandinavia, facilitated by the availability of population-based registries. SATSA (the Swedish Adoption/Twin Study of Aging) is conducted by researchers at the Karolinska Institute in Sweden, and at Pennsylvania State University. A summary of results from that project appeared in TWINS Magazine in 1990. Genetic influences on temperament (emotionality, activity and sociability) and other personality dimensions were investigated, using nearly 700 reared-apart and reared-together twin pairs, 70 percent of whom were over 50 years of age. It was found that genetic influences seem to underlie temperament more among younger than older twins. Researcher David T. Lykken, Ph.D., at the University of Minnesota, maintains an extensive registry of reared-together twins born in Minnesota. The nature and development of that registry were described in TWINS Magazine in 1987, with reports on twinning rates and divorce appearing in 1992 and 1994 issues, respectively.



Based on data from the registry, a 1992 report on twinning rates indicated a decrease in the fraternal twinning rate and an increase in the identical twinning rate in Minnesota (read further for more discussion). A 1994 paper, also based on data from that registry, showed that a member of an identical twin pair is at greater risk of divorce if his twin partner has been divorced.

Research articles in TWINS Magazine have also reviewed evidence of genetic and environmental influences on hand preference. The origins of

left-handedness were considered early in the history of the magazine (1984), with a later update (1992). Initial studies suggested increased left-handedness among identical than fraternal twins, and among twins relative to non-twins. This has been explained as a result of delayed zygotic splitting among some identical twin pairs, which seems to be associated with left-handedness.

There was also some evidence of increased left-handedness among parents of twins. More recent studies are indicating that left-handedness occurs equally among both types of twins (about 25 percent of identical and fraternal pairs include a right-handed twin and a left-handed twin).



Recent research activities in the other specialized areas, such as athletic ability, anorexia nervosa, Alzheimer's disease, Tourette Disorder, criminality and smell sensitivity, reflect, in part, a new enthusiasm among investigators who are appreciating the value of a twin perspective in their research programs. TWINS Magazine was among the first publications to include articles in these areas.

Updates of twin research conducted around the world have been summarized every three years, following meetings of the International Twin Society. Both the membership and diversity by this society continue to flourish. The next international meeting was scheduled for 1995.

Who is a Twin?

In a featured article in the July/August 1989 issue, TWINS Magazine drew attention to the important question: Who is a twin? This issue was first highlighted by a report released by the AMI South Bay Hospital, in Redondo Beach, California. The report concerned the first set of "triplets" born 21 months apart, by in

vitro fertilization, in the United States. The rapid rise in sophisticated medical techniques has resulted in novel forms of multiple conception, leading health professionals, ethicists, psychologists and the concerned public to seriously confront the implications of these procedures. Again, TWINS Magazine was among the first publications to call readers' attention to this ongoing controversy. The TWINS article made the point that despite simultaneous conception, embryos implanted in the uterus years apart do not eventuate in genuine twins and triplets, given the absence of shared intrauterine and post-natal experience.



This controversy was rekindled in the fall of 1993 following a report from the George Washington University medical Center: Researchers proved able to artificially split a fertilized human egg, thereby creating identical twins. (The experiments were restricted to nonviable embryos). This procedure was developed to improve the chances for successful pregnancies among otherwise infertile couples.

The creation of novel twinships and sibships is one outcome from such procedures, and concerns have been raised by some individuals. They include possible preservation of a conceptus for later implantation in the event that a child should die, or should require limb or organ replacement. Other issues include the possibility of purposefully selecting an embryo for one's future child, based upon known behavioral and physical outcomes. Any novel medical procedure offers both advantages and disadvantages, such that their application requires the establishment of clear guidelines developed by multidisciplinary committees.



Investigation over the years underlines the complexity of the reasons we are now seeing more twins than ever before. A 1986 article in TWINS Magazine summarized several international studies indicating that

the fraternal twinning rate was actually declining. The decline in fraternal twinning was associated with mothers' delaying the childbearing years. Even though older women tend to have twin more often than younger women, other factors such as the number of previously born children may offset this effect. (Having previous births increases the chances of conceiving fraternal multiples later in life, and women are beginning their families later in life than ever before.) Other factors include loss of body weight (due to increased physical activity or dieting) in females, and reduction in sperm count in males. (Identical twinning is unaffected by these factors and appears to occur randomly in families.) I suggested that the increased number of twins, who were surviving, due to improved prenatal and neonatal medical care, might be responsible for our heightened awareness of twins in the population. Additionally, recent advances in reproductive technology are responsible, in part, for our increased awareness of multiple births. Families who undergo these procedures are typically aware that their chances of having more than one child are increased.

This topic was followed up in a 1992 article, which cited a report from the Minnesota Twin Registry. A survey of multiple births in Minnesota revealed that the rate of identical twinning increased from 3.5/1,000 (1936-1955) to 4.5/1,000 (1971-1983). This effect was explained with reference to improved prenatal care and delivery. In contrast, the fraternal twinning rate decreased from 7/1,000 to 5/1,000 during this period. The decline in fraternal twinning, despite improved medical care, presented in the 1986 report was, thus, confirmed. Continued examination of factors affecting multiple-birth trends will be of considerable interest in the years to come. It is important to note, however, that these Minnesota Twin Registry analyses may apply to very specific segments of the population, so some variability from study to study may be affected. In fact, fraternal twinning rates appear to be on

the rise in underdeveloped nations, due to improved nutrition.

Loss of a Twin

Sibling loss, in general, and twin loss, in particular, has been largely neglected by bereavement researchers. In the early 1980s, a number of twins who had lost their twin brothers and sisters contacted the Minnesota Center for Twin and Adoption Research, at the University of Minnesota, to seek assistance in understanding their extreme grief. Together with my colleague, Dr. Thomas J. Bouchard, Jr., a comprehensive Twin Loss Survey was developed and administered to bereaved twins. This study was ongoing at California State University, Fullerton. Over 300 twins have participated in the study.

In 1985, TWINS Magazine was the first publication to include an initial preliminary description and summary of the findings. The early data suggested that grief intensity was generally higher among bereaved identical twins than fraternal twins. The twins also provided grief intensity ratings for other deceased relatives. A striking finding was that these ratings were generally higher for the deceased twin than for deceased non-twin relatives (such as parents.) A second, more extensive report from that project appeared in TWINS Magazine in 1989, and confirmed these findings.

In recent years, a number of attorneys have requested my assistance as an expert witness in legal cases involving the wrongful death, injury or custody of twins. The research on twin loss described above has proven invaluable in this regard. The first summary of courtroom cases for the general public was requested by TWINS Magazine and appeared in the September/October 1993 issue. The application of twin research findings in the legal domain is powerful testimony to the special needs of twins, and to the importance of disseminating information about twins to professionals representing numerous disciplines. A related topic concerns the vanishing twin phenomenon or the absorption of

one multiple-birth fetus early in pregnancy. A number of scientific papers had provided evidence for this event, yet the information has been generally inaccessible to the public. A review of this research appeared in TWINS Magazine in 1993. A twin fetus may disappear for a number of reasons, such as resorption (removal of a substance by absorption) by the mother. It was emphasized that the vanishing twin phenomenon should be recognized as a normally occurring variant of the twinning process.



Special Topics

Some unusual events or classes of research findings occasionally emerged during the 10 years that TWINS Magazine has been available. The fortieth anniversary reunion of the twin children who survived the Holocaust and the brutal medical experimentation conducted on twins at the Auschwitz-Birkenau concentration camp in Poland took place in January 1985. A report on this unusual event called attention both to this tragic period in human history, and the abuse of a well-respected research method. Twin investigators are continually exploring ways to refine their use of twin in research. The war in Vietnam created a unique twin registry whose members can uniquely answer questions concerning wartime experiences. A 1985 article summarized the development of this twin registry and future research plans. In that same year, TWINS was one of the first magazines to address the topic of AIDS in a moving piece concern-

ing the transmission of AIDS to a twin infant by a blood transfusion. In recent years, I learned about a pair of same-age unrelated siblings (SURPs). Two boys, who are genetically unrelated and born five days apart, were reared together in the same family from birth. This rare situation replicates many features of the rearing circumstances of twin children. Comparisons of behavioral and physical development of such children can reveal important infor-

mation about the effects of nature and nurture on human development. TWINS Magazine includes the only detailed description of the rationale and preliminary findings from this study. That article has, in addition, been instrumental in identifying additional cases. Many individuals, especially males, are concerned with eventual susceptibility to hair loss. A considerable quantity of information is available on this topic, yet virtually no findings have appeared in the twin literature, except for TWINS Magazine. A 1993 review of the genetic bases of hair loss, published in TWINS Magazine, applied known medical principles concerning hair loss to identical and fraternal twins should be similarly affected, while fraternal twins may differ. Future twin studies will, hopefully, direct attention to biological influences on hair loss.

Serious accidents or illnesses affecting one twin may sometimes require organ replacement. General information concerning organ donation and transplantation was provided in a question-and-answer column in a 1985 issue of TWINS Magazine. A more comprehensive research report, specifically targeted to twins and their families, appeared in 1991. Identical twins are ideal organ donors for one another in view of their genetic identity. (Failure of transplantation procedures can, however, occur due to infection.) Fraternal twins may also serve as donors in the event they are compatible on relevant biological characteristics.



Parents and Parenting

In the United States, twins occur in approximately one in 80 births. It is intriguing to consider the ways in which parents of twins may differ from parents of non-twin children. It has been known for some time that fraternal twinning, but not identical

twinning, has a hereditary basis. Some scientific reproductive and health characteristics of mothers of twins have been documented in the scientific literature. A 1985 article in TWINS Magazine summarized a number of these characteristics: average age at onset of menstruation is younger for mothers of twins than for mothers of non-twins; average length of menstrual cycle is shorter for mothers of twins than for mothers of non-twins; average age at menopause is younger for mothers of twins than for mothers of non-twins.

Studies conducted in 1989, at the State University of Albany in New York, demonstrated that mothers of multiples tend to acquire increased resistance to breast cancer, possibly associated with exposure to elevated levels of alpha-fetoprotein. This resistance may, however, be weakened if a non-twin pregnancy follows. TWINS Magazine reported these findings in a 1991 article.



Educational Issues

In 1971, Peter Mittler, author of *The Study of Twins*, remarked, “When I began to read the voluminous literature on twins, it became clear to me that many variables relating to twins and the twin situation were still unexplored, and that psychologists who used twins as pawns in the nature-nurture controversy were concentrating exclusively on differences within pairs and neglecting both the twin as an individual and the psychology of the twin pair.”

This situation has, fortunately improved considerably as researchers have become increasingly aware of the special educational issues facing twins. TWINS Magazine’s education column and articles addressing individuality that have appeared in every issue since 1984 keenly answer and underscore Mittler’s concern for information in these important areas. This is especially true in the area of

language development. In 1984 and 1985, TWINS reported conclusions from studies in Canada and Australia that have helped to highlight the psychological and biological aspects of twin ship that may delay the onset of normal language development in some cases. Researcher Hugh Lytton, Ph.D., observed less mature speech in 2 ½ year old male twins than in non-twin males of the same age. According to these studies, verbal exchanges, displays of affection, statements of approval and rule enforcement occurred less frequently among parent/twin pairs than among parent/non-twin pairs.

Researcher David Hay, Ph.D., reported increased language difficulties especially among male twins, relative to non-twin males, during ages 18-24 months, the primary school years and adolescence. Other investigators have reported similar findings. Language difficulties (especially identical twins) have been variously associated with the close twin relationship (which may restrict social interaction with others) and/or biological prematurity. In some cases, separation at school has encouraged verbal exchange with other children, leading to improved language performance.

The advisability of placing twins in the same or different classrooms continues to concern parents, twins and educational professionals. In every issue since the magazine’s inception, TWINS readers have found valuable insight from the experts—parents and professionals—about the consequences of decision-making regarding classroom separation decision-making.

In a 1990 study, Australian researchers’ Dr. C. Gleeson and colleagues emphasized the importance of flexibility in making classroom assignments for twins. Consistent with this view, many parents whom I surveyed in 1992 did not support routine classroom separation of twins. Reasons given in



favor of common placement included access to similar educational opportunities and the provision of a sense of security during adjustment to a novel situation. In contrast, fostering individuality and minimizing comparisons between twins were expressed by parents who preferred separate classrooms. It was noted that more parents of identical twins than fraternal twins favored common classroom. TWINS Magazine included a research summary of these issues in 1992.

Reflections on Twinship Attitudes

Viewpoints on the rearing of twins have undergone modifications in recent years. There has been a movement toward encouraging enjoyment of the twin relationship even while simultaneously appreciating each individual twin’s development of a strong sense of self, together with an appreciation for the advantages of having a lifelong multiple-birth partner. Twin studies continue to be incorporated into the research programs of behavioral and medical science researchers everywhere. This may be explained, in part, by increased receptivity to acknowledging the genetic influences on behavioral and medical characteristics, a trend that has continued since the 1980s. Comparative analyses of identical and fraternal twins offer an effective method for disentangling genetic and environmental factors that underlie traits of interest. The scientific community recognizes this, and is clearly more receptive to twin research now than at any previous time.

Additional exciting changes and developments are clearly in store as TWINS Magazine moves in its second decade of life. These anticipated changes are largely a reflection of the dynamic world of twin research that truly becomes more fascinating from one year to the next. ♥



Research Discoveries: 1984-1994 at a Glance...

- ⇒ DNA fingerprinting now provides a very precise means for determining if twins are identical or fraternal
- ⇒ Twins studies demonstrate genetic influences on a very wide range of behavioral characteristics, including IQ, expressive behaviors, fears and phobias, dental health, homosexuality and divorce.
- ⇒ In the fall of 1989, researchers at the George Washington University Medical Center were able to artificially split a fertilized human egg, thereby creating identical twins.
- ⇒ Studies of loss among bereaved twins show that their grief intensity ratings are higher for the deceased twin than for other deceased non-twin relatives. These

- findings have been referred to in legal cases involving the wrongful death and injury of twins.
- ⇒ A twin fetus may disappear for a number of reasons, such as resorption by the mother. The 'vanishing twin' phenomenon should be recognized as a normally occurring variant of the twinning process.
- ⇒ Language difficulties (especially among identical twins) have been variously associated with the close twin relationship (which may restrict social interaction with others) and/or biological prematurity.
- ⇒ Viewpoints on the rearing of twins have undergone modification in recent years. An ideal goal is the development of a strong sense of self, together with an appreciation for the advantages of having a

- lifelong multiple-birth partner.
- ⇒ New twin studies demonstrate that 50 percent of identical twins with a homosexual twin partner are also homosexual. This figure exceeds that for fraternal twins and adopted siblings.
- ⇒ Twin studies are being used by an increased number of research disciplines, ranging from psychology to economics. New, more sophisticated analytical methods have been developed for analyzing the data.
- ⇒ Researchers are paying greater attention to the special developmental aspects of twinning, in addition to what twins can reveal about the contribution of genetic and environmental factors to behavior. ♡

Twins Magazine: Twenty-Five Year Celebration of Twin Research - 1994-Present

By Dr. Nancy L. Segal

The year 1994 was the tenth anniversary celebration of Twins Magazine. In order to mark that important occasion, I summarized landmark developments in twin research that had occurred since 1984, the year of the magazine's first issue. That article appeared in the special tenth anniversary issue. Looking back over the years 1984 - 1994 was truly a daunting task--that ten-year span bracketed so many significant achievements by twin researchers in the areas of personality, intelligence, twin-typing, artificial reproduction, twinning rates and more. Now, fifteen years later, the task is even more overwhelming. That is because increasing numbers of investigators, representing diverse professional fields, have recognized twins' great potential to address the genetic and environmental underpinnings of human behavior. Twinning rates have also continued to rise, drawing needed attention to the unique rearing circumstances of multiple birth children and their families.

It would be impossible to do justice to all the twin research contributions that have appeared over the last fifteen years. I, therefore, decided to review the research year by year, highlighting a particular study or area of research that would be most meaningful to parents and to twins. When it was impossible to decide between two topics I included both. The sources from which this material was mostly drawn include my articles in the journal *Twin Research and Human Genetics*, as well as my two recent books, *Indivisible by Two* and *Entwined Lives*.

1994: The Limits of Family Influence

The Limits of Family Influence is the title of a seminal book that included a wealth of research findings based on twin studies. It was written by the late Dr. David Rowe, a professor of family studies at the University of Arizona. A number of the points he raised in his book are worth restating, as they continue to have profound influence on

how twin research is conducted today.

- Some people believe that identical twins behave alike simply because they are treated alike. However, twins who are treated alike are not more alike in personality than those treated differently. Studies have also found that identical twins still show personality similarities even when their facial attractiveness is controlled.
- Twin studies of delinquency have shown that shared environments matter. The delinquent acts of adolescent twins were studied and compared. Interestingly, identical and fraternal twins showed comparable levels of resemblance. Dr. Rowe suggested that this reflected "sibling mutual influence." In other words, twins who liked each other and shared their friends showed more similar levels of crime than those who disliked each other and preferred separate friends.



- There is genetic influence on some parental rearing styles, but not others. Identical twins were more similar in perceived parental love than fraternal twins. This may be because identical twins may see more similarity in expressions of affection than fraternal twins. However, twin group differences were not observed for perceptions of parental control. This may be because parents put similar restrictions on their children during the growing up years,

1995: Preterm Twins and Preterm Singletons

A 1995 March of Dimes Prematurity and Prevention Study examined the birth outcomes of 33,873 pregnant women, 433 of whom delivered twins. It was found that 54 percent of the twins were preterm, as compared with 9.6 percent of the non-twins. While twins accounted for only 2.6 percent of the newborns, they accounted for 12.2 percent of the premature infants, 15.4% of the neonatal deaths and 9.5 percent of the fetal deaths.



Preterm twins were not more likely to suffer from respiratory distress syndrome than premature non-twins. It was also found that when gestational age was held constant, the rate of handicap was not higher among the twins. Furthermore, preterm twins weighing less than 1,000 grams at birth did not show a greater frequency of handicaps than matched non-twins at one year of age. Additional comparative statistics are available in the original paper, published in the journal *Obstetrics and Gynecology*, 1995, volume 85,

1996: Mixed Blood Groups in Fraternal Twins

A chimera is an individual who carries different types of cells that originate from different people. This is a phenomenon that can affect some fraternal twin pairs, due to blood exchanges in the womb. In 1995 only



about forty such cases had been described in the literature, leading researchers to assume that it was rare. However, that year Dutch investigators detected blood chimerism in 8% of fraternal twin pairs and in 21 percent of fraternal triplet sets. It is intriguing to suppose that some individuals who show mixed blood types may have started out as a twin.

1997: The Birth of Dolly, the Lamb

In 1997, Dolly, the cloned Scottish lamb, became a familiar figure to people everywhere. (Dolly was born in 1996, but news of her birth was reported the following year.) Her presence transformed the possibility of adult human cloning from uncertainty to possibility, raising debates over scientific, religious, ethical and legal issues. However, the important insights that can be provided by identical twins were largely overlooked at that time.

It is important to recognize that identical twins are clones, but clones are not identical twins. Identical twins are clones because they share all their genetic material. However, clones are not twins because they do not originate at the same time, they do not share prenatal environments, they do not share birthdays and they do not share historical and cultural experiences. I have, therefore, argued that labeling clones as “delayed genetic twins”



was inappropriate. I suggested that identical twins’ relationships could provide special insights into clone-donor relations; this would move the debates from speculation to systematic investigation. Fortunately, efforts along these lines have been made by Steven Levick, Barbara Prainsack, Tim Spector and other researchers. My students and I have also been completing interviews with parents of twins to understand their viewpoints on cloning.

The “Birth” of Virtual Twins

Virtual twins are same-age unrelated children reared together since early infancy. They replay the twin situation, but without the genetic link. These pairs offer a wonderful comparison group with twins because they let us see how much the shared family environment alone affects behavior. I discovered these pairs in the early 1990s, and published the first scientific report on the children’s similarity in general intelligence in 1997. I concluded that being raised in the same home plays a modest role in shaping young children’s intellectual development. Much more information about virtual twins is available in my two recent books, *Indivisible by Two* and *Entwined Lives*. Debates as to the advisability of raising two near-in-age children continue. Adoption workers worry that virtual twin children will be unable to secure a special place within their families. However, I point out that identical and fraternal twins, who are exactly the same age, are regarded as separate individuals by their parents and siblings—and themselves. No one would suggest that we routinely raise twins apart!

1998: Twins Represent the General Population—With Some Exceptions

Twins differ from non-twins in some important ways. For example, twins (on average) are more likely to experience adverse birth events and to show congenital birth conditions than are non-twins. Some people have, therefore, argued, that results from twin studies my not generalize to the population at large. However, a 1998 Danish report showed that modest birth stress, which affects a larger proportion of multiples, may not leave lasting effects. For example, studies show that twins do not differ from non-twins in disease incidence and mortality when they are six years of age, or older. By this time, they have likely recovered from birth stress. This finding has been confirmed for most other



behavioral and physical measures. A nice example of a trait that has different origins in twins and non-twins is hand preference. Like non-twins, twins may be left-handed due to genetic transmission or birth stress. However, about two-thirds of identical twins result when the fertilized egg divides somewhat late, a process that can produce mirror-imaging effects. This may cause one twin to be right-handed and the other twin to be left-handed.

1999: Higher Order Multiple Birth Rates Drop



Data reported in 1999 by the Center for Disease Control showed that the birth of triplets and more declined in 1999. This was the first time that higher order multiple births

decreased since more than doubling between 1990 and 1998. Earlier increases in higher order multiples were mostly associated with the widespread availability of artificial reproductive technologies. Another factor contributing to the increase was the fact that many mothers were delaying the child-bearing years in order to establish themselves professionally. It is well-known that mothers who are thirty-five years of age and older have a greater chance of conceiving fraternal multiples, relative to younger mothers. In contrast with the above, the birth of twins continued to climb between 1998 and 1999. The rate of increase was 3 percent, from 28.1/1,000 live births to 28.9/1,000 live births in 1999. Given that many twins are born prematurely, it is important to provide better prenatal and postnatal care to the parents and twins.

2000: Identical & Fraternal—Are There Better Terms?

The year 2000 was witness to a dialogue between leading twin researcher, Dr. Geoffrey Machin, and myself over the appropriateness of the labels “identical” and “fraternal” for the two



types of twins. This dialogue, published in the journal, *Twin Research*, was one that many investigators were having at that time. According to Dr. Machin, “Parents are completely confused about the use of the word “identical” instead of “MZ” [monozygotic] because they interpret the word literally to mean ‘absolutely identical in every detail.’ This is the sense in which we all use the word in other contexts, and it is therefore true to state that there are no such entities as ‘identical’ twins.” I went on to say that “fraternal” is a regrettable term for non-identical twins because it means brotherly—use of this term ignores the other two types of non-identical twins (same-sex female and male-female).

The currently preferred terms for the two types of twins are monozygotic (MZ) and dizygotic (DZ). MZ twins derive from the division of a single fertilized egg (zygote) within the first two weeks after conception. DZ twins result when two separate sperm fertilize two separate eggs, creating two zygotes. Most people continue to use the terms “identical” and “fraternal” in everyday speech and in popular writing—this is acceptable as long as it is understood that these terms have limitations.



2001: Twin Language Decoded: What Does This Mean?

In 2001, a distinguished research team took a close look at the nature and persistence of what is commonly known as “twin language.” It had been known for some time that some twins communicate using many of their own made up words and gestures. (It was once thought that some twins created an entire private language, but this has not proven to be true.) This form of communication is often misunderstood by others. Unfortunately, such verbal behavior can delay twins’ normal language development.

After careful study of twins at 20 months and 36 months of age, as

well as a group of near-in-age full siblings, the investigators assigned the children’s utterances to one of two categories: 1. Private language: communication used exclusively within the child pair, but which is unintelligible to others. 2. Shared verbal understanding: communication used within the pair and with others, but which is unintelligible to others. (Note that members of the full sibling group can also show these forms of speech.) In particular, the researchers found that shared verbal understanding showed continuity across ages, while private language did not. Children showing shared understanding or private speech received lower scores on most ability measures than those who did not—this was especially true for the small number of children who showed private language at 36 months. Parents’ occupation, education and vocabulary were not related to their children’s verbal behaviors. However, home measures (e.g., learning stimulation and warmth) were lowest among families whose children showed private language when they were 36 months old.

2002: New Procedure: Fraternal Twins from Human Blastocysts

Over the years, the success of artificial reproductive techniques has led to new questions and new procedures. One issue has concerned the best time for freezing and preserving unused embryos for later implantation. Some investigators have favored using blastocysts (embryos at an early stage of development, about 5-6 days post-conception). Then, in 2002, a research team announced the first the birth of infant twins following transfer of two seven-day blastocysts. The female twins, who weighed 2.65 kg and 2.99 kg, were delivered vaginally after 38 weeks of gestation. They appeared to be developing normally at 8 months of age.



2003: Fraternal Twins with Single Chorions

Chorions are membranes that surround the developing fetus. It has been shown that identical twins may have either separate or shared chorions, whereas fraternal twins always have separate ones. However, a 2003 case study challenged this wisdom with a report of an exceptional case: non-identical twins with a shared chorion.



The twins in question were opposite-sex and were conceived by in vitro fertilization (IVF). The investigators speculated that the trophoblasts (the outermost layer of the developing blastocyst) from the two embryos may have fused. Nevertheless, this important case suggests that single chorions may not be sufficient for diagnosing a given twin pair as monozygotic (MZ).

2004: Autism in Twins: Broad and Narrow Definitions

Autism is a brain disorder that is marked by impaired social interaction and communication. Twin studies have shown that there is a genetic component to this condition. That is, if one identical twin is autistic the chances are between 36-91 percent that the co-twin would also be affected. In contrast, if one fraternal twin is affected, the chances are between 0-24 percent that the co-twin would also be affected. The broad form of the disorder includes a wider range of symptoms than



does the narrow form. In other words, the narrow form requires a stricter set of criteria for a diagnosis.

In order to learn more about the neuroanatomy of autism, a 2004 study examined the brains of young twins and a normal non-twin comparison group using MRI (magnetic resonance imaging). Twins in some pairs both showed the narrow form of autism, while twins in other pairs differed. A key finding was that all twin pairs showed similar cerebral gray and white matter

volumes; however, only the clinically matched twin pairs also matched on cerebellar gray and white matter volumes. (White brain matter carries information between the nerve cells of the brain; gray brain matter is part of the “thinking brain” and appears gray because it is composed of nerve cells and blood vessels.) It was concluded that genes play a role in the onset of autism, and that further study of neuroanatomic pathways would advance understanding of its origins and treatment.

2005: Same or Separate Classrooms?

School legislation granting Minnesota parents the right to determine if their young twins should be enrolled in same or separate classrooms was passed in spring 2005. This landmark legislation resulted from lobbying efforts by mothers and fathers who faced unreceptive school officials who preferred to keep twin children apart. (Parental complaints concerned the mandatory school separation of young twin children; I have never heard from a parent who objected to having his or her twins placed together in the same classroom.) Parents in other places became interested and so far, eleven states have passed similar legislation and another eleven states are awaiting sponsorship. A website, www.twinslaw.com has been created that allows interested individuals and organizations to monitor the progress of this legislation and to become involved.



Epigenetics: New Source of Identical Twin Differences

It had always been assumed that physical and behavioral differences between identical twins are due to prenatal events (e.g., differences in nutrition or positioning), or to post-natal events (e.g., differences in teachers or friendships). In 2005, groundbreaking research by an international team showed that identical twins can differ because of differences in their epigenetic profiles (i.e., their patterning of active and inactive genes). Thus, even though

identical twins shared their genetic material, the same genes might not be expressed in both twins. It is possible that events in each person’s environment, such as chemical exposure, life stress and dietary habits, may be responsible for these epigenetic changes. Interestingly, it was found that twins who spent fewer years together and/or showed greater differences in their health histories showed the greatest differences in their epigenetic profiles. Parents wondering about why their identical twins may differ in selected ways may have a news answer.

2006: Twin-Singleton Differences in Intelligence

Past research has found that twins, on average, score several points lower than singletons on general intelligence tests. A recent Scottish study confirmed this finding, although it was challenged by two other investigations, one in the Netherlands (2000) and the other in Denmark (2006). The 2006 study used school children from a nation-wide population register, so had a broad and representative sample. These latest findings will require further efforts in order to see if they are reliable.

Pinpointing the source of intellectual delays in twins who show them will also be an important task. For example, some twins experience language delays, as discussed above (2001). It has been shown that parents less often engage individual twins in verbal exchanges than do parents of non-twins, mostly because of the need to divide their time. This is a situation that can be remedied, in part, by efforts toward spending more one-on-one time with each twin child.



Reared Apart Twins from China

Studying twins reared apart is probably the best way we have for identifying genetic and environmental influences underlying human traits. However, current studies have used twins who were reunited as adults, which means that developmental events in their child-

hood had to be recalled. In 2005 I launched the first study of twins reared apart that will follow the children from early infancy, and beyond. This study includes young twin girls from China who were abandoned because of their nation's one child policy and preference for male children.

Some of these twins were adopted separately by different families, while others were adopted together by the same family. I study both types of twins because each has a great deal to tell us about factors shaping behavior. Both projects are ongoing and new pairs are invited to join.

2007: Decision-Making: What Lies Behind It?

Economists have been very interested in how people reach decisions. However, it is only recently that twins have started to play a role in helping them find an answer.



An informative activity called the ultimatum game has been used in experimental economics. In this game individuals are paired with a partner, and one

person is designated as the proposer and the other as the receiver. The proposer is instructed to divide a sum of money between the two people. If the offer is accepted, then both players receive their respective amounts. If the offer is rejected, then neither player receives a reward.

A recent study paired identical and fraternal twins with unrelated people for a one-time ultimatum game encounter. Identical twins showed more similar rejection responses than did fraternal twins, indicating a genetic effect. This work is a terrific example of how twins are being used to study an enormous range of behaviors, in fields that have not typically used twins. In fact, new twin studies in 2008 are starting to tell us a great deal about political participation.

2008: Political Participation: What Twins Tell Us

An exciting new area for twin research

is politics, i.e., the extent to which genes affect interest and participation in politics. The few 2008 studies show greater similarity between identical than fraternal twins with respect to voting in elections. A related question is whether genes affect the strength and direction of partisanship. Again, twin studies are helping to address these issues. Twins were asked to answer the question: "Generally speaking, do you usually think of yourself as a Republican, Democrat, or what?" Identical twins showed greater similarity than fraternal twins, indicating genetic effects on partisan strength, but not on partisan direction. These results mirror what has been found for religion, i.e., genetic effects on religious participation, but not on affiliation.



DNA Differences in Identical Twins

One of the most intriguing genetic breakthroughs in twin research happened in 2008. It appears that identical twins are not genetically identical after all! This finding clearly justifies use of the label monozygotic (MZ) for one-egg twins; see the discussion for the year 2000.

An international research team described what are called copy-number variations (CNVs). CNVs are structural variations that can change the architecture of the chromosome. They involve events that change the copy number of DNA fragments, something that may explain identical twin differences, as well as the nature of disease expression in non-twins. The investigators examined CNVs in 19 identical twin pairs, ten that were normal for most traits, and nine in which one twin had been diagnosed with Parkinsons disease. Interestingly, CNVs were detected in both twin groups. This suggests that (1) CNVs may offer insights into the onset and progression of disease, and (2) more research is needed to clarify the significance of CNVs in normal twins and twins who differ in health characteristics. This is important news for parents of identical twins whose chil-

dren may be very much alike except in one fundamental way.

A Bright Future

The years 2009 and beyond promise to be filled with exciting new developments for twins and their families. The simple, yet elegant design of the classic twin method--the identical-fraternal twin comparison--continues to inspire research in many fields. However, despite their scientific significance, twins remain a constant source of fascination for writers, artists and filmmakers, as well as for the families who raise them. Scientists like myself are indebted to the wonderful mothers and fathers who have enrolled their twin children in research. ♥

Happy Silver Anniversary, Twins™ Magazine! Best wishes for another 25 great years! ~ Dr. Nancy L. Segal, CSU Fullerton, Psychology



Twice the Love: Stories of Inspiration for Families ... with Twins, Multiples, and Singletons

Compiled and edited by Susan M. Heim. Cartoon artistry by John M. Byrne

\$13.95

Twice the Love: Stories of Inspiration for Families ... with Twins, Multiples, and Singletons, published in conjunction with TWINS Magazine, is a compilation of 82 inspiring stories written by parents and other family members about the joys and challenges of raising multiples. These true tales reflect a variety of topics, such as the special bond between multiples, typical



crazy days in the life of a family with twins, challenges encountered in pregnancy or childhood, humorous situations created by multiples, adopting twins, and much more. Paperback, 222 pages.

Visit www.TwinsMagazine.com to see more books and detailed descriptions.

Or order Toll Free at: 888-55-TWINS



The Birth of a

and why we created it just for parents like you!

Dear Friends,

A bone-chilling cold, pouring rain had been steadily coming down for hours on this particularly dreary November night in Kansas City. The year was 1982, and we were hungry to learn everything we could about twinship, after having brought our own son and daughter into the world two years earlier.

In spite of the unpleasant weather, we decided to feed that hunger by attending a presentation by the esteemed researcher, Thomas Bouchard, Ph.D., the Director of the Minnesota Study for Twins Reared Apart. We were hoping that doing so would help us in parenting our 2-year-old twins, but the

tion to the practical decisions all parents, physicians and teachers of multiples face—from same/different toys to more complicated decision-making? From birth to adulthood, children are their parents' best teachers...so how can we best listen and learn from our "multiple-birth classroom"?



Barbara with twins, Justin & Amy in the early days.

our dream of a TWINS™ Magazine enthusiastically said, "Yes! We, too, need such a publication to answer our questions about helping multiples balance their genetics with the influences of the environment, whether the subject is mental, physical, psychological, social or spiritual health and well-being."

After over two years of our own market research, we led our team of writers, salespeople, and artists to give birth to this dream, TWINS™ Magazine! The birth date? September/October 1984!

OUR INSPIRATION

To truly reflect on the birth of a magazine 25 years ago, we must spend a moment reflecting on two other births that occurred 28 years ago: our twins, Justin and Amy. For us, that's the true anni-

"Helping families parent multiple birth children is more relevant than ever."

weather reports predicting ice and snow showers made us think twice about the wisdom of leaving our cozy home to venture out on this educational journey. We agreed that it would be important to go, but had no idea that doing so would transform our family's life...and yours!

Dr. Bouchard shared information and insights that inspired us to think about the entire subject of multiples in different ways. We quickly had more questions than answers: What does research say about how families can best support their twins' and triplets' identities as co-twins and individuals? How do families apply the research on behavior and temperament to help their multiples' reach their individual potential? What does the research say about the influence of the environment and genetics on who we are as unique human beings... and on the special influence of both on multiple-birth children and adults? How do we apply this research-based informa-

FINDING ANSWERS

At the conclusion of the lecture, Dr. Bouchard joined us for some in-depth conversation on all of the above topics, and together, we agreed that it was time for a publication that could answer these questions, while providing a forum for sharing the miracle of parenting multiple-birth children. We wanted to learn, firsthand, if other multiple-birth families, teachers, doctors and researchers across the country shared our thirst for knowledge in translating multiple-birth research into "news we could use..." and set about the tasks to explore this dream.

And the rest, as they say, is history. Indeed, it was on that dark night in 1982 that our bright and sunny dream was born of creating a magazine we chose to call "TWINS". Behavioral researchers, scientists, physicians, parents, teachers, coaches, and parenting organizations—everyone with whom we consulted about

versary of TWINS™ Magazine. Our belief of the need for specialized parenting information for parents of multiples was, and is, a daily, almost minute-to-minute discussion from pregnancy...through this very minute!

It was only natural that we, a couple raising twins, with one being journalist specializing in behavior, psychology and social-emotional health, and the other being an advertising executive, would take the step to fill this long-ignored information void. The ideas that filled the posters taped around our office were soon bound into a business plan and the rest is history.

But that first issue of TWINS™ would have never come off the press if it wasn't for so many who believed in the concept and encouraged us to succeed...

- The banker who believed in our dream, just as we did.
- The national experts...doctors,

Magazine...

By Barbara and Bob Unell, Founders of TWINS™ Magazine

researchers, psychologists...and parents all over the world...who were our first editorial contributors for the only parenting magazine for parents of multiples.

- All those early subscribers who verified that our instincts were right and subscribed to TWINS™ Magazine to support their own families.
- Marion Meyer, the Executive Director of the National Organization of Mothers of Twins Clubs in 1982, who, over a bowl of crab stew in her Silver Springs, Maryland home, listened to our dreams and gave us the full support we needed during our start-up years.
- The advertisers who agreed to invest in our new magazine serving a

magazine, as TWINS™ reaches its 25th birthday. Now we have a new dream: We dream that TWINS™ Magazine continues to provide a forum for research-based information, personal sharing, and the celebration of the miracle of our common humanity. The number of multiple-births increases each year and our information-hungry culture abounds with more and more research about the influence of genetics, the environment, personality and temperament on our behavior. Helping families parent multiple-birth children is more relevant and remarkable an adventure than ever before in history!

In conclusion, we leave you with the important words of Antoine de Saint - Exupery: "It is only with the heart that one can see rightly. What

is essential is invisible to the eye." Never forget that at the heart of any parenting magazine is the heart!



Barbara and Bob Unell

We send our best wishes for loving days ahead for each of you, and those you care about most, your multiple-birth children, for whom TWINS Magazine's every issue is lovingly dedicated. ♥

nt and remarkable an adventure than ever before in history!"

segment of parents who had never before had such a publication.

- The first staff members of TWINS™ who helped us distill multiple-birth research into easy-to-understand practical parenting information and present a forum for advocating for multiple-birth families in fields of education, health, childbirth, fertility, genetics, temperament and personality.
- And of course, Justin and Amy, who taught us all we ever really needed to know about raising twins!

IN GRATITUDE

We are grateful for all of these individuals we know, and tens of thousands whom we never met, who hungered for sharing how families of multiples balance their children's identities as individuals and multiples. We are grateful for the privilege of being part of their lives for so many years. And we are thrilled to celebrate this milestone in the publication of this

As an author and parent educator in cognitive-behavioral psychology since she became blessed to be a mother of twins in 1980, journalist Barbara C. Unell has been a passionate advocate for understanding family relationships, along with Jerry Wyckoff, Ph.D. Together, they have co-authored *Discipline Without Shouting or Spanking*, *Getting Your Child From No To Yes*, *How to Discipline Your Six to Twelve Year Old Without Losing Your Mind*, *20 Teachable Virtues* and *The Eight Seasons of Parenthood*. Barbara has been a columnist for *The Kansas City Star*; a writer and a host of the nationally syndicated parenting information radio feature, "Kid's Stuff"; and co-founder and editor of many publications, including TWINS™ Magazine, *Caring Parent*, and *Kansas City Parent*. Barbara has appeared on *Oprah*, *NBC Nightly News*, *Good Morning America*, *TODAY*, *CBS Evening News* and the *CBS Early Show*, as well as national and local radio and television

programs around the country for the past 30 years.

In 1984, after working for three Kansas City advertising agencies, Bob founded his own firm, Unell Associates, Inc. Since 1990, Barbara and Bob have championed causes that foster healthy living by founding numerous social entrepreneurial ventures, including the nationally acclaimed, school-based character education program "Kindness is Contagious...Catch It!" sponsored by the STOP Violence Coalition; the Daniel L. Brenner Family Education Center; the community character-education fundraiser "Sunflower Celebration"; the fundraiser "Back in the Swing Retail Therapy" that promotes joyful, healthy and proactive living after breast cancer; the "Uncle Dan's Report Card" program that helps children learn healthy habits at home that lead to success in school and in life; and the web-based parenting resource "Friday Mornings".

Take a Look Back Over **25** and Notable

- 1984 -



TWINS Staff - Left to Right: Kay Brenneis, Robert Unell, Donna Summers, Jim Szczepanski, Mary Wharton, Anita Harris, Barbara C. Unell, Jane Walker, Fern Poquette, John Sylvester, Fred Bokun, Suzanne Burdick, and Brenda Schifman.

After two years of research and ground work, Barbara and Bob Unell launched the very first issue of TWINS™ Magazine with the July/August issue. Topics covered that year included new developmental findings; Aggressive/Passive roles and why twins switch, and the beginning of Double-Focus—an in-depth look at twin issues from pregnancy through adulthood. An interview with twin advice columnists, Ann Landers and Abigail Van Buren were featured and the Australian twin study on reading, language, and individuality was published.



- 1988 -

Bette Midler and Lily Tomlin graced the cover promoting "Year of the Twin" movie. Topics included focusing on the parents, advice on how to manage their anger and even the subject of sex was addressed offering readers how to educate multiples and give parents reassurance and protection. Other articles that year were topics about sibling favoritism when a parent feels drawn to one child more than the other; intriguing varieties of twinship when reared apart and ways to avoid the 'unit' approach when teaching twins.



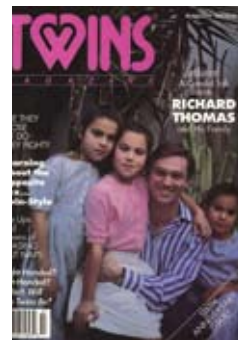
- 1989 -

Arnold Swartzenegger was on our cover with 19-year-old twin boys and special Olympians. The magazine explored, who is a twin? And ran an exclusive report on how the past five years had changed the answer.



- 1990 -

Celebrity Richard Thomas (from the TV show, the Walton's) and his school age triplet girls were on the cover of TWINS. Topics covered that year were genetic and environmental effects on dental health; look down the road to college; answers to the Identical/Fraternal questions and news and hope for those diagnosed with TTTS.



Years of TWINS™ Highlights Moments...

- 1985 -



'Twice as Funny', a series of twin cartoons was launched and Barbie and Ken were on the cover. Topics covered included a dad's report on the fatherhood factor, is birth order important; exploring when one twin is handicapped and home remedies for energy conservation. Other topics covered were when death strikes a twin, child abuse and how twins are at greater risk and having a singleton after twins were published. The research results from the Vietnam experience twins study ran in the September/October issue and in November/December a very poignant reunion of twin survivors of the Holocaust. The magazine celebrated their 1st anniversary.

- 1986 -

The winners of the 'Cabbage Patch' twins contest graced the cover to start this year. Topics covered included intimacy during pregnancy; the impact of divorce on twins; fertility drugs: risks of smoking during pregnancy; separating myth from reality and a new column was introduced called Education Matters which was the first to address the topic of same or separate classroom issues.



- 1987 -

How twins are viewed around the world—myths and cultural traditions kicked off the year and the very first Double Takes section was introduced. Other topics covered were Lifesaving seatbelt safety information; the controversy over anesthesia for preemies; when one twin is gifted and the other is not and understanding the twin-to-twin transfusion syndrome.



- 1991 -

TWINS provided new caregiver guidelines and published the latest findings from the Minnesota twins study; explored the team approach to school separation and offered tips on increasing survival in preemies.



- 1992 -

The toddler twin boys that played Cosby's grandson on TV's *Cosby Show* were on the cover. Topics covered included what it means if there are twins in your family; meeting multi-generational challenges (the sandwich generation) and mothers at odds with the working mother's trends.

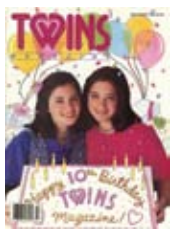


- 1993 -

TV show *Full House* was very popular and that is when famous twin girls, Mary-Kate and Ashley Olsen were on our cover. Other topics that year included new research on the 'vanishing twin' phenomenon; should you use fertility drugs again and included the top fertility treatments of the day.



- 1994 -



Special 10th anniversary edition was published and included taking a look back over the last 10 years of TWINS Magazine; Other topics covered that year were individuation—the biggest challenge of parenting multiples; a new car seat safety handbook – lifesaving travel news for parents and the top 10 adjustments to a multiple pregnancy.

- 1995 -

Topics covered this year was a question if alcoholism ran in the family; exploring the new technique... infant massage; an update on Pediatric AIDS and what to do when over 40 and pregnant with twins.

- 1996 -

The World Wide Web was just beginning to get popular and www.TwinsMagazine.com went live in May 2006 with their website. The results from the 8th Twin Congress were reported and other topics this year included postpartum depression an emotional hurricane; questions answered about pre-eclampsia and the best defense against AIDS. A twin study on suicide was included along with a look at mirror image twins and the debate over different classrooms. Barbara and Bob Unell's last issue was in September/October 1996 when they sold TWINS Magazine to Donald Johnson and Susan Alt and the Business Word, Inc.



- 2000 -



Get a grip—4 sure fire coping strategies and twins fuel jealousy among other siblings kicked off this year. Other topics were millennium multiples; a special car seat guide; taming toddler bed blues; caring for preemies; daycare decisions and dads on duty 24/7. The year ended with a 2000 Toy Guide and how using toys to enhance speech and language skills were included.

- 2001 -

Divide and Multiply: Lessons from Twinning 101 a series of articles were included this year along with a 2001 car seat guide; postpartum depression; married with twins and learning styles of twins were covered. Also that year was a 2001 stroller guide; exploring twin zygosity; cord blood banking; safe sleeping with cribs, portable cribs and play yards and ways to help families with low incomes make ends meet.

- 2002 -

Massachusetts Governor Swift, mom of twins was interviewed and professional hockey player and Olympic MVP, Joe Sakic and his twin boys were on the cover. Topics covered this year included divorced parenting; battling RSV; the long term affects of infant pain; 100 twin proofing tips; four sanity strategies for fine-dining with your twins and a touching story about 9-11 twins.



- 2006 -



Fighting stress; why antibacterial products are bad; autism in twins and why a school policy of separating twins in the classroom sparked change was some of the topics covered this year. Other features included an article about twin speak and their secret language; twin identity; how to teach your twins to speak more clearly and making friends on the TWINS Magazine message boards. Twins, sugar and hyperactivity was also covered along with preparing your twins for kindergarten and a new study about the parent-twin attachment was published.

- 2007 -

The year kicked off with topics like swaddling; DHA: the super brain food; when twins share common friends; managing when one twin is disabled; twins sharing a room: making it work and keeping twins safe in an unsafe world. Also featured were topics that explored taming the twins me-monster and 5 tactics that work; the bossy twin vs. the meek twin; potty time: waiting until they are ready; and IFV twins: should parents tell all? This year ended with topics like renting toys instead of buying them; how to get the correct diagnose for your special need twin and tips on taking toddler twins to a restaurant.



- 1997 -

Money savers and bargain tips kicked off this year and other topics covered were ways to seek the perfect Nanny; TV twins; dealing with learning disabilities and what do single moms do when it's two against one. The first annual fiction contest was launched.

- 1998 -

Preparing singletons for twins; is RSV more than a cold, speech development in multiples; co-bedding twins in the NICU; and how moms of multiples juggle work and family were some topics the magazine covered that year. Also featured were families with more than one set of multiples; potty training in pairs; TTTS and whether or not twin pregnancies were always a high risk. The results of the 1998 Second Annual Fiction Contest were published and 'You Can't Trick Me' was the winner.



- 1999 -

TWINS Magazine redesigned their popular website. Topics covered included breastfeeding multiples; a husband's guide to bed rest; medical challenges facing multiples and their families and when one twin is shy. Additional features about learning styles of twins, rhythm and twos the inspiration of music and movement and 12 tips for parents who want a home-based business were covered.



- 2003 -

The mommy wars: stay-at-home vs. working moms and twins with two fathers started off this year of TWINS. Topics covered this year included understanding sensory integration dysfunction; breast vs. bottle feeding; colic pain and celebrating life with downs syndrome.

- 2004 -



The 6th annual fiction contest was launched; toddler trials and training and how to treat TTTS and how it happens along with an article on how milestones look different in pairs were covered. Mrs. Colorado America Emily Stark was on the cover with her twin girls that were conjoined and separated with an article about conjoined twins-the intimacy and independence. Other topics included when one twin lags behind; twin proofing and baby gear; ADHD and multiples and tips on fighting twin discrimination.

- 2005 -

Mealtime challenges; ways to get more organized; reasons to immunize and how to break the binky habit were covered in 2005. Other topics included strategies for dealing with meltdowns; steps to getting your twins on the same schedule; single moms = double duty and reasons to home school your twins. The very first separation of twins in schools law was passed in Minnesota!



- 2008 -

The final issue for publisher's Susan Alt and Donald Johnson of the Business Word Inc. was the January/February 2008 edition. The magazine was acquired by Rod Beach & Associates, LLC on January 1, 2008 and the magazine is now being published by Christa & Aaron Reed, parents of twins (plus two more). The new publisher's first issue was the March/April edition themed around 'time' and they updated the design of the magazine to include a thicker, glossy cover, and added more pages and content while introducing new columns and regular features. TWINS also launched a new website design also created our very first Double Takes Calendar to celebrate the magazine's 25th Anniversary year in 2009. Other topics covered in 2008 included adult identical twin airline pilots from Frontier Airlines on our May/June issue themed around traveling with twins; Keeping your twins safe in the summer; a special back-to-school guide and our fall issue was themed around all the unique and extraordinary families of multiples. This year ended with a holiday gift guide; freebies and discounts for families with multiples; cutting out comparisons and a moving article on post-partum depression in dads.



- 2009 -

Happy 25th Anniversary TWINS... thanks for the memories! 2009 started with a very special historical look-back over the 25 years of TWINS Magazine. We hope you enjoyed this special Silver Anniversary edition.

Celebrating 25

1984



1985



1986



1988

1989



1991

1992

1994



1995

1997



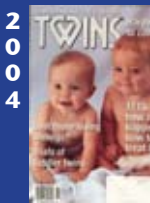
1998

2000



2001

2003



2004

2006



2007

Years of TWINS



Third Time's a Charm...

By Christa D Reed, Publisher/Editor-in-Chief

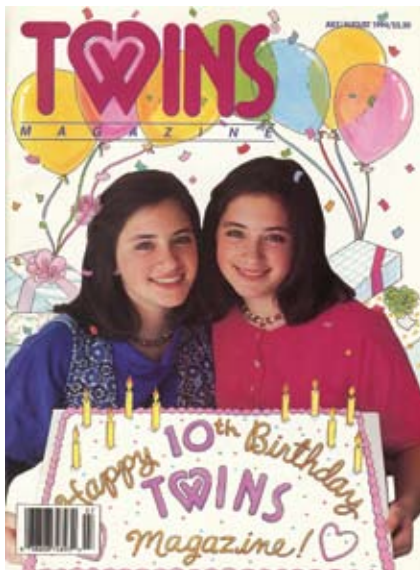
You could just feel their strong connection as they walked towards me down the long hotel corridor. They both exuded confidence, enthusiasm and were very bright. They were side-by-side, smiling and excited to see one another. This was a special occasion. Tiffany, an attorney, had just flown in from Phoenix to meet Tara, her identical twin sister, a doctor, who lives in Chicago and was in her third trimester of her very first pregnancy (no, not twins, just one). I was excited, too... It wasn't every day that I would get to meet a set of twins that have played such a unique role over the 25-year history of TWINS™ Magazine and it was such a treat for me to get to talk with these vibrant women.



First Time

In 1984, Tiffany and Tara Friedel were three-years-old and living in upstate New York. They were adorable, smart, lively twins that already had experience doing commercials and modeling. They were asked to participate in a photo shoot by (can you believe) professional twin photographers in New York City for the cover

of this brand new magazine that just came out called, TWINS™. "I actually do remember this photo shoot because I fell in love with the cute turtle necks and sweaters they gave us to wear," says Tiffany. "Didn't you cry when they wouldn't let us wear them home?" Tara asked. "Yes, it was devastating on a young three-year-old who had a strong sense for fashion," she laughed. Dawned in pigtails and what is now becoming their signature, twin 'cheek-to-cheek' pose, they had no idea in 1984 that TWINS™ Magazine would contact them again in 1994 to help celebrate the magazine's 10th Anniversary.



Second Time

In 1994, the girls were 13, in middle school and enjoyed many outside activities like dance, playing piano, going to ballgames and hanging out with friends. "Since we were both in advanced placement classes together, which are competitive for all students, we were able to study together and remind each other of project due dates," says Tara. "We had so many of the same extracurricular interests so it was great to have someone to practice with—music, cheerleading routines, German folk dancing," added Tif-

fany. When the girls were contacted by TWINS™ Magazine in 1994 to help celebrate the magazine's 10th Anniversary they were thrilled. "It was very exciting for us to do another photo shoot for the magazine to show everyone how we've grown, along with TWINS™." This time the girls were on opposite sides for the photo but still smiling and still cheek-to-cheek. The magazine was 10 and the girls were 13 and both were growing and maturing.



Third Time's a Charm

As we began planning our 25th Silver Anniversary issue of TWINS™ a few months ago, I felt it was only fitting to track down those cute, adorable twins that were on the cover in our first year and for our 10th Anniversary to see if they would once again help us celebrate for our 25th Anniversary by posing for our cover. Wouldn't it be cool to see them now and find out what they have been up to the past 25 years? So, after doing some research, we found a Tiffany Broberg, Associate Attorney at Ridenour, Hienton, Kelhoffer & Lewis in Phoenix, Arizona but we weren't sure if we actually found the right Tiffany (Friedel). When I emailed her, she quickly responded and confirmed that she was indeed Tiffany Friedel and then

Growing Up With TWINS™ Magazine



Tiffany went to the University of Arizona School of Law where she met her husband, Lance Broberg, and they married in September 2006, just six months after Tara. “For the record, neither Lance nor Gordon has ever confused us for the other,” added Tiffany.

immediately told me that her twin sister was now Tara Carr, who was living in Chicago practicing Internal Medicine at Northwestern Memorial Hospital, with a specialty in Allergy & Immunology and very pregnant.



I learned that both girls had graduated from high school in 1998 and together went on to Washington & Lee University in Lexington, Virginia. In 1992, Tiffany earned a Bachelor of Science degree in Geology and Tara earned a Bachelor of Arts degree in Mathematics, and was Pre-Med. While at WLU they were sorority sisters and even shared the same room. “Since we knew each other so well, it was just easier and we got to share clothes, which was an added bonus,” said Tiffany (the same three-year-old in 1984 that wanted to keep her turtleneck!).



Now, at age 28, they are very successful, professionals that have drive, ambition, and a zest for life. They are as close as twins can be; almost finishing each other’s thoughts and sentences like an old married couple of 50 years.



Living apart is tough and eventually, they would like to live close to one another again, even if it’s just a vacation home, so they can share

life’s special moments, raise kids together, and have Christmas decorating competitions.



As we continued the interview, I began to notice how much their strong twin bond had contributed to their successes in life, driving them to achieve their goals yet always giving them a close companion to share the ups and downs of life. When asked what was the very best and worst part of growing up as twins they answered together... “Even though we’re identical and shared so many of the same activities and experiences growing up, we both grew to find our own niches in the world. For instance, we may have both been musical, but Tiffany played the saxophone in the band and Tara played cello in the orchestra. Our interests in science led Tiffany to geology, but led Tara to biology. We had different skill sets that ultimately complement each other very well—Tiffany is more right-brained and creative while Tara is very left-brained and logical. If you put us together toward a common goal, we’re a perfect team.”

Then, they went their separate ways for the very first time in their lives when they attended different grad schools. “It was the very first time we were apart and on our own and was a strange feeling when people we would meet would have no idea we had an identical twin sister,” says Tara. She attended the University of Virginia School of Medicine where she met her husband, Gordon Carr, and they married in January 2006.



Identical twins, Tiffany and Tara Friedel, 1984 to 2009

As we said our goodbyes, I thanked them for their time and for helping to make our TWINS™ Magazine’s 25th Anniversary issue even more special. I joked with them and asked them if they would make themselves available in the year 2024 for our 40th and 2034 for TWINS™ Magazine’s 50th Anniversary, too! See you then, ladies! ❤️



Congratulations TWINS™ Magazine!

Special Silver Anniversary Issue



TWINS™ Magazine has made such a huge difference in so many families' lives during its' 25 "sterling silver" years! Beyond giving a voice to parents of twins (and more!) and being the "bible" of parenting multiples, this wonderful publication is single-handedly responsible for starting the ball rolling in 1997 by bringing to the nation's attention the issue of discrimination

against twins and multiples in school classrooms. TWINS' ongoing efforts have already led to passage of protective laws in some nine states in only six years, with more to come.

TWINS™ has gone beyond its original mission of being the central information resource for moms and dads of multiples... it now serves as the leading communication tool for parents around the world by means of its online TWINS™ Magazine Message Boards, which now boasts more than 10,000 registered members and more than a million individual message posts in 78,000+ "threads" or topics of interest. What's more, tens of thousands of additional families worldwide also use the TWINS™ Magazine Message Boards as their primary source of information when they face parenting and family challenges — they zoom right to the Internet and find all the answers and help they need quickly and easily. We're so proud to have had the opportunity to be "parents of TWINS™" for eleven dynamic years, during which we had a wonderful time playing a key role in the growth and development of TWINS and all its adjuncts—creation of a new TWINS™ website, the TWINS™ Magazine Message Boards, TWINS™ books and bookshelf for families, TWINS™ Shoppe gifts and supplies for families, and many other projects building on the foundation created by Bob and Barbara Unell, who started TWINS™ from scratch when they became new parents of a son and daughter duo. Christa and Aaron Reed are doing a terrific job with TWINS™ and we watch and cheer as the TWINS™-family of products and services soars to greater heights in coming years. Keep up the great work, Christa ... and Happy 25th Anniversary, TWINS™! We're enjoying retirement after 45+ years in the publishing world, and we're always available to you to help anytime you need us. We're cheering from the sidelines!

~ Susan Alt and Don Johnson, "Grandparents of TWINS™"

Owners/Publishers from 1996-2007

25 years ago, I was 22. Had anyone told me I'd be writing about being the stay-at-home dad of quads for the premier magazine for families of multiples I would have ... ah, well, I don't know what I would have done. Freak out a bit I am sure. Still, I am most pleased for all the good advice and encouragement TWINS™ has poured into "multiple" lives and families over the years. I am blessed to be a small part here and have that family no one could have predicted. Here's wishing an even greater impact and success to Christa and the whole crew at TWINS™ Magazine. ~ Blessings, The Quadfather aka: Mike Poff



Congratulations on Your 25th!

It is hard to believe that TWINS™ Magazine is now 25 years old! I remember writing for the first issue in 1984, the year that the magazine began. The idea for a special publication dedicated to the unique concerns of twins was a marvelous idea. The fact that TWINS™ Magazine has stayed lively and active for 25 years truly highlights the importance of bringing timely research findings and practical knowledge to parents, teachers, social workers and anyone concerned with the rearing and educating of multiple birth children. It was truly a privilege to serve as the Contributing Research Editor for fourteen years (1984-1998). It is also a privilege to convey my congratulations to the current editors and staff. I also wish to thank the many wonderful families who have supported the efforts of scientists whose work relies on the enormous research potential of twins, triplets and more.



Nancy L. Segal, Professor of Psychology
Director, Twin Studies Center
California State University, Fullerton
nsegal@fullerton.edu

Congratulations to everyone at TWINS™ magazine on your 25th anniversary. I can hardly imagine mothering twins 25 years ago. How did moms survive without the TLC channel and Google (not to mention Blue's Clues)? Thankfully, they had you guys. Thank you for a quarter century's work providing moms of multiples with the unique support, resources, and sanity-saving suggestions we need. You are greatly appreciated!

~Sincerely, Elizabeth Lyons. Author of *Ready or Not...Here We Come!* and *Ready or Not...There We Go!*, real experts' guides to the first year and toddler years with twins, and founder of www.GotCrazyTwins.com



25 years of TWINS™

Twosomes born the year the magazine debuted might well be having their own pairs by now! Truly, what a wonderful resource for a whole generation of multiples' mamas—and dads—TWINS™ magazine has been...and continues to

be. Whether it's advice from respected medical and/or psychological authorities, tales from real-world twin parents, or simply the pages of decked-out darlings in the "Double Takes" spreads, each issue provides worthwhile information—educational, entertaining, and empathetic. When I'm asked the ideal gifts for parents-to-be expecting more than one, TWINS™ magazine is always on my list. Congratulations TWINS™ on 25 amazing years of encouragement and enlightenment for plural parents. Wishing you many, many more quarter-centuries of success! ~Best and blessings-Cheryl Lage. Mom to Darren and Sarah (born 9-5-2001). Author: *Twin-spiration: Real-Life Advice from Pregnancy through the First Year* (c. 2006, Taylor Trade); **Webhost: Twinsights.com**; **Blog: Twinfatuation.blogspot.com**

Dear TWINS™ Magazine: We would like to congratulate you on your 25th Anniversary. TWINS™ Magazine plays a special part for many families with twins, triplets and more with much needed information in rearing, multiple relationships, humor and resources. We especially are proud to have TWINS™ Magazine as a top supporter and partner with the Fetal Hope Foundation. With the increase in multiple births, there is also a related increase in more high risk pregnancies and complications from them. With TWINS™ Magazine's help, Fetal Hope has been able to offer them the support, awareness and education they need to ensure these situations have hope. We have seen some amazing miracle stories and increased awareness thanks to our partnership. We look forward to all the positive changes we will do together. From the entire Fetal Hope Foundation staff, volunteers and board, we congratulate you on 25 successful years and good luck on the next 25. ~ Lonnie & Michelle Somers, CEO & Founder, Fetal Hope Foundation. 1.877.789.HOPE (4673) - lonnie@fetal-hope.org - www.FetalHope.org - www.ITTSRace-forHope.org



Dear Christa and the Staff at TWINS™ Magazine: I send greetings to all the fellow mothers and fathers of twins, triplets and quads from Landsberg, Germany. When I first got to know your wonderful magazine, my fraternal twin boys Maximilian and Constantin were three-years-old and still in their "terrible twos." I immediately subscribed and I still look forward to receiving my copy each issue. This magazine is exactly what mothers and fathers of more than one child really need--support, help, funny stories, the feeling of not being alone whether you are experiencing good times or through the bad times. I've fallen in love with TWINS™ Magazine and I'm still in love with it to this day.

Back in 1987, since I am a journalist, I decided to produce a magazine for parents of twins here in Germany. So I started ZWILLINGE - Magazine for Parents of Multiples in March of 1988.

In 2008 we recently celebrated our 20th Anniversary. Like TWINS™ Magazine, our German "twins magazine" is also a mixture of good advice, interesting stories, fun, laughter and happiness, but also of stress in the early years of parent ship, sorrow and first of all a platform for meeting others with the same problems and same joys. I'm still very happy to publish this magazine and give my life real sense. Now, my twin boys are almost 25. One of them (Constantin) is a cook on the isle of Majorca, the other one (Max) is studying Economics at Munich University and still playing ice hockey in a team near Munich. My little one (almost 2 meters tall), Nicolai, is going to be 19 and still at school.



TWINS™ Magazine, you're really doing a great job! You've done it the last 25 years, so please continue doing it another 25 years! Parents of twins, triplets and quads would be very thankful for this and I will, too! ~ Sincerely Marion von Gratkowski, Publisher of German twins magazine ZWILLINGE"

Dear TWINS™ Magazine: It is my sincere pleasure to congratulate you, on your Silver Anniversary! Not only do you report on the issues that affect multiple birth children, you are true advocates for these children's rights. Because of your support and dedication to Twinlaw.com, reporting about the issue of forced separation of multiples within the classroom and advocating for flexible placement policies, we now have nine twins' laws mandating parental choice in the together or separate classroom placement of multiple birth children! Your help has been invaluable to my quest for national State-to-State Twins legislation and on behalf of my family and the countless others whose lives you have made a little fairer, I congratulate you all on this wonderful occasion. You are true twin heroes! ~Sincerely, Kathy Dolan. Founder: www.TwinsLaw.com. Home to 31 State Campaigns for Twins Legislation mandating flexible classroom placement policies for multiples!




On behalf of Canada's multiple-birth community, Multiple Births Canada joins in the chorus of best wishes as TWINS™ Magazine reaches this quarter century milestone! Without a doubt, our members have benefited from the many articles printed in your fine publication over the past 25 years. TWINS™ Magazine has allowed us to be connected with others who have been there done that! Your publication has given us an opportunity to learn from our peers in ways that have truly benefited our multiple-birth families. Thank you TWINS™ Magazine... Here's to another successful quarter century! ~Gail Moore, MBC Chair and Director of Communications. mbcchair@multiplebirthscanada.org - www.multiplebirthscanada.org



25 Years and Still Growing!

I have had the wonderful opportunity of sharing many of these years with TWINS™ Magazine as an Editorial Consultant and contributing writer. I have made many friends at TWINS™ and look forward to a continuing relationship with all of you. HAPPY 25th ANNIVERSARY! Eileen M. Pearlman, Ph.D. TwInsight - www.twinsight.com




Congratulations to TWINS™ Magazine on reaching its 25th Anniversary. Parents of Multiples from around the world have reaped the benefits of TWINS™ Magazine and its articles that address the joys and challenges of raising twins, triplets, and higher order multiples. The NOMOTC family extends its best wishes to Christa Reed, Publisher/Editor-in-Chief, and the entire staff of TWINS™ Magazine during this 25th anniversary year. Sincerely, Misty Fry, President, The National Organization of Mothers of Twins Clubs, Inc. www.nomotc.org

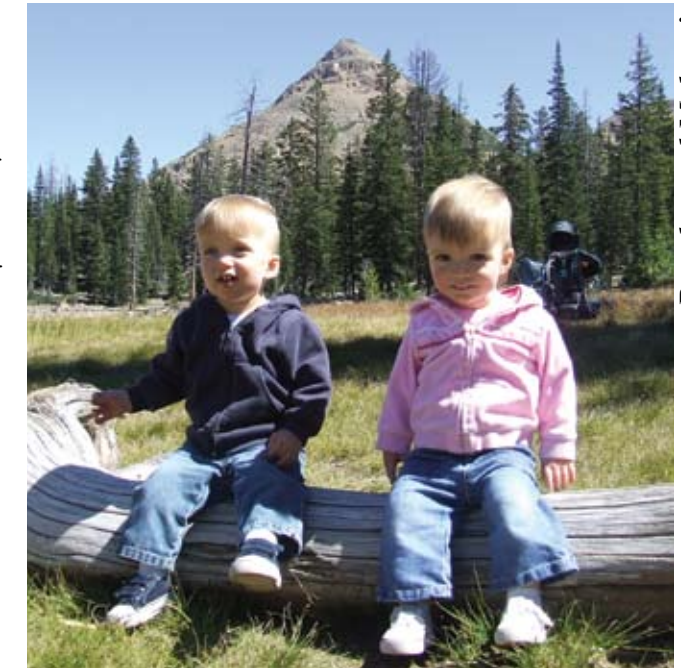
Black Holes and Polar Bears

By Melinda Rhodes

No, I'm not talking about the latest conspiracy theory from LOST. I'm referring to the one thing that every house comes equipped with. The "black hole" that swallows single socks and other small items. But as any parent of multiples can tell you, the size of the black hole multiplies exponentially once your twins become mobile. It becomes a vortex of missing toys, keys, cell phones and anything else they can get their sticky little hands on.

When my twins were younger I kept a mental list of everything that was missing. One blue ball. Three magnetic letters. The remote control to our master bedroom light and fan. A plastic polar bear. I stressed about the missing items—especially the remote control—and scoured the house to find them. I quickly found one of the letters pushed under the stove, but the others remained a mystery.

Over the next few weeks, the other items started to surface. The polar bear had been wrapped in a blanket and stuffed in the closet. Apparently, said polar bear needed to hibernate during the dog days of summer. I found a magnetic letter when I got out a mixing bowl later that week and yet another when I put on a pair of shoes that I hadn't worn in a while. Unfortunately, the remote control was still no where to be found. One trip to Home Depot and many hours of manual labor later, I had a new remote control and a light/fan that I could turn on and off from the comfort of my own bed. Two days later I discovered that the new remote control had gone missing. Now the universe was just taunting me!



Brayden and Makenzie

instead of the cute club that perfectly matched Bamm Bamm's costume, my husband fashioned a twin-friendly one out of nothing more than duct tape and newspaper. It really didn't matter if the club matched or not, as Bamm Bamm refused to hold it anyway.

I am confident that one day this black hole will collapse and the bright shining star that was once my home will re-emerge. Until then, I will stop taking inventory on the twins' toys every evening (as they are probably right where the kids want them) and start being more careful with everything else. I'm sure the missing club will turn up when I least expect it. And maybe if I'm a good little girl, Santa Clause or the Easter Bunny will bring me a new remote control.♥

Then, just before Halloween, an accessory to my son's costume was added to the magnetic force field surrounding my house. I was beside myself! I looked in every nook and cranny that I could think of. Days of searching yielded...nothing! So

Melinda Rhodes lives in Ogden, Utah. She is the mother of fraternal twins Brayden and Makenzie. They were born in July 2007.



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It's Okay to Be Overwhelmed

As a parent of multiples, you're probably used to having everyone, from family and friends to total strangers, make a fuss about your kids. They might crow about your "little miracles" or say, "You're so lucky to have twins. It must be wonderful!" Don't worry if a part of you silently responds, "If only you knew!" It's easy for outsiders to focus on the positive aspects of having twins. They forget that you also face the usual downsides of parenting but that they're also multiplied. It feels natural to be stressed about work or school or household responsibilities, but when parenting is at the root it brings a gut reaction of, "Uh oh, I must be a bad parent. I should never feel resentful about my children. What would people say if they knew what I was thinking?"

You don't need to feel guilty or ashamed. Every parent has those days, and it doesn't mean that you love your children any less or that you're not grateful to have multiple blessings. It's simply a sign that your reserves are running dry and that you need to regroup. Instead, admit that you're overwhelmed without attaching any judgment. Negative feelings add an additional drain that you don't need. Your energy can be spent more effectively on reviewing your priorities and making a realistic plan that allows you to cut back on certain tasks or take a different approach. How can you apply this to your hectic household? There are four simple steps:

Acknowledge that you're overwhelmed. You may be used to denying that feeling because admitting it means you're a bad parent. Nothing is farther from the truth. You'll be a better parent if you learn to acknowledge your feelings and take steps to deal with them. Watch for the signs of stress. Are tense feelings building? Are you starting to overreact to small things? Do a quick test by using a scale of 1 to 10. Let's say one of the twins spilled her milk. On a scale of 1 to 10, a normal annoyance level might be 2 or 3. If you skyrocket up to 10, 7 or 8 points are coming from other stressors. Use this as an objective measure of just how overwhelmed you might be feeling.

Give yourself permission to be overwhelmed. Once you admit your feelings, you might automatically move to guilt: "I'm being a bad parent. I shouldn't have overreacted. I just need to be stronger." Guilt doesn't accomplish anything positive. It pushes you to deny your feelings, but the stress will just find another way to resurface. Instead, admit that you're overwhelmed and make it an objective observation. Don't pass any judgment on yourself. Conserve your energy for the next step.



Prioritize your responsibilities and consider alternatives. Once you've admitted your feelings, sit down and make list of all the tasks that are combining to overwhelm you. Then go back over the list and prioritize it based on the potential outcome if you don't do an item. For example, your list might including caring for your twins, who have both come down with a cold, helping their brother with a school project, making dinner, and baking brownies for a party at work tomorrow. Obviously, the sick twins take the top priority spot. If you don't take care of them, they'll feel miserable, as their symptoms get worse. Next is helping their brother with his project. If you don't do that, he might not get it finished and his grade will be dropped for turning it in late. Not making dinner means that everyone will be hungry and cranky, and not baking the brownies will mean disappointed co-workers. Now consider alternatives to each item. Could you call your mother-in-law to come over and help

with the twins? Could you point your son to some websites where he can start research on his project until his dad gets home to help him in more depth? Could you order a pizza for dinner? Could you stop by the store on your way to work tomorrow and buy some pre-made brownies for the party?

Proceed based on your priority list without feeling guilty that you can't do everything. Many of the options discussed in the example involve asking for help from others or using outside resources. If you're used to doing everything yourself, an inner voice might whisper, "If you call your mother-in-law, she'll see what a bad parent you are" or "If you bring store-bought brownies, your co-workers are going to laugh behind your back." Immediately picture a giant red stop sign or other cue that signals you to stop the guilt. Counter it by reminding yourself that asking for help is healthy choice. It increases your effectiveness as a parent because if you make choices that conserve your energy, you'll have more available to use for the important tasks. If other people judge you, their opinion has no real power over you unless you allow it to. Remind yourself that their opinion is based on their own life experience. They have no real way of understanding your challenges or knowing the best choice for your own family.

Everyone gets overwhelmed at times, and when you're raising multiples the challenges rise accordingly. By reminding yourself that it's okay, creating a workable plan, tapping into all available resources and detaching from others' judgment, you might just find that those stressful days are coming a little less frequently.♥

Barb Nefer is a counselor/life coach in Celebration, Florida. She offers services online and in person to couples and families. She is married to a twin and is an active freelance writer who enjoys writing about self-help and parenting topics.



Wish You Were Here...

April 17, 18 & 19, 2009 in Denver, Colorado

Celebrate Springtime in the Rockies with thousands of your friends...
at the 1st National Multiple Birth Awareness Family Weekend Event

Presented by TWINS Magazine, Fetal Hope Foundation and the National Organization of Mothers of Twins Clubs, Inc.

More Details Coming Soon & at www.TwinsMagazine.com



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National Multiple Birth Awareness Month

NATIONAL ORGANIZATION OF MOTHERS OF TWINS CLUBS, INC.



It's About Them

Multiple births in general are on the rise. With an increase in births, comes an increased concern regarding the health and well being of multiple birth children. (Source: CDC)

It's About Us

In support of our mission, NOMOTC is proud to announce the first annual National Multiple Birth Awareness Month which will be held in April 2009. We are partnering with the Fetal Hope Foundation and TWINS™ Magazine as we plan local and national events in support of educating our communities about the wonderful world of multiples; and to spread the word about the support groups and networks that are in place today which can provide ongoing support.

It's About You

Local clubs, across the country celebrating together during April 2009.

For more information contact executivevp@nomotc.org



Buy your keepsake copy of this commemorative silver anniversary issue TODAY! Order now at: www.TwinsMagazine.com

News from Fetal Hope

By Lonnie Somers

"I Am D."



"D." is my most important title and role I play in the lives of my five-year-old twin daughters Ashley and Aspen. D is short for Daddy. I love being called D and every

time I hear it (and anyone with kids knows how many times per day you hear your name called), I realize how lucky I am. My daughters are survivors of Twin-to-Twin Transfusion Syndrome (TTTS). I know when I hear them call me D; I know that I may have never had the opportunity to hear this. Sadly, 200 families every day will realize this fear. This is how many babies we lose every day to fetal syndromes, disease and distress like TTTS.

Ashley and Aspen are the inspiration for us founding the Fetal Hope Foundation. We are the leading and only source supporting families, providing awareness (both to the public and health care professionals), education and raising important funds in battling the some 800,000 pregnancies affected in the US per year. As we begin to start 2009, we have some very exciting developments I would like to inform you about.

New Website: We will be launching our new website in first part of the year. This has been over eight months in development and will offer the most comprehensive information and support for all fetal distress, syndromes and disease. We will have more interactive areas including new forums, new blogs and easier navigation.

TTTS Race for Hope Has Been Renamed the Race for Fetal Hope:

Also new for 2009 is the renaming of our TTTS Race for Hope national series. In aligning more of what Fetal Hope does, the race series is being renamed to Race for Fetal Hope. In the past 4 years, these events have raised close to

\$200,000 and reached more than five million people with awareness. Look for us in the following cities: Denver, Charlotte, Seattle/Kirkland, Boston, Houston, Jacksonville and Los Angeles (check out www.RaceforFetalHope.org for latest dates and locations).

Amazing Supporters Do Extraordinary Things:

2008 was a remarkable year for Fetal Hope. We helped well over 100 families directly and countless others with awareness and support through our various events, campaigns and at www.FetalHope.org. We could not have done it without all of your support and some remarkable people who did extraordinary events and fundraising. Matt Kowalczyk of Climb for Kids led a team mountaineering climb to Mt. Rainer and raised \$20,000. Talitha McGuinness and Georgi Wick, both directors of Fetal Hope, hosted new events that raised over \$7,000 and certainly major kudos to Mike Zeller (dad to twin sons who survived SIUGR) who raised more than \$12,000 through the fall national donation drive. We thank them and also you, because every little bit helps make a difference.

Make a Difference: The true effectiveness and success of Fetal Hope is because of you. Please join us in our common fight. Grass root efforts make the true difference. Komen would not be what it is today without the passion and grass roots efforts of people coming together to make a difference. Everyone can make a difference and we hope you will get involved by making a donation, fundraising, spreading awareness, becoming a support family, attending (or helping to organize) a Race for Fetal Hope event, attending any of our other events (including the sponsored NOMOTC, TWINS™ Magazine and Fetal Hope Foundation's Twins & Multiples festival in April 2009).

Have a wonderful 2009 and remember that when your kids use your name too many times during the day, it is a blessing. ♥

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Want to Teach Your Twins to Skate? Get Some Crates!

By Amanda Howe

Do you want your twins to learn how to “moo”ve along the ice with ease, but are overwhelmed with the thought of one wobbly body on the ice, let alone two? Then a couple of milk crates and my advice may be just what you need!

This past winter our identical twin daughters were three years old and their older sisters were five and seven, our middle child still needed instruction and assistance while skating. My husband and I found it very difficult to help her while our youngest girls were demanding to hold on to one, or both, of our hands at the same time. As is often the case for parents of multiples, there were six needy hands and only four hands available. It was, literally, back-breaking work, as we leaned over time and again to hold a hand or lift a weeping, wet child up off the ice. We were all frustrated; however, with my husband being an athletic director and an ice hockey coach, and the fact that I grew up playing pond hockey with my four brothers, giving up was not an option. Whether our children started playing hockey or not, we wanted the whole family to have fun ice-skating.

Fortunately for us, my sister-in-law gave us a suggestion for which we will be forever grateful. Her younger son had learned to skate in a program at a local rink that utilized milk crates for beginners. She said it had worked wonders, and we felt it was worth a try. We were lucky to have a couple of old crates in our basement, left over from our college days. We bought two more, and then we were ready to give it a go! We never looked back.

Here's how you can get started:

1) Buy or obtain some crates, two per child. The best milk crates to use or buy are square, and made out of heavy plastic. Traditionally these are used to transport milk and other products from dairies to retail establishments, but many large department stores sell them as “dairy crates” or “storage crates” in their kitchen and/or

housewares departments. You may even be able to pick them in your child’s favorite colors, such as bright yellow, blue, red, or black. My sister-in-law’s family was lucky; a local dairy donated over thirty milk crates to their community’s learn-to-skate program! Before stepping onto the ice, tie or duct tape two milk crates securely together, one on top of the other.

2) New learners are bound to fall once in a while.

Besides skates, make sure each child has a properly fitted helmet and waterproof mittens or gloves. Snow pants are also a good idea, to keep them warm and dry.

3) Show your budding skaters how to get their feet into a “v” or wedge position and push off with the right and left skates that way.

Our twins discovered that if they tried to push off on the tips of their hockey skates, they didn’t get anywhere. If your children are wearing figure skates, they might be able to use their toe picks to move forward while pushing the crates. Don’t encourage this, or they might rely on the toe picks and never learn the correct method.

4) Have your child lean forward over the crates to keep his or her balance.

One of the mistakes novice skaters make is leaning back; if they do, they inevitably fall down. Having their forearms on the milk crates helps children get in the habit of leaning forward a bit.

The crates provide new skaters with a sense of accomplishment; they can really get somewhere. The better your children’s skating technique, the faster they can push the crates.

5) Watch for what our family calls a “lazy leg.” Most people have one. If you notice that your child is relying on one leg more than the other, mention it. This might become more obvious once they are skating on their own. If this happens, have your child pretend that the front skate is like a skateboard, gliding along on the ice, while the back skate pushes the front one along. This provides good practice for both legs.

6) Once your twins (and you) feel more confident, encourage them to let go of the crate and try skating on their own. The crate is a comforting “home base” as children try out their new skills. Our twin daughters felt brave enough to do this after just two practice sessions.

After a few weeks have gone by, your twins’ balance and ability should improve, and you won’t have to rely on the milk crates anymore. The twins will be zooming around in the crisp air, huge smiles on their faces (and yours). Ice can be pretty slippery, but teaching your twins how to skate using milk crates makes the process easier, faster, and a lot more fun!

TIP: If you don’t have access to a frozen pond or lake, make sure you ask permission before using milk crates at a public skating facility. ♥

Amanda Howe, the mother of four daughters, ages five, seven, and nine, with the youngest being twins, lives in Windsor, Connecticut and is co-editor for the Independent School Health Association Newsletter.



~Ask the Doc: Continued from Page 9

ID, bank account records, etc.).

- Cash or traveler's checks.
- Emergency reference material such as a first aid book or information from **www.ready.gov**.
- Sleeping bag or warm blankets for each person, especially in cold weather climates.
- Complete change of clothing for everyone, jackets and hats, sturdy shoes.
- Household chlorine bleach and medicine dropper (when diluted nine parts water to one part bleach, bleach can be used as a disinfectant.) Or in an emergency, you can use it to treat water by using 16 drops of bleach per gallon of water. Don't use scented, color safe or bleaches with added cleaners. Do not try to treat flood water which may be contaminated by toxic chemicals.
- Fire extinguisher.
- Matches in waterproof container.
- Mess kits, paper cups, plates and plastic utensils, paper towels.
- Paper and pencil.
- Books, games, puzzles and other activities for children.

Have a family emergency plan.

Depending on where you live, there will be different types of emergencies that you might encounter. Find out how you would be notified in your area for emergencies (emergency sirens, TV broadcasts, etc.) Your family may not be together when a disaster strikes, so plan ahead how you will meet each other, how you will contact each other, and what you will do in certain circumstances. It is helpful to have and out of town contact, such as a relative, as long distance calling may be more available than local calling. Make sure every family member has the phone numbers they will need. Also find out what the emergency plans for your children's school and your work places.

Be informed.

Check out the government website for emergencies: **www.ready.gov**. It will give you lots of information to help you to prepare. There is a nice form you can download with fill-in information for your family emergency plan. It goes into great detail and also has a separate site for kids.

Some preparations for an emergency will be the same for both a natural and a man-made emergency. However, there are important differences in different types of emergencies and how you should respond to them. Be familiar with the types of emergencies you might encounter in your area. Know what to do to keep your family safe. Get involved in your neighborhood or community efforts. The lives you save may be your own! ♥

Do you have a question for our Doc? if so, send an e-mail to: twinseditor@twinsmagazine.com and include 'Ask the Doc' in the subject line and we will try and include your questions in upcoming issues.

REBECCA MOSKOWSKI, M.D., FAAFP

*Dr. 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*, which can be found at www.twinstoquints.com.*



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A Little Privacy, Please: Will Too Much Twin Togetherness Hinder Your Twins' Individuation?

My teenage, fraternal twin sons have been in separate classes for many years and have different interests and personalities. Yet they still hang with the same friends, eat lunch together at school every day, and share a bedroom at home. Although I marvel at their close bond and deep friendship, I also can't help but worry that all this twin togetherness may adversely affect them in the future. When they become adults and part ways, each living his life as a "singleton," for instance, will they be independent, self-assured men or will they rely too much on one another for advice, support, and approval? Part of the problem is that like many twins my boys lack time alone, separateness, and just plain privacy. "Twins lack privacy because they're born into a situation where they are within their twinship nearly all the time," says Joan Friedman, Ph.D., author of *Emotionally Healthy Twins: A New Philosophy for Parenting Two Unique Children* (Da Capo Press; 2008). "Even before they're born, there's a lack of privacy because they're sharing the womb." Whether you're a singleton or a multiple, everyone needs time to himself beginning in early childhood. When young twins have a chance to discover life on their own without the interruption of a co-twin, they're free to get a sense of themselves within the context of other children, an important step to developing emotional autonomy. It's during separation, for instance, that twins are able to build a positive self-concept. They learn self-motivation, too. Plus, studies have shown that alone time—those private moments away from everyone—increases one's ability to concentrate, a great skill to have in the classroom. But, more importantly, if twins successfully individuate on their own when they're young, once adolescence and the second phase of autonomy begins, it will be a lot calmer for all. For it's during the pre-teen and teen years that children slowly break

away from their parents as they mature into adults, able to make decisions on their own. Those with a healthy sense of self won't have the added struggle of separating from their co-twins as well.

early by encouraging her daughters and their younger brother to pursue separate activities that each enjoyed. Although Baker quickly found out that her good inten-



By Christina Baglivi Tinglof

THE TWIN MYTHOLOGY

Friedman, an identical twin herself as well as the mother to 19-year-old fraternal twin boys, notes that some people view twin separation as unhealthy, as if it's something that's going to interfere with the twin relationship. "Twinship, on a whole, is so idealized," she says. "If you're not a twin, it's easy to project that all twins love each other, that they're best friends, and that they need each other. So the idea of twin privacy, separateness, and individuation can shock some people." In fact, when I interviewed one mom whose 15-year-old identical twin daughters still do everything together, she begged me not to write this article. She believes that some twins never need separation. Yet Deb Daniels of Hartford, Conn. and mother to five-year-old twins, Stephen and Joy, sees it differently. "They're twins and they will always share a special bond, but they're individuals first and foremost." Most parents are on the right track in helping their twins grow and develop. "I've always strived since the day they were born to treat them as individuals, not as twins," says Juliann Baker of her 11-year-old fraternal twin girls, Abigail and Natalie. This Thomaston, Conn. mom laid the groundwork

tions were turning her into a taxi driver as she motored all over town to various sport fields, her strategy showed her kids that each was unique and special. Sara Boretz of Upland, Calif. celebrates her 15-year-old identical twins daughters' differences. "Each has carved out her own niche," she notes. Elise, for instance, is into her music and loves the precision of the marching band, while Suzanne enjoys drama and visual arts. Both girls spend plenty of time apart with their various activities but Boretz sees this as a positive. "They really do get along amazingly well and I think a lot of it is because they're often apart for long periods of time."

BEGIN THE PROCESS WHEN THEY'RE YOUNG

Cheryl Lage, author of *Twinspirations: Real-Life Advice from Pregnancy Through the First Year* (Taylor Trade Publishing; 2006) and mother to seven-year-old twins, Darren and Sarah, says her daughter began asking for "space" at age two! "We'd offer encouragement and support by suggesting another activity for the other, non-space needing twin," she says. "For instance, we'd say, 'Why don't you come over here

and read to me while your sister does her artwork?' We've found this to be very effective."

But it's not unusual for toddler twins to want to spend every waking minute together and it can be difficult to separate the pair. Like most families with young twins, Christine Houston's six-year-old fraternal twin boys, George and Max, share a close relationship. "I know this will change with age, but right now my twins are in the honeymoon phase and enjoy the intimacy," says the Glen Ridge, N.J. mom. "They're very much synchronized and in tune with each other."

Still, parents need to think about how they can gently prepare their twins for life as a singleton down the road. Furthermore, moms and dads shouldn't rely solely on their twins asking for more separation and privacy, but instead parents should look for subtle signs that more individual space is needed. Although Melissa Rucker's four-year-old fraternal twin daughter is protective of her co-twin in their shared pre-school classroom, the Fort Lauderdale, Fla. mom isn't sure her kids are ready to make the leap to two different classrooms next year. "The teacher told me that when they were turn taking with the entire class and it was Michael's turn to look around the room and locate things hidden with a specific letter, Madison kept helping him, but not helping anyone else when they had trouble," she explains. "Obviously it would take a lot more than that example for me to absolutely be sure that they needed to be separated in school."

According to Friedman, however, parents should be proactive, as most twins wouldn't think of saying they want to separate from a co-twin for fear it would hurt their sibling's feelings. "Parents shouldn't wait for their children to ask for separation. Parents should provide these things," Friedman notes. Whether it's a separate bedroom, classroom, or hobby, when your multiples demonstrate that they're ready, Friedman says to go for it. "Parents need to think with some forethought that it's their responsibility to set up boundaries. They have to stop thinking that it's going to emanate from the

twinship itself, because it's not." Even before the birth of her fraternal triplets, Maureen Kinney of Cooper City, Fla. set the stage for three independent little people. First, she and her husband decided on vastly different names for their children and then gave each a separate bedroom painted and decorated to each child's preferences and styles. "I think this has gone a long way in encouraging separateness," Kinney says of her four-years-olds, Samantha, Toby, and Jordan. "Although they are still fiercely attached and emotionally tuned into one another, they present themselves as separate beings with different likes and dislikes."

Obviously not everyone can offer their twins the luxury of separate bedrooms, but even carving out individual space within the same room is step in the right direction. Give each child a wall to decorate, for instance, or his own personal bookcase where he can display special trophies, vacation souvenirs, or just his favorite stories.

In our house, I try to make up for the lack of an extra bedroom in other ways. For instance, we now allow one twin to stay home alone while the rest of us go on a family hike on weekends. For those few hours, one or the other gets full reign of an empty house to do as he pleases.

Offering time alone with just one parent or an available relative is another great way to give each child some space away from a co-twin, too. Deb Daniels' twins and older singleton daughter regularly take turns sleeping over at Grandma's house. "We also try to have regular one-on-one time with each of them," she says. "We also do the "just the girls" or "just the guys" (Dad and Stephen) thing."

ZYGOSITY COUNTS

There's no question that in their quest for individuation, boy-girl twins have it a bit easier than same-sex twins. "Boy-girl twins can separate naturally as they get older because they have many opportunities to gravitate toward gender-specific activities," Friedman says. Furthermore, she adds, many opposite-gender twins don't have the same societal pressure to be "best friends."

Alicia Gutierrez describes her 14-year-old twins, Cristina and Nicolas, as "very tight," but the Miami, Fla. mom also says at this age, they're very independent of each other, too. "They have separated themselves by having different interests and friends," she notes. These days she tries instead to find ways in which they can spend more time together! "When Nick is going to the movies with some friends, for instance, I ask him to ask his sister to go. Sometimes she goes, and other times she doesn't."

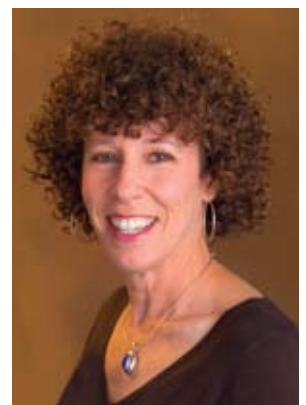
Lucia Fernandez of Alta Loma, Calif. agrees. "It's easier for boy-girl twins to separate as they get older," she says of her 16-year-old twins, Francesca and Dallas. "They're naturally involved in separate activities because of their interests."

IT'S ALL IN YOUR ATTITUDE

Offering individual space and encouraging separate activities are a few concrete ways that parents can help their twins cultivate autonomy. It's those small, tolerable doses of separation, Friedman stresses, that will help your twins get to know themselves outside of their twinship. "Your overall goal is to help them individuate," she says. "All those little experiences throughout their lives really prepare them for when they have to deal with the challenges of adolescence." ♥

Christina Baglivi Tinglof lives in Southern California and is the mother of three sons, including 13-year-old fraternal twins and a 10-year-old singleton. She's also the author of "Parenting School-

Age Twins and Multiples" and "Double Duty: The Parents' Guide to Raising Twins" available from the TWINS Parenting Bookshelf. Christina's website is www.talk-about-twins.com





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Keeping it Together:

7 Tips for Busy Moms

By Chela Wallace

As the mom to three sons (a ten-year-old and four-year-old twins), finding time for everything and everyone (including myself) is a daily challenge. Out of necessity, I've developed strategies for making it all work. Try these out, come up with your own, mix and match for a combo that works for you. Be realistic and tell the perfectionist in your head to take a hike. I guarantee, you'll keep your sanity (most of the time). If you later choose to re-enter the workforce, don't forget to add "Time Management Guru" to your resume!

1. Take care of yourself before the kids get up.

Every morning, make the day your own by taking 10 minutes to do something just for yourself. Don't like exercising first thing? Try meditating or gentle stretching with deep breathing (this feels especially good after a warm shower). How about some writing? Don't shoot for the great American novel: today's To-Do list, journaling, or a birthday card to an old friend is enough.

2. Think about the next day's activities and prep the night before.

Laying out clothes, packing backpacks and making lunches the night before is always a good idea, but don't forget about after-school activities. A couple years ago my oldest sang in a choir on Tuesdays after school. On Monday night, I got his rehearsal music together, stocked the twins' diaper bag – and put them in the car. When the time came to leave, all I had to remember was the kids – and the mad rush out the door wasn't quite so stressful.

3. Make that list!

And then update it as you go. Nothing is more satisfying than crossing stuff off. Moms have to keep track of a lot of things, including constantly monitoring

where the kids are. (Hey, if we couldn't do this, the saber tooth tiger would have gobbled up the little tykes while we cooked the mastodon stew!) Give yourself only one thing to remember: look at the list.

4. Keep two calendars – one on the wall, one on your computer.

I'm not suggesting this because I have twins and think of everything in twos – I swear! We have a family calendar in the kitchen, the one room where we all congregate. I put recurring events on it (like my oldest son's Taekwondo schedule) where everyone can see. I use my email program's calendar for time-sensitive special events, such as dental appointments, library book due dates or calling my OB to set up my annual appointment (oh, joy!). I'm on the computer often enough that the popup reminder works perfectly.

5. When the kids nap, it's power naptime for you!

Find a favorite spot and lie down for a quick refresher. I stretch out like a cat on the cushy living room carpet in a little bit of sunshine and just let my mind go. I set the oven timer for 20 minutes to get in some good "zoning" without the worry of over-sleeping. When the timer goes off, the "beep-beep-beep" is a gentle way to re-enter the world.

6. Buy a headset for your portable phone.

Plug it in and clip your phone to your waistband or pop it in the pocket of your sweats. (You are wearing sweats at home, right?) Everyone I call has gotten used to hearing the sound of dish washing in the background. I never read or write while on the phone, but I've become expert at switching laundry, prepping meals, making beds, etc., while talking.

7. Save the brain-dead stuff for when you're, well, brain-dead.

Nothing hits the spot after a long day like a good crime drama re-run. That's when I fold all my laundry. I don't put it away until the morning; instead, I create "Laundry-Henge" on the floor in front of me: A semi-circle of folded clothes, stacked and organized. I also use this time to sort through paperwork from the kitchen counter, recycling the junk and lightly organizing the rest of the stuff into Priority Piles: Urgent, Later and Maybe I'll Get to It One Day. ♥



Chela Wallace's twin sons, Lars and Derik

Chela Wallace is a freelance writer who lives and works in the Portland, Oregon area. She is a mother of three including a set of twins. She recently wrote about her twin sons' preschool and was recently published in the business section of the Beaverton Valley Times. She has two children's books out making the rounds to publishers. In addition to her creative writing, she has been a technical writer/copyeditor for over 12 years.





Let's Celebrate!

Birthday Ideas for Parents with Twins & Multiples

All children's birthdays are special, and for twins, they are doubly special. Parents of twins have so many questions regarding this special day and rightfully so; they are more complex than a singleton birthday. These celebrations are an important opportunity to show your multiples they are loved as separate unique individuals who also share a unique bond. Parents confirm this in both their words and actions.

As a monozygotic twin and a psychotherapist who works with multiples and their families, I would like to share some of my personal experiences around birthday celebrations. When I was young, my twin, Elaine, and I would always share a birthday. It never occurred to either one of us there was another way to celebrate a twin birthday. My parents bought one cake for Elaine and me and then sang "Happy Birthday" to both of us at the same time. When we had a "Sweet Sixteen" party, again there was one party and one cake and our friends sang one song to both of us.

After Elaine and I married our respective spouses, Elaine moved to another state. It was then I experienced my first birthday without her. I had my own separate cake; it was just for me. Friends and family sang "Happy Birthday" to me. I found myself alone in the spotlight. I didn't know what to do. I felt like this was truly my first birthday party. I blew out the candles and relished the experience while missing my twin sister, who I knew was experiencing the same thing.

It is through my personal and professional experiences that I suggest the following:

Should twins share or have a separate birthday celebration?

This depends on the age of the twins. For very young twins, just having a party; that is what is exciting to them. They may not be aware of their separateness. Sharing a party would make it easier on parents, who are tired

from the first years of child caring. Also young twins are happy and content with their co-twin and a small select number of friends.

For older children, this can be an important time to discuss with them their separateness and uniqueness. They may have similar or different interests, desires and/or friends. Let them have a say in their birthday celebration. Tell them there is no right or wrong way and what they want one year may or may not be what they will choose the next year; it can be a year by year decision. You may also want to talk to them about what is feasible and the advantages and disadvantages to each scenario.

How do we celebrate?

As multiples get older and develop their own identities, likes and dislikes, they may want to celebrate their birthdays in different ways. Ask them what they would like. One may want a "Princess" party; the other, "Sponge Bob." If twins have separate parties, this does not present a problem. For those twins who choose to share a party, it will take more planning. I have seen many houses decorated in two themes. It is amazing how creative you can be and the décor will definitely be "one of a kind."

Should we have one cake or two?

You probably know my answer by now. It is so important every child feel he is special, unique and valued in his own way. For twins the need is even greater. Each twin needs to be acknowledged and have their own cake, whether they are simple cupcakes or more elaborate themed cakes.

Also, be sure to sing "Happy Birthday" to each one individually. No matter if the cakes are brought out together or separate. Keep track of who was sung to first and switch the next year.

What about presents? Should we give them the same gift?

One of the most special gifts every child loves, especially twins, is to share some "alone time" with each parent, grandparent, or friend. This is a gift that

both of your twins will cherish. It will be greatly appreciated, even if it is just a trip to the ice cream parlor.

When giving presents, it is most important that children receive their own individually wrapped gift. If a large gift is given to be shared, an additional small toy can be purchase for each. For the very young child, there is no perfect answer whether to give the same or different toy. It would be difficult to know what toy each one would like and/or if they would each like the same one. Some parents give similar toys (two different books or two different cars).

As your twins get older and continue to develop their own interests and desires, there are more options. You can ask each twin to make a wish list and pass this on to others. There are times when they will receive a present they don't like. Or they may want the one their co-twin received. Again, this is a valuable time to have a discussion about being separate individuals. I suggest you talk with them about their feelings and share the heartfelt reality that they will not always be the same in everything they get or do. Inform them it usually balances out in the long run.

Celebrations are wonderful opportunities to show your twins how separate and unique they truly are and how much they are individually loved. These discussions and celebrations prepare them for life's lessons.



Eileen M. Pearlman, Ph.D. is the Director of TwInsight headquartered in Santa Monica, California (www.TwInsight.com). She is a twin herself and is married to a twin. She is the co-author of "Raising Twins From Birth Through Adolescents: What Parents Want to Know (and What Twins Want to Tell Them)" published by Harper Collins.





NEW! Indivisible by Two: Lives of Extraordinary Twins by Nancy L. Segal, Ph.D. —Published by Harvard University Press. A fraternal twin herself, Dr. Nancy Segal is a professor of Psychology

at California State University. The author of *Entwined Lives: Twins and What They Tell Us About Human Behavior*, Dr. Segal brings us the stories of the lives of twelve sets of multiples. "To many people, twins seem extraordinary, even bizarre," Dr. Segal writes, "Their lives are hard to imagine, even though they are just being themselves." Bringing detail to the lives of these sets of multiples, Dr. Segal considers the challenges and the joys of being a multiple. She reports on the lives of twins both similar and different, as well as multiples that have had unique and changing life experiences. **280 pages, hardbound. Price \$24.95**



Winner of the 2007 Best Parenting/Family Book in Reader Views Annual Literary Awards! Twice the Love: Stories of Inspiration for Families ... with Twins, Multiples and Singletons compiled and edited by Susan M. Heim

Cartoon artistry by John M. Byrne Published by TWINS™ Magazine. This touching book is filled with true stories 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 twin, or for grandparents and relatives. **214 pages, softbound. Price: \$13.95**



Sweet Dreams Lullaby CD. This CD has sparked overwhelmingly positive attention from parents, celebrities, and media. The nearly hour-long CD has quickly become a favorite among little ones and parents across the country. Actress Brooke Shields chose the O'Neill's rendition of "Itsy Bitsy Spider" as the theme song on the audio CD version of her best-selling book, "Down Came the Rain." Other celebrities - including famous dads Matt LeBlanc (Joey on "Friends") and rocker Dave Matthews - have received copies of the CD as baby gifts. Parenting magazine called the CD "reflective" and "resonant." *The Los Angeles Times* called it "gentle, graceful magic." 31 nursery rhyme songs on 1 CD. **\$13.95.**

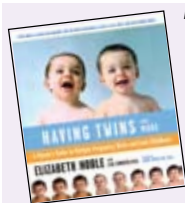


Mothering Twins Advice and Support from Five Moms Who've Been There and Lived to Tell the Tale by Linda Albi, Debra Catlin, Donna Florian Deurloo, Sheryll Greatwood, Deborah Johnson. Published by Fireside Books. Five mothers from Oregon with six sets of twins offer helpful advice and thoughtful personal experiences regarding their pregnancies, births and first year of parenting twin babies. Having twins can be an exhausting experience, but an experience that also can be exceptionally rewarding and fulfilling. The authors provide practical suggestions and insight into topics ranging from finding out that twins are on their way, to the birth experience to establishing support systems and going out with the babies. Also included are chapters about couple relationships, the experiences and adjustments of older children to their new siblings, locating child care, and managing toddlers. Includes extensive resource section and suggested reading. **414 pages, softbound. Price: \$14.00**



Twin Spin CD by Judy Krause, a songwriter and mother of twins Danielle and Jason, brought together ten talented musicians and singers to create an enchanting collection of happy, fun songs specifically for twin children. Your twins will love to sing along and dance to these 16 joyful songs performed in a variety of musical styles. What twin child can't resist singing and dancing to "Double Double Fun Fun," "The Twins are Marching," and the title song, "Twin Spin"? With nearly an hour of recorded music, you'll find the CD is perfect for short or long drives or having fun at home. Musicians included in this

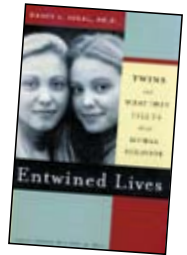
special collection include Eric Troyer, a member of the rock group ELO; Tom Barney, a member of television's Saturday Night Live Band; John Van Eps, who played with jazz greats Miles Davis and Dizzy Gillespie; Ross Traut, who has played with folk singer James Taylor; Clint de Ganon, who played with Billy Preston and Dionne Warwick; and Jeff Mironov, who has played with singers ranging from Michael Bolton, Whitney Houston and Michael Jackson. Please note that product is not returnable if opened; defective CDs may only be exchanged for the same item. **Price: \$15.99**



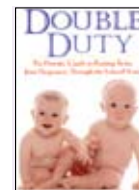
Having Twins and More A Parent's Guide to Multiple Pregnancy, Birth, and Early Childhood Revised Third Edition by Elizabeth Noble Published by Houghton Mifflin. Elizabeth Noble has nearly 30 years experience in working with multiple pregnancies. Her best-selling book, "Having Twins and More," provides detailed information about the birthing experience, postpartum concerns, and caring for twins at home. Noble believes that many of the common problems associated with multiple pregnancies can be prevented by a vigilant program of prenatal care by the mother. Simply, education, nutrition, hydration, exercise, and rest can greatly help expectant mothers. In her book, Noble covers many different topics, ranging from proper nutrition and prenatal

care, to preparations for a multiple birth to techniques and treatments to prolong pregnancy and avoid premature birth. Nine appendices are included, providing information about exercise both prenatal and postpartum, information about assisted reproduction technology and planning for parents and hospital personnel in the event of a loss. Well illustrated, and with a glossary, bibliography and resource section, Noble's book provides insightful information and assessment of risks and potential complications to allow parents expecting twins to make informed, safe choices in their healthcare plans and procedures. **560 pages, softbound. Price: \$18.95.**

Entwined Lives: Twins and What They Tell Us About Human Behavior by Nancy Segal, Ph.D. Published by Penguin Group. Preeminent twin researcher and fraternal twin Dr. Nancy Segal is a psychology professor and director of the Twin Studies Center at California State University.



Her book "Entwined Lives" combines case histories and recent research in exploring the life of twins and the special relationship they share. Expertly researched, Dr. Segal's book includes discussions on intelligence and personality traits, the physical growth of twins, twins reared apart, unusual twin types, the nature verses nurture debate, and modern fertility treatments that bring about multiple children. Also covered are famous twins, conjoined twins, twins in the animal kingdom and the loss of a twin. "Entwined Lives" is a significant study of twins and a valuable resource for parents of twins and for twins themselves. Includes a detailed glossary of terms. **396 pages, softbound. Price \$18.55**



Double Duty: The Parents' Guide to Raising Twins, From Pregnancy Through the School Years by Christina Baglivi Tinglof. Published by McGraw-Hill. Parents of twins are doubly blessed, writes Los Angeles author and mother of twins Christina Baglivi Tinglof. In her book

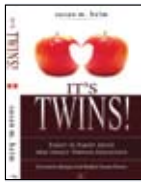
Double Duty, Tinglof provides real-life solutions, parent-tested suggestions, clever ideas, and expert advice for successfully raising multiple birth children. From hearing the news that twins are on the way, through the toddler years and schooling, Tinglof offers reassuring advice for new mothers. Each chapter includes a thoughtful "Top Five" list of facts, ideas, and creative suggestions. Topics covered by Tinglof range from selecting a doctor, to considering essentials for a nursery to feeding newborns. Other topics include bonding with twins, traveling locally and overnight, handling the terrible twos and considering separate classrooms for school age twins. Includes suggested reading and a resource guide. **201 pages, softbound. Price: \$14.95.**



NEW! Mothers Multiples Breastfeeding & Caring for Twins or More! Third Revised Edition by Karen Kerkhoff Gromada. Published by the La Leche League. 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. Gromada has completely revised and updated the best-selling La Leche League International book "Mothering Multiples" into a comprehensive guide for new and experienced mothers. Emphasizing the positive aspects of mothering, the author covers many topics related to expertly raising multiple children. Effective breastfeeding preparations and techniques are examined in detail, including tools and goals. Other topics include diet and nutrition before childbirth, preparing for birth, understanding the Newborn Intensive Care Unit, comforting fussy babies, managing sleep, adjusting to the arrival of multiples as a family and as parents, and parenting toddler multiples. Illustrated. Includes resource guide, appendix and index. **432 pages, softbound. Price: \$18.95**

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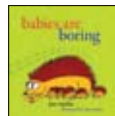
NEW! It's Twins! Parent-to-Parent Advice from Infancy through Adolescence by Susan M. Heim. Foreword by Vonetta Flowers. Published by Hampton Roads Publishing Company. Navigating the often-turbulent waters of parenthood from birth through high school, Susan Heim offers a firm hand on the wheel for parents of twins and higher order multiples. Real-life stories from parents provide inspiration and guidance, as does heartfelt advice and reflective suggestions from actual experiences with twin children. Written specifically to be the "go-to" guide for parents, "It's Twins!" avoids the trap of many parenting books that read like textbooks. Rather, Heim provides an entertaining, often humorous guide to raising twins in today's ever-changing world. Whether you're trying to decide about breastfeeding your newborns, or handling the trials of your children's adolescence, Heim's worldly wisdom helps parents better understand their unique twin children and make the right decision in their upbringing. "It's Twins!" includes quick tips on raising twin children, interesting facts, and a guided journal for parents to note their own special moments and events with their children. Susan Heim is a mother of twin boys and the former senior editor of the popular "Chicken Soup for the Soul" book series. A Florida resident, Susan also served as the editor of "Twice the Love: Stories of Inspiration for Families of Twins, Multiples and Singletons" (TWINS™ Magazine, 2006). **328 pages, 25 photographs, softbound. Price: \$17.95.**



The Multiples Manual: Preparing and Caring for Twins and Triplets 1002 Essential Tips for Expectant Mothers from Pregnancy to Preschool 2nd Edition. Lynn Lorenz is an identical twin herself, and the mother of triplets and a singleton. She's an accountant by profession, and developed this wonderful handbook in her spare time (yikes!) to help simplify life for other moms when they're expecting twins or triplets, and after they have their babies. This updated second edition is loaded with tips, and tells you all the things you need to plan for and think about...everything from the perfect shower gifts (and what to steer clear of!), breastfeeding issues, to safety proofing and sleeping through the night. This is a great guide for pregnancy to preschool. Lynn actually thinks multiples are easier to manage than singles, and you'll learn why in her book...she's been there, done that! She's really good at sharing what she's learned, on her own and by being active in twins clubs. You'll find this manual to be enormously entertaining and highly informative. The tidbits are easy-to-digest and very readable...a lot of books theorize about getting babies to burp or sleep, for example—they seem aloof and at arm's length. Lynn Lorenz's book is like having your neighbor who has raised 7 kids handy to actually tell you how to do things. This is a very good resource for every expectant mom and every new mom. **Paperback. 288 pages. Price: \$17.95.**

Fun Books for Multiples

I'm Having Twins is an inspirational children's book about a 4-year-old girl named Paris who comes to terms with her parents adding twin siblings to their family mix. The story begins as Paris learns that she will soon have twin siblings and ends as the family leaves for the hospital to have "Her Twins". The book takes Paris through the trials and tribulations of a twin pregnancy from the big sister's perspective and shows her how they are really hers, too, easing her transition to Big Sisterhood. It is based upon the real-life experiences of a little girl named Paris living in the San Francisco Bay Area. **Price: \$12.95**



NEW! Babies are Boring by father of twins, Jon Ritchie. This tongue-in-cheek look at babyhood is the perfect relief for moms and dads who want a fresh new book to read with their newborns and young toddler age twins. Bright bold illustrations and fun-to-read rhymes will charm both parent and child. Written by a father who knows what it's like to raise two at a time this is an adorable book you will love. **40 pages, hardbound. Price \$11.95**

My Twins are Coming Home In the second book in the series, Paris describes her experiences once her twin siblings are born, including their time in the hospital and their coming home. She shares her thoughts on visiting her twin sisters in the hospital and waiting several weeks for them to come home, why they came home at different times, and her thoughts about now sharing the attention of her family and friends with the new arrivals. **Price \$12.95**



Michael's Brothers Michael is the older brother of twin baby boys whose antics tickle Michael's funny bone. A great story for helping older or younger siblings of twins get over the jealousy and rivalry that are part of having constant attention focused on the multiples, so they see the funny side of life with multiples. Twins will love this story, too. It's a real giggle! For parents to read to children ages 2 to 5 and for early readers. **20 pages, softbound. Price: \$5.95 on sale for \$2.95**



The Twin Team Twin boys Ashton and Rhett are afraid to go to bed each night. Though they plead with their mother to stay up a few more minutes, mom tells them instead of the power they have together as twins. Working as a team with their flashlights and toy swords, they can battle any bedtime monster or fear that lurks in the darkness. "We have nothing to fear," says Rhett, "The Twin Team is here!" Ages 2-5. **16 pages, softbound Price: \$5.95 on sale for \$2.95**



The Twins & the Birthday Party Six-year-old Lucy gets invited to a birthday party but her twin brother Larry doesn't. Getting left out makes Larry sad. While the party's going on, Mom takes Larry to the park. At first he remains glum, but gradually he begins to enjoy himself when a classmate arrives and plays with him. With money from Mom, Larry buys an ice cream for himself and one for Lucy, who has obtained two balloons from the party. One of them is for Larry! This is a wonderful story about dealing with twin separation. Read to children ages 3 to 5 and for early readers. **16 pages, softbound. Price: \$5.95 on sale for \$2.95**

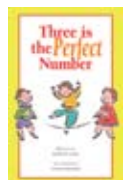


Wishing on a Star Kyle and Tyler, 5-year-old fraternal twins, love to gaze at the stars from their bedroom window. They see shapes, like footballs and fish and airplanes, and then make up stories to go along with the images. One night, Mom sees them stargazing, and they tell her about their special nighttime activity. She shares how she used to wish the same wish every night when she saw the first bright star. She wished for a child to love. To her surprise, "all of my wishing on stars gave me two." A great story for parents to share with their special "wishes." To read to children ages 2 to 5 and for early readers. **16 pages, softbound. Price: \$5.95 on sale for \$2.95**



You Can't Trick Me In this charming rhyme, identical twins Quinton and Zachary delight in tricking others about "who is who." They can trick friends, teachers, even Grammy. But they can never trick Mom. How can she always tell them apart? "I don't look with my eyes," she says. "I look at both of you with my heart." For parents to read to children ages 2 to 5 and for early readers. **16 pages, softbound. Price: \$5.95 on sale for \$2.95**

Three is the Perfect Number This triplet story is a wonderful story to teach twins or triplets the joys of having siblings the same age. Triplets are shown jumping rope, playing restaurant, sneaking cookies and giving parents a big bear hug. A growing-up story that stimulates imagination and self-directed playtime activities. For early readers ages 3 to 5. **16 pages, softbound. Price: \$5.95 on sale for \$2.95**



Tiny Tired Twins This bedtime story, full of rich imagery, conveys a peaceful "sleepy" message. It's filled with illustrations of "twin" animal babies: swans beneath their mother's wing, tiny foxes nestling in their den, eaglets snuggling in the nest, and squirrels curled inside their hollow tree. Introduces counting, seasons, and concepts of me and you. Perfect for parents to read at bedtime to toddlers ages 2 to 4. **16 pages, softbound. Price: \$5.95 on sale for \$2.95**



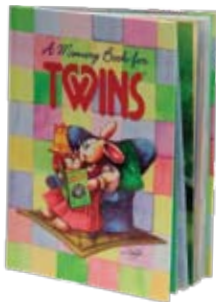
Twinsip is in Your Heart On a visit to the park, mom gives twin brothers Alex and Evan a riddle to solve. Can they find the other twins in the park? Page by page, the author dispels twin stereotypes, teaching twins about individuality and that twinsip is in their hearts. Read to ages 3 to 5 and for early readers. **16 pages, softbound. Price: \$5.95 on sale for \$2.95**



Twenty Wiggly Toes Twins have 20 toes to wiggle in the sand, four feet for racing, four knees for crawling, four arms for flapping, four happy hands for clapping, 20 busy fingers to make clay balls, and two big yawns when climbing into bed. This is a wonderful story that introduces counting and numbers, plus names of objects, while provoking laughter over fun activities. For parents to read to children ages 1 to 3. **16 pages, softbound. Price: \$5.95 on sale for \$2.95**

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TWINS™ 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. **Sale—receive a specialized TWINS™ Memory book for only \$14.95 or buy two for \$25, and cherish both your twins' milestones in one colorful and beautifully illustrated hardbound book.**



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Weego Twin Baby Carrier—When traveling with infant twins this product can be a fantastic idea for those families on the go. If you're planning on doing a lot of sight-seeing or walking and want



a product specifically made for twins, then the Weego Twin Baby Carrier is a must for you. Especially designed for carrying preemies, it easily adjusts for growing babies and fits both mom and dad. This soft, lightweight design enhances development, allows each baby to feel comfortable and secure while stimulating their senses. It's machine washable, lightweight and comes in an attractive navy cotton twill design with blue & green plaid lining. You can order this product directly from TWINS™ Magazine by visiting www.TwinsMagazine.com. **\$149.00**

Featured Product...

Circus Train Picture Frame by Melissa & Doug—Popular children's toys and accessories manufacturer Melissa & Doug has created a colorful hand-painted solid-wood table-top frame that is perfect for holding three 2-1/8" x 2-1/8" photographs of your darling multiples. This Circus Train picture frame features solid-wood figures set on springs, creating a three-dimensional effect. You and your children will love this train containing an elephant, a giraffe, a camel, a monkey and your children. **\$19.95**



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in love with all of these adorable photos of twins submitted by our readers. **Calendars cost \$14.95 plus s&h or get a discount when you purchase three or more and buy them for only \$12.95 each plus s&h.**

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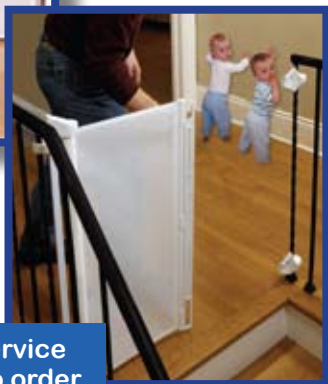
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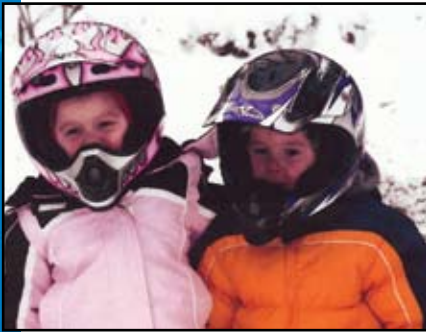
Double Takes

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1

Sophia & Valerie
3.5 Yrs
Glendale Heights, IL



4

Peyton & Nickolas
3 Yrs
Commerce Township, ME



5

Hunter & Hope
2 Yrs
Lake Hiawatha, NJ



6

Jordyn & Janaya
3 Mos
Japan



10

Brooke & Briana
4 Mos
Colonia, NJ



11

Edmond & Valerie
12 Mos
Brighton, MA



12

Gabrielle & Elly
4 Yrs
Peru, NY



16

Isabelle & Madeline
10 Mos
Grove City, OH



17

Jaden & Kailyn
9.5 Mos
Aiken, SC



18

Sophia & Ava
6 Mos
Pittsburgh, PA



2

Robert & Ada
22 Mos
Lansdale, PA



3

Everett & Macey
6 Mos
Fairbanks, AK



7

Maggie & Riley
21 Mos
Boxford, MA



8

Owen & McKinnley
4Yrs
Marathon, WI



9

Louis III & Benjamin
5 Mos
Washington DC



13

Brayden & Brendan
3 Yrs
Kinston, NC



14

Abigail & Julia
8 Mos
Hackelstown, NY



15

Jillian & Isabella
3 Yrs
Wakefield, MA



19

Audrey & Natalie
1.5 Yrs
Plainfield, IL



20

Sarah & Stacie
3 Yrs
Rochester, MN

Based on Parental Reports:

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

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My Laundry Basket: Living La Vida Loca

By Julie Blair

Elizabeth & Will Blair



You'd think the new, shiny trampoline with the 13-foot enclosure would be the big hit at our house these days. Or, perhaps you'd guess everyone's favorite would be the pool. Filled with 35 floaties, various wooden boats, several diving toys and a waterfall, you'd think it would get a lot of love during the dog days of summer.

But, alas, even the tri-colored plastic roller coaster that sits in our vast forested backyard sits dormant these days. No, the hit of the month has been—drum-roll please—my laundry basket. It is fabulous if I do say so myself. I bought the white plastic model at an area Linens-N-Things seven years ago in Rockville, Maryland. It came with a thoughtful indent for the hip. There's also an oversized lip around the circumference for ease in gripping the container when an Everest of clothing spills over its edges.

Alas, I'm not the only one to note its form and function. Sometime in early August, my four-year-old twins com-

mandered the laundry basket for higher purposes. Suddenly, I began finding mini-moguls of shirts, pants and socks

piled up in various rooms throughout the house. No sooner would I stack an ironed, folded load of darks into the basket and someone would tip the load into the bathtub and steal away with the container.

Last Friday, I found five separate heaps of clothing dumped unceremoniously in the hallway like piles of fall leaves recently raked. Meanwhile, the laundry basket was having a marvelous time.

It first morphed into a boat. Will pushed various stuffed animals—and then his screaming sister—"through" the "Small World" ride at "Disney World." When that was over, it became the only prop in a dramatic afternoon at the Olympic Games. First, Will used it as the uneven bars, straddling the sides like Nastia Liukin before sticking a dismount on the playroom floor. Next, Elizabeth had a turn with my laundry basket. Following a hair-raising floor

routine performed in a tutu to the tune of Abba's "Dancing Queen," she upended the container and accepted a gold medal standing atop the laundry basket. It was, of course, a podium. Afterwards, she pushed it over to her dolls, stripped one nude and gave it a bath in the container.

The laundry basket also had a turn as a grocery cart, a car and a circus cage. I'm pretty sure no toy has seen this much action in my house since my kids discovered balls moved at around nine months. So I wasn't surprised earlier this week when Will made a simple request. Following a rather

"I'm pretty sure no toy has seen this much action in my house since my kids discovered balls moved at around nine months."

rough day at physical therapy, I offered him a reward for his endeavors. "Would you like a new truck from Target?" I asked, "Or how about a new Matchbox car?" Will shook his head. "Momma," he said, a huge grin spreading across his face, "May I get my own laundry basket?" And so we did. It is bright blue. ♡

Julie Blair is a Dallas area journalist, the mother of four-year-old twins and president of her local twins club.

She loves to fold laundry in her spare time.



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