

The Magazine for Multiples Since 1984

TWINS™

www.TwinsMagazine.com

New Series: Raising Twins
Through Every
Age & Stage

When Are
Identical
Twins Not
Identical?

April is
Multiple
Birth
Awareness
Month!

DOUBLE TALK:
Do Your Twins
Speak a Secret
Language?



Mar./Apr. 2009
\$5.50 U.S. \$6.50 CAN



LIGHTS...CAMERA...ACTION!

EVER WONDER HOW YOUR TWINS COULD GRACE THE COVER OF TWINS™ MAGAZINE?

To celebrate the 1st National Multiple Birth Awareness Month this April '09, TWINS™ Magazine is launching a very special one-time event for twins of all ages & twin types..

IT'S A COVER PHOTO CONTEST!

SUNDAY, APRIL 19TH--FOR ONE DAY ONLY

@ THE CURTIS HOTEL IN DENVER, COLORADO

Twins of all ages & twin types are invited to register for a very special **TWINS™ Magazine Cover Photo Contest** with our professional staff photographer during the National Multiple Birth Awareness Family Festival. See this issue's center-spread for all the event details for a fun, family weekend presented by TWINS™ Magazine, the Fetal Hope Foundation and the National Organization of Mothers of Twins Clubs, Inc. (NOMOTC) & in conjunction with the Colorado Parents of Multiples' 36th State Convention.

Cover photo contest entry fee is \$17.95 per set and includes:

- Your twins' or multiples' photograph taken by our professional staff photographer at a real magazine photo shoot...
- A personalized 'Custom Cover' print of your twins with our logo and masthead (normally costs \$39.95 in our TWINS™ Shoppe) mailed directly to your home...
- A chance for your twins to be selected as the winner of our Cover Photo Contest and grace the cover of TWINS™ Magazine in a future issue...

All Ages & Twin
Types Welcome!

TWINS™

WWW.TWINSMAGAZINE.COM



Columns/Sections

Twins in the News.....	3
Mailbox.....	4
TWINS™ Bookshelf.....	46
TWINS™ Shopping Guide.....	52
Double Takes Photos.....	54
<hr/>	
Ask the Doc: <i>Rebecca Moskwinski, M.D., F.A.A.F.P.</i>	8
Life Coach: 7 Rules of Achievement.....	10
<i>Tom Terwilliger: Reconnecting with an Old Friend</i>	
Family Fare.....	11
Build a Bunny Breakfast this Easter	
NEW! Twin Star Spotlight.....	12
Get to Know <i>Quin & Reed Baron</i>	
LOL: Laugh out Loud.....	13
<i>Julie Blair Riekse...The Housekeeper</i>	
NEW! Raising Twins Through Each Age & Stage.....	18
▶ Pregnant with Twins: What About Me? Ways to Help your Singleton Child Prepare for the Twins' Arrival	
▶ Infant twins: Welcome Home: Ways to Make Life a Little Easier for You and Your Twins!	
▶ Toddler Twins: Eating Out with Toddler Twins	
▶ Preschool Age Twins: Peace & Quiet	
▶ School Age Twins: My Friend, My Foe	
NEW! A Word from Dad.....	42
<i>Larkin Campbell...Lord Have Mercy on the Working Man</i>	
Twin Talk.....	56
<i>Melinda L. Wentzel...I Believe in the Easter Bunny!</i>	

Twins and Soccer Help to Illuminate Gender Differences.....	14
<i>Danielle Wilson</i>	
Feeling Blue? Work it Out!.....	16
<i>Diane E. Raymond</i>	
Double Talk: Do Your Twins Speak in a Secret Language?.....	24
<i>Christina Baglivi Tinglof</i>	
Surrogacy: A Gift from the Heart Times Two.....	26
<i>Susan Heim</i>	
Earth Day is Coming ... 10 Ways Your Family Can Help Save the Planet.....	30
<i>Amy Russ</i>	
Got Multiples? Go Green with These Easy Tips from a Mother of Multiples.....	31
<i>Heather Eckstein</i>	
Living Green One Cloth Diaper at a Time —A Sensible Choice for One Family With Twins.....	32
<i>Catherine Leah Condon Guillemette</i>	
Adopting Identical Triplets 50 Years Ago and the Importance of Keeping Multiples Together	34
<i>Dan England</i>	
Traveling on the Pro Tennis Tour With Twins.....	36
<i>Robert Davis</i>	
Challenges Raising a Special Needs Twin.....	44
Step-Parenting Twins.....	48
<i>Paige N. Williams</i>	
The Unique Needs of Twins in Preschool Study.....	50
<i>Eve-Marie Arce</i>	



Traveling on the Pro Tennis Tour with Twins

By Robert Davis

Celebrate: National Multiple Birth Awareness Family Weekend Event. Sponsored by TWINS™ Magazine, the Fetal Hope Foundation and the National Organization of Mothers of Twins Clubs, Inc. (NOMOTC)



When are Identical Twins Not Identical?

By Alice M. Vollmar

Cover: Erik and Brandt Saunders, 17-month-old fraternal twin boys, are adorable and active little toddlers who already enjoy playing soccer and smiling for the camera. Proud parents are Josh and Rebecca, and the family resides in Northern Colorado. Cover Photography by Betsy Strafach from Portraits by Betsy. www.portraitsbybetsy.com.

We would like to thank Zutano, Inc. for sending us the fabulous clothes for our cover twins this issue. For almost twenty years, Zutano has been committed to celebrating the diversity of all children, creating exceptional, innovative, and versatile products. Zutano designs beautiful lifestyle collections that draw inspiration from the children of this world and introduces prints and patterns that reflect their spirits. Zutano is available at more than 1,500 gift and specialty boutiques and retailers worldwide, as well as on the web at select e-tailers and the Zutano e-boutique at www.zutano.com.



April Marks Very 1st National Multiple Birth Awareness Month



I can remember being seven weeks pregnant and going in for my first OB/GYN appointment and hearing those two life-changing words... "It's twins!" After the initial shock and disbelief wore off, I began seeking out as much information as possible about what life would be like not only delivering twins in the hospital but also what our life would soon be like when we finally brought our little babies home. This was over 11 years ago so it wasn't as easy to find information on the Internet quite yet either. Luckily, I discovered TWINS™ Magazine, the only parenting publication that had specific information about raising twins. I felt so much better knowing there was support out there just for me. One thing I quickly learned was the importance of finding and connecting with a local parents' of twins club! I was surprised to learn that there was even a national support organization called the National Organization of Mothers of Twins Clubs, Inc. (NOMOTC) that was dedicated to serving parents of multiples in the U.S. with over 25,000 members and over 400 chapters across the country. That's when I joined a twins club because I wanted to connect with other moms that were in the trenches and could give me some real insight and advice.

I could relate to other moms of multiples much more because they knew exactly what my life was like chasing after two, busy and active toddler twin boys. When my twins were two, I attended my very first parents of multiples state convention hosted by another local chapter in our state. It was so much fun to go away for the weekend (without my husband & twins) to listen to some wonderful keynote speeches, attend informative workshops, network and meet other mothers of multiples from all over our state that I now call my friends. It's a great way to recharge and get some new perspective on parenting. I still look forward to attending my state convention and this coming April marks my 10th one!

In 2005, I attended my very first NOMOTC annual convention in Memphis, Tennessee. It was so much fun to experience and I was impressed by the tremendous spirit, passion and enthusiasm of the members I met. Did you know that it takes hundreds of volunteers to run this national, nonprofit organization and they all have the same goal of supporting families with multiples in areas like education, research, membership and publicity/marketing?

I still enjoy attending the annual convention each summer held during the last week in July and meeting other parents of multiples from all over the U.S. (the 49th annual convention this year will be held in Las Vegas so make your plans to attend!). I encourage all of you to learn more about what this outstanding organization has to offer members at the national, state and local level and to be sure to get connected because it's here for you!

That is one of the reasons TWINS™ Magazine has partnered with NOMOTC and the Fetal Hope Foundation, (another amazing nonprofit foundation dedicated to helping families with fetal distresses like TTTS) to launch the very first National Multiple Birth Awareness Month this April 2009, culminating with a National Multiple Birth Family Weekend event in Denver, Colorado that you can read about in the center-spread of this issue. Many local parents of multiples clubs from across the country are hosting local events to spread awareness to their communities about the challenges and joys parents face when raising multiple birth children. With the recent media firestorm surrounding the birth of only the second recorded set of octuplets in the U.S. and the negative stigma being placed on the use of fertility treatments to conceive; now it's more important than ever to continue to educate the medical community and the general public about the numerous issues raising multiple birth children pose to families, and to spread awareness about the nationwide support network available through all three of these fantastic national organizations.

Sincerely,

Christa D. Reed
Publisher/Editor-in-Chief



Volume 26, Number 2
March/April 2009
~ Founded in 1984 ~

PUBLISHERS
Christa D. Reed
Aaron J. Reed

EDITOR-IN-CHIEF
Christa D. Reed
twinseditor@twinsmagazine.com

ART DIRECTOR
Donna May Lyons
artdirector@twinsmagazine.com

ADVERTISING
Tiffany Wimberly
twimberly@twinsmagazine.com
advertising@twinsmagazine.com

MARKETING/CIRCULATION
Amy Russ
amy@twinsmagazine.com
circulation@twinsmagazine.com

CUSTOMER SERVICE
Ellen Brey
customerservice@twinsmagazine.com

TWINS™ SHOPPE MANAGER
Aaron J. Reed
aaron@twinsmagazine.com

EDITORIAL CONTRIBUTORS
Eve Marie Arce; Christina Baglivi Tinglof; Julie Blair Rieske; Larkin Campbell; Cindy Clefisch; Catherine Leah Condon Guillemette; Robert Davis; Heather Eckstein; Dan England; Janet Gonzales-Mena; Susan Heim; Rebecca Moskwinski, M.D., F.A.A.C.P.; Tom Terwilliger; Christa D. Reed; Amy Russ; Alice Vollmar; Melinda Wentzel; Danielle Wilson and Paige N. Williams

CONTACT INFORMATION
Rod Beach & Associates, LLC dba TWINS™ Magazine
5748-D South College Avenue, Fort Collins, CO 80525
Tel: (970) 377-1392 Fax: (970) 377-0140
Toll Free: 1-888-55-TWINS (888-558-9467)
Website: www.TwinsMagazine.com
Owned and Published by:
Rod Beach & Associates, LLC dba: TWINS™ Magazine
Fort Collins, Colorado 80525



Entire contents ©2008 TWINS™ Magazine. All rights reserved. Authorization to photocopy items for internal or personal use is granted provided that the fee of \$2.50 per page is paid directly to the Copyright Clearance Center, (970) 377-1392. Other requests for permission to reprint should be directed to Christa D. Reed, Rights and Permission, TWINS™ Magazine, Editorial Office. Printed in the U.S.A. Editorial and advertising offices are at 5748 South College Ave., Suite D, Fort Collins, CO. Unsolicited manuscripts must be accompanied by a self-addressed, stamped envelope. Statements, opinions and points of view expressed are those of the writers and do not necessarily represent those of the publisher. TWINS™ is endorsed by the National Organization of Mothers of Twins Clubs Inc. (NOMOTC) and the Center for the Study of Multiple Births. Information in this magazine is never a substitute for professional medical, psychiatric or psychological advice; readers are urged to consult their health care advisers about specific questions or problems. **Customer Service Information:** For service on your subscription, including change of address, write to TWINS™ Customer Service, 5748 South College Ave., Suite D, Fort Collins, CO., or call (888) 55-TWINS. Please enclose your address label from a recent issue.

Twins in the News....



National organizations partner together for event planned in Denver

In support of the first annual Multiple Birth Awareness Month in April 2009, the National Organization of Mothers of Twins Clubs Inc. (NOMOTC) (www.nomotc.org), TWINS™ Magazine and The Fetal Hope Foundation are hosting the Multiples Family Festival in Denver on April 19. The festivities will be held at the Curtis Hotel and will include games for the children, multiples contests, refreshments, prizes, and vendors showcasing multiples merchandise. In addition, the host organizations will share information about how attendees can support multiple birth families. This event is being planned on the last day of a gathering for parents of multiples from throughout Colorado as they attend their annual state convention. "We expect the event will be well attended by families with multiples although the festival is open to everyone," says Misty Fry, NOMOTC president. "There will be resources available to them so they can learn more about how our organizations provide support to parents of multiples across the country." Ms. Fry explains that because multiple birth rates have doubled since the 1980s, more families are faced with issues and challenges that only pertain to raising two, three or more children at the same time. During the National Multiple Birth Awareness Month, the three organizations will use this opportunity to spread awareness about the issues that these families face including what to know when expecting multiples; Twin-to-Twin-Transfusion Syndrome (TTTS) and other fetal issues directly affecting multiple birth pregnancies; premature births and low birth weights; twins with special needs; the exceptional physical and bonding demands placed on parents and the separation of twins in classrooms. The Denver event will also provide a forum for celebrating multiple births by providing a festival

type atmosphere for the children in attendance. The festival also falls on the last day of the 36th Colorado Parents of Multiples State Convention, "Sweets in the City," a conference planned specifically for parents of multiple birth children. More information can be found at www.doubledelights.org. During the event, TWINS™ Magazine (www.TwinsMagazine.com) is hosting a cover photo contest to give twins of all ages the opportunity to grace the cover of the magazine in 2009 at a professional photo shoot with a staff photographer. The Fetal Hope Foundation (www.fetalhope.org) is also sponsoring a charity basketball game with the Harlem Ambassadors vs Fetal Hope Slammers on Friday, April 18. Doors open at 6 p.m. at the Chatfield Senior High School in Littleton. Tickets range from \$7 to \$11 and can be purchased in advance. For more information visit www.fetalhope.org/charity-basketball-game.html.

NOMOTC Chapter Clubs Celebrate National Multiple Birth Awareness Month

Members of multiples clubs across the country are planning events throughout the month of April as they celebrate Multiple Birth Awareness Month in their local communities. Last year at the National Organization of Mothers of Twins Clubs, Inc. annual convention in Boston, MA, the organization announced plans for the first annual Multiple Birth Awareness Month. Those in attendance were delegates and members, representing local clubs from across the United States. Overwhelmingly, attendees were excited about coming together for a common cause, to educate our communities further regarding multiple births and the support services available to these special families.

Delegates walked away with a comprehensive media kit to help them begin planning events for April 2009 with their local club members. The excitement grew as several state organizations held their fall conventions where club members began to talk about all the event possibilities that would help them achieve the Multiple Birth Awareness objectives. Many clubs are looking to piggy-back other community events planned during the same month. For example, for clubs that participate in local March of Dimes walks scheduled during April, many plan to tie the two events together and promote both through their media coverage. Others that have annual philanthropic events planned are also tying the two together. For example, the Florida Organization of Mothers of Twins Clubs is supporting

Ronald McDonald Houses across Florida as their philanthropic effort this year. They plan to help local clubs coordinate events around 'Helping the Houses' during April which will include onsite visits.

Many different venues are planned across the country including picnics, parades, and twin panels at local club meetings. All will be highlighted through local press releases; media announcements, and proclamations from local governments. In addition to the local events planned by many of NOMOTC's 25,000 members representing approximately 400 clubs, a national event is being planned for April 19, 2009. (see this issue's center-spread for all the details). To find out how more local parents of twins/multiples clubs are celebrating visit "Multiple Birth Awareness Month" at www.nomotc.org/mba.

Bye-Bye Twins?—In a recent piece published in *New York Magazine* (January 19-26, 2009) by Sarah Bernard entitled 'Bye-Bye Twins' she reported that "the multiples boomlet caused by in vitro fertilization—twin rates have increased 70 percent since 1980—may soon be a thing of the past." Typically, when patients go through in vitro, doctors can't always tell which embryos are the healthiest and best to use so by transferring several at the same time, increasing the odds of pregnancy, it also increases the chances for multiple births. Bernard also reported that Isaac Kligman, a fertility specialist at Cornell noted that "multiples are a consequence, not a goal." A multiple pregnancy is a high risk for everyone involved, not to mention expensive, she added. Today, some clinics are offering the option of pre-implantation genetic screening or PGS. This is when a cell from an embryo is extracted, allowing for chromosomes to be analyzed for abnormalities. The piece continued with Bernard interviewing Jamie Grifo, director of New York University's Fertility Clinic and the first in the U.S. to have a successful delivery from a PGS embryo. Grifo notes that "this controversial procedure is not without risk: A small percentage of embryos will be destroyed from the testing itself, and, occasionally, one cell's report does not match up with the rest. But advances in cryo-preservation make it easier to try again. Mark Sauer, director of the Center for Women's Reproductive Care at Columbia University told Bernard, "For some patients there is no reason not to put one embryo in, freeze the others, and then defrost a second if the first doesn't work."



March/April 2009

California Mom of two sets of twins creates 'Jen's List'

Dear Editor: I am 38 years old and live in Los Angeles. I have been married for 8 years to the love of my life and we now have 5 boys. Our first child was born 9 months after our honeymoon. Zachary just turned 6 years old. After three miscarriages, we found out that I was pregnant with identical twins. The miscarriages were determined to be from thrombophilia, so each subsequent pregnancy would need to include Heparin injections twice a day. When I was 19 weeks pregnant with the twins, they were diagnosed with twin-to-twin transfusion and I was immediately put on strict bed rest until I delivered two healthy boys, Ben and Josh, at 36 weeks. They came home with me from the hospital without spending one minute in the NICU. While on bed rest, I read all types of magazines, watched TV and scoured the internet for fun. After finding fun things, I would email a few of my friends my findings. They would in turn, forward the info on to their friends. Within time, 5 turned into 10, 10 turned into 20 and 20 became 100's. My daily newsletters commonly became known as "Jen's List". We really wanted a fourth child. Boy or girl, it did not matter. I became pregnant when the twins were 5 months old, however it ended up being an extraordinarily dangerous type of ectopic pregnancy, called a corneal ectopic. My tube ruptured and I nearly died. Against my family's wishes, we tried again. I got pregnant about six months later and at 16 weeks found out that the little girl inside me had trisomy 18 and had passed away. Following a devastating D & E, I wanted another child more than ever. The following year, I got pregnant again. At our six-week ultrasound, everything looked wonderful. Then at the eightweek, a second heartbeat was detected. It was twins AGAIN. The pregnancy was difficult, not only was I chasing after three boys ages 5 and under, but I had hyperemesis and was medicated for it to make it thru the day! I was told that because there were two sacs and two placentas, although both of the babies were boys, that they were fraternal. At 33 weeks, I developed severe

anemia and was hospitalized in the high risk unit. After three iron transfusions and an amniocentesis confirming the babies' lungs were developed, Matthew and Joey were born. They spent two weeks in the NICU. Everyone kept telling us how alike they thought they looked, but we insisted



that we must just have strong jeans, because the boys were fraternal. Our pediatrician was so stumped by their similarities that he suggested we have them DNA tested. We did and sure enough...they are identical. If the egg splits in the first 72 hours of conception, each baby, even though identical, will have its own sac and own placenta. Jen's list continues, daily, with a free newsletter going out to over 6,200+ in the Los Angeles area. I continue to enjoy every moment with my kids and the phenomenal family that we have created. Five boys, now ages 6 and under, including two sets of identical boys is a story that we would love to share with everyone.

*Jennifer Levinson
West Hills, California
www.jenlevinson.com*

A Wish for Twins Comes True for one Family

Dear Editor: My name is Helena Frisco I am 26 years old and my husband, Joseph is 31. I met my husband six years ago when he had just spent the year prior battling Lymphoma. We started dating and soon after had the inevitable "how many kids do you want to have talk" not knowing if we were going to have problems conceiving. Due to the extreme chemotherapy my husband had to go through, even if we did decide to have children, my husband told me that there was one wish he had when it came to having children. He said he was the youngest child of four and the only boy. Growing up he watched

all his friends play with their brothers and envied their relationships. He said if there was one thing he could wish for it would be to have twin boys so they would always have each other and be best friends.

Knowing that I have no history of twins in my family, I told him that if we ever had a boy we would try again right away to hopefully have another boy so they could be close in age. We tried for over a year and a half to have a baby and FINALLY I was pregnant. Boy, girl, it didn't matter to us because we were finally going to have a baby. The day after my husband's birthday, (June 18, 2008) I felt like something was wrong and I went to the doctor. At eight weeks along, my doctor let me know I was perfectly fine but to ease my worries she offered to do an ultrasound so I could see my baby for the first time. Of course I agreed and she then showed me the screen and said "there's one baby's heart beat and there is the other." Time stood still for me and I was asking how can that be and kept telling her it's just not possible. She informed

me that they were more than likely identical. I was so happy I called my husband right away and I think it took that whole week to recover



from the shock. At the end of August we went in for our ultrasound to determine the sexes of our twins. Sure enough we found out they were boys! My husband's dream is coming true and so is mine. Tyler and Tanner are expected to arrive in a few weeks and we couldn't be happier.

Helena Frisco

Mother of 13 including three sets of twins writes in and gives update

Just a quick update from Siobhan Healy, a mom to twins diagnosed with TTTS, Christopher, Jr. & Joseph Healy, born at 24 weeks and now thriving. We have three sets of twins. I joined the military and went to

basic combat training and AIT at the end of June last year. Everything went well and I graduated with academic honors and the highest PT score (350) in the entire company. I'm currently attached to the 200th Military Police Co. of Catonsville, MD. I'm a National Guard. We conducted crowd control for the presidential inauguration in January. There is also a chance of deployment to Afghanistan later in the year. Meanwhile, I have also applied with the Baltimore City Police Department. Check out this website for a news update: www.army.mil/news...w-meaning-to-army-strong. The *Soldier* news magazine will do an article about me (as well as the *Washington Post*, *Baltimore Sun* and *Baltimore Examiner*--all because of General Adkins' big fuss he has made about me). Good luck to you all!



Editor's note: Wow... three sets of twins! I'm sure we can all agree that your story is definitely FUSS worthy! Thanks for your letter and keep us posted on how everything is going with you!

biggest struggles at this point is trying to keep them from fighting and trying to create moments without screaming and crying. I constantly second guess what I'm doing as a mother because it seems like someone is always upset regardless of my efforts to find ways to do activities that involve everyone. I'm looking forward to the coming articles about families of multiple multiples. I would love to hear from other families in similar situations and articles about encouraging positive behavior and development.

Mom with two sets of twins also struggles with constant fighting

Dear Editor: Please thank Ana Rosa Gutierrez for her recent letter that was published in the Jan/ Feb edition. As a fellow mother of closely spaced twins I was relieved to hear that she is having issues with fighting too. My twins are just over 16 months apart - my fraternal girls are going to be three in March and my boy/girl twins are nearing 18-months. One of my

Mom with two sets of twins also struggles with constant fighting

Dear Editor: Please thank Ana Rosa Gutierrez for her recent letter that was published in the Jan/ Feb edition. As a fellow mother of closely spaced twins I was relieved to hear that she is having issues with fighting too. My twins are just over 16 months apart - my fraternal girls are going to be three in March and my boy/girl twins are nearing 18-months. One of my



Left to Right: Sophia (7/17/07), Gabriel (7/17/07), Emelia (3/5/06), Adeline(3/4/06). Side note: Addie and Em are an hour and forty minutes apart so they have different birthdates.

**Destany Dueweke
Millington,
Michigan**

Reader has great advice for twins suffering from Eczema!

Dear Editor: In response to the query about eczema articles in the 'Letters to the Editor' section in the latest issue, I may have the cure. My twins have had an awful case of eczema since they were about one-month-old. We tried every Aveno

PFC Healy

to the Editor' section in the latest issue, I may have the cure. My twins have had an awful case of eczema since they were about one-month-old. We tried every Aveno

Identical or Fraternal?

You think they're fraternal, your friends say identical.

We'll give you the answer.



The Twin DNA Test

- Easy, at-home testing.
- 99+ % accuracy.
- Results in 7-10 business days.
- Affordable.

online ordering and more information
www.proactivegenetics.com

email inquiries
info@proactivegenetics.com

PROACTIVE GENETICS

for more information
call 1-866-894-6362
Mon - Fri 8am - 5pm EST

product there was: baby oil, soap, no soap, baby powder, Vaseline and also every butt cream out there, including a prescription steroid crème. Nothing worked for us. We even squeezed in an emergency room visit when we had an awful humid period that put them in full body eczema mode. In exasperation I decided to ask our pharmacist at the grocery store if she knew of any other prescriptions or remedies. She recommended having the doctor prescribe a mixture of Acid Mantle cream in the 450 gm size with Hydrocortisone powder in 5 gm. The pharmacy mixes it and then you put it all over the child's body. I figured it couldn't hurt so we called the doctor and got the medicine. In just two days my babies didn't have a single spot on them. That was over a year ago and we have not had a bad flair up even with the two beach trips and Northern Virginia humidity. Hopefully this will help some of your readers like it did us.



Trish Weinstein
Haymarket, Virginia
Mom to Hailey & Ethan, age 23 mos.

Editor's note: Trish thanks for sharing what has worked with you for tough eczema. It's always great to hear from real mothers of multiples that offer tried and true advice that is helpful to others. Glad to hear they are doing so well.

Reader sends update on twins in separate pre-school classes!

Dear Christa: I wanted to send you an update on my twin boys being separated in Pre-K since my last letter that ran in the September/October 2008 edition of TWINS™ Magazine. It has been almost four months since September and everything is going well. The boys adjusted well to the separation and have made their own friends but also have



rough but they are used to playing this way with each other. Mostly, the trouble happens when one twin is copying what his friend's do (they are also twin boys). The only problem I have with the classroom separation is that they do not teach the same school work. I do believe I made the right choice, even though some family members felt I should wait until Kindergarten because they thought they were too young. I had to go with my gut and with my original decision and I am so glad I did. I hope the rest of the year goes as well as it has so far.

Denise Donatone
Armonk, New York

Editor's Note: Denise, I am so glad to hear that your boys are adjusting to being separated at school. I know how easy it is to second-guess decisions we make as parents but it's also encouraging to know that the

some of the same friends. Only once in a while do they ask me why they aren't in the same class. There are five sets of twins in this year's Pre-K program and three sets are together in the same classroom. My boys are finding their own way. We still have some issues of getting into trouble and playing

decision that you have made was the right one for you and your family.

New mom of twins in need praises staff at TWINS™ Magazine

Dear TWINS™ Magazine: My name is Suzanne Womach and I live in Santa Fe, New Mexico. I just wanted to take a moment to commend Ellen Brey, your Customer Service Manager, on her awesome customer service skills and the time she took with me on the phone. I am a brand new mom of twins (11 weeks old) and have been having a tough time. After, attempting to sign up for the message board and having some technical problems, I sent an email to the technical support and also decided to call the office directly. Ellen went above and beyond her job duty and made sure she would get me some help so I could start posting on your online message board right away. After telling her how overwhelmed I have been



feeling, she even took the time to look up the twins club in Albuquerque, New Mexico and also sent them an email on my behalf. You have no idea how much better she made me feel—she even took the time to talk to me regarding how I have been feeling lately and could relate to me since she is also a mother of twins. It is people like her that are such an asset to your magazine. Thanks so much and again, kudos to Ellen.

Suzanne
Santa Fe, New Mexico

Editor's Note: Suzanne, congratulations on the birth of your twins! Those of us who have twins can truly relate to how tiring and emotional these first few months can be. Sleep deprivation, post-partum emotional swings and making sure they are dry, fed, clean and happy can overwhelm even the most experienced and confident mom. I'm so glad to hear that Ellen was able to help you during this stressful time and wish you and your babies' well.



Day 2007! Here is a picture of Joseph with his baby brothers and a picture of me with the boys. Thank you, TWINS™ Magazine, for all your resourceful articles and information. Keep up the great work!

*Spc. Justin Paul Campbell
Alexandria, Virginia*

Dad thanks TWINS™ Magazine for playing special role in their family!

Dear Ms. Christa Reed, Twins Magazine Editor: My name is Spc. Justin Paul Campbell and I serve in the Army National Guard, 29th Infantry Division HHC stationed in Fort Belvoir, Virginia. I'm a proud father to three boys,

Joseph (11 years old) and identical twins boys, Jonathan Jose and Jeremy Brian (14-months-old). I was deployed overseas to Kosovo when my wife, Joscelyn Ramos Campbell, learned she was pregnant with twins! As excited as I was about the news, I was scared for my wife



since I could offer no support being thousands of miles away. TWINS™ Magazine was such a valuable resource to our family during my deployment and now. My wife would receive the magazine and call me overseas to discuss the articles she read. Since I was going to miss out on the tour of our local hospital where the twins were going to be born, my wife even ordered a video from your TWINS™ Shoppe that explained C-Sections. Our eldest son, Joseph, was my wife's big helper during her pregnancy and took good care of her. He would read articles in the TWINS™ Magazine on how to care for newborn twins so he could be prepared for when the babies arrived. He is a wonderful big brother to twins. He helps play with them, helps to bathe them, and feed them. (The only thing he refuses to do is change diapers!) Thankfully, I made it home two weeks before the boys were born on Thanksgiving

Editor's Note: Thank you so much for sharing how TWINS™ Magazine has played an important role while you have been away and because the magazine has been around for 25 years, numerous families have benefited from the information they have received inside these pages. It's nice to hear how the magazine has personally helped you and your family and we appreciate you sending us your feedback.

First set of twins in 2009 born in New York—wants to find out if they are the first in the U.S.?

Dear Twins Magazine: My husband and I gave birth to our beautiful twins, Owen and Emma on January 1st, 2009. They were the first babies born in our county and were in the county newspaper.

We are writing to you today wondering if we had the first set of twins born in 2009 in the United States. We thought it would be neat for our twins to know when they grow up. If there is any way for you to know this information, please respond to our email. Thank you so much.

*Stephanie and Ed Milmore
Rock Tavern, New York*

Editor's Note: Congratulations on your New Year's bundles of joy! That is so cool. I am not sure how to obtain information that is tracked about this but hopefully another reader out there will have an answer for you. If anyone does have any information, please send me an email and I can pass it along to Stephanie and Ed. ♥

A lot'o'tots

Created for Parents of Multiples
by Parents of Multiples



- Mothers of Multiples Tested
- Automatic Multiples Discounts
- Free Shipping (within the U.S.)
- Not "Just Another" Baby Store
- Gift Registry



www.alototots.com

425-968-2620



Twice as easy to fly safe with twins... Use a pair of CARES!



- FAA Certified Flight Belt
- Weighs Only 1 lb.
- Fits in a 6" Stuff Sack

• Installs in a Minute
• No more lugging car seats when you fly!



www.kidsflysafe.com



By Rebecca Moskewski M.D., FAAFP

Q: I am only seven weeks pregnant with twins, but I do have one extra set of circumstances. I am in a wheelchair. I have no sensation of my right leg from the hip and some slight use of my left side. I was trying to research issues that I would have to be aware of with one, but now we know it is two babies. What do I need to do to prepare? ~CRM

A: Congratulations on your twins! Having twins is a blessing for all mothers. Preparation for twins will be the same, in general, for a mother with a disability as any other. All of the clothing, equipment and furniture still need to be collected. All pregnant mothers of multiples will have a tendency to be very uncomfortable in the final trimesters, have fatigue, be constipated at times, and a whole host of common problems. So you do need to know your own body well, so that you can separate a pregnancy symptom from a disability related symptom. The good news is that most of the pregnancies for disabled mothers do not carry any more risk than for an able bodied mother.

However, one must take into account what the disability is. For instance, if your disability involves organ dysfunctions that could affect pregnancy, such as the kidney, you may need to have that evaluated before conception. Many of the physical disabilities do not necessarily affect pregnancy. Some disability symptoms may be worsened by pregnancy, especially a twin pregnancy, just due to the size and weight of the uterus itself. You will probably experience more constipation, especially with the prenatal vitamins that you normally would take. Respiratory problems will worsen near the end of the pregnancy in everyone due to the pressure of the uterus on the lung, but

if shortness of breath is something you suffer from, it can worsen considerably. Other disabilities, such as rheumatoid arthritis, will improve during pregnancy. Relapses of Multiple Sclerosis have been shown to be fewer during pregnancy. Most disabilities are not improved by pregnancy. Women with diverse conditions such as cerebral palsy, myasthenia gravis, neuromuscular dysfunction, and lupus, to name a few, can be expected to have uneventful pregnancies and deliveries (if you can call a twin pregnancy “uneventful”!!)

Women with spinal cord injuries or amputations normally do well. The level of the spinal cord injury may be significant if it is above T6, as this can increase the chance of autonomic dysreflexia due to pregnancy. Those who wear prostheses may need to adjust them during the pregnancy to account for the abdominal girth and extra weight. Women may find that they need to use mobility aids more often due to excess fatigue and mobility problems. Since insurance plans usually allow for one device every five years, you should consider what you will need during pregnancy and the early parenting years. Women who can walk in their house with some help may not be able to do that holding one or two babies.

Women who are taking medications to control symptoms of their disability may need to stop the medicine because of possible harm to the fetus. They should discuss their medications with their doctor and go without or seek alternative treatments during pregnancy, including such treatments as acupuncture.

When speaking with Jen Ruetz, who is paraplegic, she states that in the newborn period organization is the most important, just like anyone with multiples, but “take it to the next level.” An example is when breastfeeding on the sofa, make sure you have all of the items you might need close at hand such as changing materials, burp cloths, the phone, etc. If not, you will have to get back into your chair and go and get them, which can involve moving two crying and fussy babies. This can make feeding more frustrating and stressful, especially in light of sleep deprivation and healing from delivery, etc.

As for the equipment, she suggests taking the wheels off of a crib, which usually lowers it enough so that she

can reach easily to put the babies in and out of the bed. The foot pedal on the bottom to lower the rail is just as easily manipulated with a shoulder and one hand (and once you have the knack of it, you can even do it while holding the sleeping baby). She did not utilize a changing table; she just changed the babies “wherever,” on a changing pad on the kitchen table, couch, floor, etc. For bathing, the kitchen table makes a great workspace that can be easily rolled under so that you are right up next to the babies. When out and about, she would strap the car seat on her lap which made the baby secure and then you could easily navigate where you needed to bring it, being cognizant of blind spots.

Her most sage advice however is this: “Just remember, these babies know no differently.”

For help, try Through the Looking Glass (TLG – www.lookingglass.org/parents) which is an organization dedicated to providing direct services, information and referral to a diverse group of parents with disabilities and their families. These include parents with physical and visual disabilities, deaf parents, parents with intellectual disabilities, and parents with diverse medical conditions. TLG provides information, training and consultation to parents with disabilities, family members and professionals nationally and internationally. Direct services are also available primarily to local parents residing in the San Francisco Bay Area. They also offer accessible baby equipment. ♥

Good luck to you and your family and enjoy the double love!

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.

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.

What If? By Elise Mott

LAUNCH OF THE FIRST SLEEP DEPRIVED CHRONICLE: Real Proof that Sleep Deprivation Can Make You Loopy

So here's my latest thought with a Western twist: The Baby vs. Mom Rodeo. In this rodeo, there would be a contest for the fastest diaper changer in the land! An official timer would start the clock as each mom takes on hordes of writhing babies and toddlers who use every available muscle to escape the grasp of their determined swaddlers. The babies who flee successfully would then be corralled into a large Graco Pak and Play and re-diapered after being given a small (but harmless!) zap with a stun gun.



There would be a tent lined with cots and timers and large signs that read "Hush already!" to enable fatigued parents to challenge

themselves to see who can fall asleep fastest, despite the piercing cries of babies and the exuberant cheers of rodeo watchers.

Yet another tent would have greased babies running in every direction and screaming in delight as their haggard parents lunge for their kicking limbs.

Finally, a new parent area would have stations for the wide-eyed and clueless including: How to Avoid getting Locked out of Your House when Sleep Deprived; Helpful Hints for Removing Plastic Toys from 450 Degree Ovens; and Sniff Test 101: How to Prevent Being Caught Sniffing Your Kid's Bottom in Public.

Sponsors of such an event would be Sound-Out Earplugs, Vaseline and Huggies. Prizes for first place contestants would be one full night of sleep in an underground bunker and a magnet vest for toddlers.

Coming soon in the next Sleep Deprived Chronicle: The Pros and Cons of Cyber-Babysitting: How Skype can Replace Your Sixteen Dollar an Hour Babysitter. ♥

Elise Mott has taught history and English at independent schools for over fifteen years. She lives and plays in Concord, Massachusetts with her two young children and equally sleep-deprived husband.



Twins sleep snugly and safely alongside your bed

"... a truly wonderful nighttime attachment tool — makes breastfeeding easier — babies sleep safely close for comfort and security."

Dr. William Sears
Author and child care specialist



The Original sleeps twins — Converts to full-size playard and free-standing bassinet

For information on the benefits of co-sleeping, store list, fabric and color choices please visit



www.armsreach.com

(800) 954-9353
(805) 278-2559

arc
Arm's Reach Concepts

© 2008 Arm's Reach Concepts, Inc. All rights reserved. ARM'S REACH CO-SLEEPER, Mother & Child Logo and all other trademarks are rigorously protected. Arm's Reach Concepts' products may be protected under issued United States and Foreign Patent Registrations and Patents Pending.

Reconnecting With an Old Friend

By Tom Terwilliger

Now that another winter thaw is behind us and the sun is anxiously inviting us to poke our heads out and catch some rays it's time to reconnect with an old friend. The old or perhaps young friend I refer to is your body. Unless you're an avid snow boarder, skier, or snowshoe advocate it's likely your body has been on hold or worse for the past 4-6 months. Now I can hear some of you saying "wait a minute my body has not been on hold... you try taking care of multiples." Believe me I understand that you have been working hard. I'm not suggesting otherwise. My mom after all had my twin brother and I at age 46 while already raising 4 other kids. But like so many other moms she stopped taking care of her body and gained quite a bit of weight that first year. So when I say your body has been "on hold" I mean you have not been moving it, stretching it, flexing it, and most importantly connecting with it. Imagine your body like an old friend that has been trying to reconnect

and stay in touch. They have left you several messages on your answering machine, dropped you countless emails, and has even sought you out on Facebook. But you've been too busy or haven't had the time to answer or reconnect. You ultimately lose the rapport and trust you once had with that person. After awhile that friend begins to feel a little shunted and put off and ultimately stops trying or worse... they get mad at you. You certainly don't want your body mad at you.

Reconnecting with your body means recreating the rapport you once had with it. Rapport means to know, like, and trust. There was a time when you trusted your body a time when you even liked your body. Maybe it was before getting pregnant with twins or maybe it was quite a bit before that, I don't know only you do. Rapport with your body means so much more than simply trusting your arms, legs, back, and even your heart. Since your body is such an important part of whom you

are, trusting your body, or having Body Rapport also means trusting yourself.

Your body like a dear old friend is way too important to ignore any longer. You have got to pick of the phone, dial their number, and tell them how much you love and miss them... right now. Now I know the idea of reconnecting with your body may conjure up images of sweating it out on the treadmill in some big box club, painfully trying to touch your toes in a yoga class, or pumping Iron with a trainer screaming your ear. None of which sounds very appealing nor do you have

time for. So what do you do to reconnect with your body? That's simple. Listen to the messages it has been leaving you. Like that old friend who has been suggesting you get together for dinner or for a cup of coffee your body has been telling you exactly what it wants and needs. My guess is that it wants to move. So give it what it wants.

1. Start by scheduling a time every day for taking the little one's out for a stroll in the nearest park, around the neighborhood, or just down the street for starters. If you schedule it, you will do it... if you don't, you will get to busy, remember.
2. Progressively up the intensity of the stroll every week until it becomes a full blown power-walk.
3. Include some walking lunges, torso rotations, and deep breathing during your walks.
4. Purchase a set of light dumbbells and do alternate curls, presses, and laterals while pushing the stroller with the other hand.
5. Stop here and there to connect with your spine by doing some side, forward, and even back stretching. Your spine along with your heart is the center of your body, and both are extremely susceptible to neglect.
6. Start listening to your body. It is always talking to you, giving you feedback, and telling you what it needs. It will tell you when you need more water, nutrients, exercise, and even love. Continue to ignore it and it will be offended... and you will pay the price.

Take a look outside the spring sun and your body are in collaboration to get you to move and re-connect with an old friend... I think they know best. ♡

Tom Terwilliger is an identical twin and the 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 'Tele-coaching for Profits'. Tom can be contacted at www.TomTerwilliger.com



CHAOS 2 CALM
the moms-of-multiples' guide to an organized family

Use the book and discover how easy it is to:

- Prepare for your new life as an organized parent of multiples
- Stay productive even while on bed rest
- Create an organized and safe home for your babies
- Develop and commit to an organized routine for your babies
- Organize your childcare needs
- Overcome disorganization and enjoy the many blessings of having multiples

Tonia Tomlin
seen on HGTV's Mission: Organization

www.chaos2calmbook.com

CHAOS 2 CALM
the moms-of-multiples' guide to an organized family

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.

TONIA TOMLIN

Why Not Build a Bunny Breakfast?

Looking for a fun activity to do with your twins for Easter? Why not hop right into the season with an appetizing and fun breakfast to start their day? This bagel breakfast bunny is fun to create and will satisfy their morning hunger, too! With a little guidance, your twins will have a great time using their favorite breakfast items to help them create not only a balanced but delicious meal while encouraging them to try new foods. Building bunny bagels can be 'every day' fun for your kids or, you can treat them to a bagel breakfast bunny surprise this Easter. Enjoy!



Here's what you'll need:

- Half a sliced bagel
- Half of a banana
- Strawberry
- Cream Cheese
- Raisins or Blueberries
- Kiwi Fruit
- Apple Slices
- Cooked bacon strips

6. Make a bowtie for your bunny by criss-crossing cooked bacon strips and placing them on the plate under the bagel. ♡



***A special thanks to our 9-year-old, identical twin models, Julie & Emily for demonstrating this activity and to James Reed for taking the activity photos.



1. For the bunny's face, spread the cream cheese to cover the bagel but be sure to leave the hole empty. Place bagel on a serving plate. For the bunny's nose, remove the stem of a strawberry and place it into the hole of the bagel, pointy end sticking out.

2. For the bunny eyes add either raisins or blueberries.



3. For the bunny whiskers, cut the kiwi fruit into thin strips. Place three strips on each side of the strawberry.

4. To make the bunny ears, cut your banana in half and then cut it lengthwise and place them flat side up above the bagel.



5. For a cute bunny smile, use a cut apple slice and place under the strawberry nose.

The Bottle Bundle

By Little Wonders

Busy Parents, Now You Can Have an Extra Hand While Feeding Your Baby!

- A soft u-shaped pillow safely holds baby's bottle in place
- Read to an older child, answer the phone, or change TV channels
- Use while holding your baby or in an infant seat or stroller



Only \$29.95 ea. plus S&H

Remember... Never leave a child unattended.

Call or write today:
 1.800.639.2984
 Little Wonders, PO Box 332
 Columbia, NJ 07832
 3littlewonders@earthlink.net

Order Online at: www.littlewonders.com

Twin Star Spotlight: The Baron Twins

By Christa D. Reed, Editor-in-Chief



We are introducing a new column that we will be running from time-to-time called 'Twin Star Spotlight', featuring twins that are rising 'stars' in the entertainment industry. We are pleased to present our very first 'Twin Star Spotlight' this issue with the introduction of twin boys, Quin Marshall Baron and Reed Harris Baron.

Meet the Baron Twins...
Quin & Reed Baron were born
on November 16, 2007
in Los Angeles, California

Q: What are the twins currently working on?

A: These young guys already have a vast acting resume with regular roles as Baby Reed on *The Young and the Restless* and they are also have a recurring role on the hit TV show, *Heroes* as Baby Matt and soon they will be playing Baby Karma on a new show produced by Bob Saggit called *Surviving Suburbia* which will soon air on the CW.

Q: How did they get involved in acting on TV?

A: Their dad Rod Baron, owner of Baron Entertainment, a casting agency, started them working on *The Young and the Restless* at 1½ months old because

the show was looking for preemie twin boys, and our guys fit the bill.

Q: What advice would you give other parents that want to have their twins work in the entertainment industry?

A: Make sure you go to a Sag franchised agent. Don't succumb to any scams; if someone is trying to charge you money to get you into the acting business...don't go to them. Take your own photos of your twins. When they are very young...there is no need to spend a lot of money on professional photos since your babies are changing so often, it is a waste of money. Have Fun! Remember, that if you are not having fun, then your twins will not have fun...

Q: What are other things parents can do to prepare for a casting call?

A: First, you will need to get your babies a work permit. Second, take photos of your twins together in the same clothes

and be sure to use good lighting. Do not have a pacifier or too many toys in the photo, as that can be distracting.

Q: If parents are able to get their twins booked for a job are there any tips for parents when going to the set?

A: If you do book a job for one of your twin babies, you will have to have a 2nd person come with you on set because one of you goes with the first baby on set, and the other one needs to stay with the other baby in your dressing room. It's important to know that you will have to devote some time to taking your babies to auditions, sometimes waiting there for an hour. Make sure you have snacks drinks and toys for your babies to make the waiting easier on yourself.

Think your twins are ready to take Hollywood by storm? Families living in the Los Angeles area interested in getting started can certainly contact Quin and Reed's dad, Rod Baron of Baron Entertainment www.baronentertainment.com or call his office at 323.969.1000. ♥



The Housekeeper

LOL

By Julie Blair Riekse

My daughter Elizabeth has many delightful attributes, but to date “helpful” has not been one of them. Unlike her twin brother, William (I raise a glass to the mother who doesn’t secretly compare siblings); she negotiates her way out of nearly every undesirable situation and makes tangible excuses for the rest. Moreover, she does it in a most impressive way, with creative thinking, an impressive vocabulary and a beguiling grin that would convince Cupid to hand over his wings.

“Oh, I can’t possibly stop to pick up that wet towel,” she’ll say tossing that glossy blonde head of hers. “I’m on my way to build a castle. Brother is available though and if he’s busy, you could try Daddy.”

Mind you, she’s four years old. (Her father, however, is an attorney—and a very good one at that—so I’m blaming his DNA.) Thus, I have to tell you about a lovely turn of events in our house: Elizabeth is on a cleaning spree. In fact, she’s doing such a good job; she’s threatening to replace my marvelous housekeeper, Dana, who is very nearly a part of the family. “Well, Momma, we have a sippy cup here,” she said tonight in her best sing-song schoolteacher voice. “I’ll put it on the bench so you can take it downstairs after you tuck us in.”

The report did not come from Elizabeth’s bedroom—which she had already spent 30 minutes tidying—but from her twin brother’s. You see, while Will was in the bathtub floating on his back and singing “Ralph” hits, she eschewed water play to line up his massive car collection by color and tip the toes of all of his shoes northward. Then she had carefully arranged his stuffed animal’s size wise on his bed and re-shelved his books according to the Dewey Decimal System. “Momma, do you want me to do the sink?” she asked eyeballing the Crest-encrusted basin. “Huh?”

That was honestly all I could say. I was, after all, in a state of shock. Next, she pattered on to the playroom moaning about the disarray of things. “Oh, Momma,” she said, “who wants a child that doesn’t clean up? Not me, ohhh nooo.” I had to sit down—and quick—before I passed out. I could understand this behavior kicking in for a kid who is being raised by neat freaks. But neither Jim nor I fit that bill—we’re sort of happily messy: I have piles of dirty clothes jammed in the laundry room, unsent Christmas cards stacked carefully atop my desk, five or so junk drawers, though the stuff is organized into sectioned plastic ware. We have systems, see, but I still leave dishes in the sink for the higher purpose of playing with my children in piles of leaves.

And yet, here is this tiny preschooler who could interview to work for Merry Maid. Perhaps I can thank her Montessori teachers. “Momma,” she said, snapping me out of my fugue, “Let’s take the trash out.”

Down the stairs and out the door we went to the behemoth blue trash bin. “Now open the top and let me dump this in,” she said. I cracked open the five-pound lid and she gasped. There, amongst the egg whites and greasy paper towels were two crumpled drawings she had made me. They were not two of her best, which is why they were not hanging in our playroom art gallery. So, I did what all good mothers do: I threw our beloved housekeeper under the

Julie Blair Riekse is a freelance journalist and proud mom of twins who lives with her family in the Dallas area. Her collection of twin kid art includes: two paper Mache snowmen, a rainbow-colored steamboat done in acrylics and 172 Play Dough Christmas ornaments.



bus. “Um, I bet Dana didn’t know how valuable those were,” I said, extracting them from the bin carefully. “Thanks for having such good eyes.” Sometimes, a kid can be downright too helpful. ♥



Twins and Soccer: Help to Illuminate Gender Differences

By Danielle Wilson



Soccer season is in full swing, and as an official Soccer Mom, my life is temporarily in chaos mode. This spring I have three children on three separate teams, which amounts to four practices per week and three to six games a weekend. Not so bad, when I realize that next year, my youngest will be old enough to play and my twins will move up to the two-practices-per-week age group. Then we'll be at seven practices and possibly seven games a week. We're looking at real estate just behind the soccer fields just so we won't have to make the round-trip drive fifteen times!

This past Saturday, at the soccer field once again, I had the opportunity to watch both my six-year old twins play at the same time (a very early and cold 8 a.m.). As I stood in between the two fields, I couldn't help but notice the differences between the boys' game and the girls'. My son's team, the Black Knights, was working hard at playing soccer "right"—proper player positioning, passing, blocking, etc. They fought valiantly against the suspiciously agile Blue Tsunami's right up to the final whistle. Though the boys were having fun, they were definitely "in it to win it."

Meanwhile, my daughter's team, a very perky bunch of girls called the Green Grasshoppers, was enjoying a delightful morning of becoming acquainted with their opponent, the equally enthusiastic Yellow Sunflowers. Amid the adorable pastel uniforms and matching bows, the girls somehow managed to score a few goals and kick some penalty shots, but soccer was undeniably secondary to the friendly exchange of new cheers, dance moves, and fashion compliments.

Even at this young age, stereotypical feminine and masculine traits are evident. My son is physical and into Lego's, aliens and sports. My daughter

is emotional and prefers Barbie's, jewelry and coloring. Is it nature or nurture that creates these disparities? I have no idea...probably both. I like to think that we've always treated them equally, without gender bias, but that can't possibly be true. I've never purchased Hot Wheels for my daughter and have yet to buy a doll for my son. We persuaded our daughter to try ballet and our son football, even though both activities are open to boys and girls. So I'm sure that my husband and I have, at least subconsciously, encouraged certain conventional male/female roles. (In our defense though, my son does own and wear a pink polo shirt and my daughter has absolutely no qualms about picking up worms and/or other creepy-crawlers!)

But I still find it amazing that given the opportunity to name their teams, the boys chose a mascot who embodies power and strength and honor, and the girls, a happy little insect that cavorts with butterflies and ladybugs (two other formidable opponents in the U7 girls division!) I also am surprised by how each soccer game becomes a battlefield for my son and a fashion runway for my daughter. Of course, for all the players, boy or girl, the entire season is really all about the post-game snack and juice box. I could ask them who won and there's a good chance both would respond, "I dunno. But Mrs. Jones brought Oreo's and Gatorade... Awesome!"

It certainly has been a unique experience raising twins, one that I am learning to appreciate more as they get older. To be able to watch two children, exactly the same age and living in the same environment, develop into individuals with completely different opinions, tastes, and talents, has truly been fascinating. At a moment like this, I feel exceptionally lucky to be a mother of twins. For logistical purposes though, I'm glad they both like soccer.



TWINFO: 5 Tips to Prevent Back Pain!

Back pain is a very common complaint during pregnancy and into new motherhood—women are gaining weight, walking in new ways, and hormones are relaxing the joints and ligaments throughout the body. Carrying babies in one of the popular strap-on carriers can cause serious back discomfort as well. However, according to Dr. Jack Stern, a renowned neurosurgeon and widely recognized expert in lower back pain, women can often treat or prevent back pain during pregnancy and afterwards with simple self-care strategies or complementary therapies. Here are tips from Dr. Stern, who has been named one of New York magazine's best doctors eight years in a row and is in private practice in Westchester, NY:

1. Stay fit. Consider a regular exercise and stretching program to keep your back strong.
2. Good posture. As your babies grow, the center of gravity shifts forward. In order not to fall forward you may strain the muscles of your back. So tuck your buttocks under, pull your shoulders back and down and stand tall.
3. Lift properly. Squat when lifting. Don't bend at the waist or lift with your back.
4. Sleep on your side.
5. Pelvic tilt exercises.



They grow up so fast!!

Document your twins' journeys with TWINS™ memory books featuring 55 beautifully illustrated pages for you to personalize!



\$14.95 each or
2 for \$25

*A Memory Book for Twins
55 pages to personalize and save as a
keepsake for you and your twins*

Order online today by visiting
www.twinsmagazine.com/twinshoppe.html
or call our Twins Shoppe toll free at
888-55-TWINS (888-558-9467)

CONGRATULATIONS ANISTON, BELLE, CAMILEE, SCARLETT & WESTON STEVENSON!

You are 2008's
"CUTEST MULTIPLES"
AS VOTED BY
The CUTEKID™!!



DO YOU HAVE THE CUTEST SET OF TWINS OR MULTIPLES? The CuteKid™ is partnering with TWINS™ Magazine in 2009 to launch a contest just for you! Upload great photos for FREE. You can also enter any photo(s) into the monthly CuteKid™ Contest to win over \$5,000 in Great Prizes and a chance to be the "2009 CuteKid™ Multiples of the Year" and featured on the cover of TWINS™ Magazine. Each month, a panel of professional talent and casting agents reviews every photo entered to select that month's Finalists and Winner. Our 2009 Twins and Multiples contest offers monthly winners cash and great prizes, talent and casting agent exposure, a color photo announcement in TWINS™ Magazine...and a chance to be the 2009 Cutest Twins or Multiples of the Year who will be featured on the cover of TWINS™ Magazine in 2010!

GO TO WWW.TWINSMAGAZINE.COM/THECUTEKIDCONTEST FOR DETAILS

the
CuteKid

The Magazine for Multiples Since 1984!
TWINS™
www.TwinsMagazine.com



By Diane E. Raymond

ing exercise intensity. “Start slow, and remember, every woman is different, so pay close attention to how your body feels,” says Cram.

Ask and you shall receive. “Build your network of support,” says Cram. “You are with your twin babies 99 percent of the time. There needs to be a period of time when mom is focused on mom.” Help might be just around the corner (literally). Enlist the help of friends, neighbors, grandparents, and your spouse.

Feeling Blue? Work it Out!

Exercise... You know you should do it. You even want to do it – regularly. Instead of running on the treadmill, you’re running on empty, and feeling a little blue, too.

Truth be told, mothering multiples may be the most demanding, stressful job you’ll ever do. Frazzled, weary, irritable, and overwhelmed? No wonder a dark cloud is overshadowing what should be a time of wonder and enjoyment. In fact, recent statistics show that one in ten mothers suffer from postpartum depression (PPD) and that PPD is five times more common in mothers of multiples than mothers of singletons.

Ariela Frieder, M.D., an OB/GYN at the Montefiore* Medical Center in Bronx, NY, speculates that the baby blues moms of multiples experience may be rooted in the lengthy, often stressful pregnancy. “Being pregnant with multiples automatically categorizes the mother as a high risk pregnancy. They are monitored more closely, are more susceptible to medical complications, and are often placed on bed rest.” If mom was fit before the pregnancy, the sudden inability to do the same activities she enjoyed before the pregnancy can be frustrating.

What’s the good news? The solution could be in your sneakers. Recent stud-

ies show that regular exercise not only improves physical health, it can bring out the mental sunshine.

Amy Riley, M.D., mom to four-year-old triplets and an OB/GYN at the Sutter Medical Foundation in Roseville, CA, says that moms get multiple benefits from regular exercise, such as, “improved self esteem, body image, improved sleep, stamina, decreased fatigue, improved mood...all qualities which allow a person to respond better to the demands of new motherhood. All maternal benefits of exercise would be passed on to the child in the form of a more alert, responsive caregiver,” adds Riley.

But first things first, get the “go ahead.” By six weeks postpartum, most women who have no medical contraindications can return to a scaled-back version of their pre-pregnancy routine. Muscles, tendons and joints take time to return to normal. To avoid unnecessary injury, “all heavy lifting should be avoided until at least 4-6 weeks postpartum,” advises Riley.

Maternal fitness expert and author of *Pregnancy for Dummies*, Catherine Cram, M.S., recommends short bouts of gentle exercise, such as walking in 15 minute increments, three times per week for several weeks before increas-

Make it a family affair.

“The kids love the daycare area, and despite frequent trips to change diapers, it is totally worth the effort,” says Riley. “My kids have made friends (at the gym) and are learning about fitness, rock climbing, swim lessons...it is excellent family time.”

Get fit with friends.

Exercising with a group of women who have similar interests and goals can provide both the structure and incentive you need to stay committed. Stroller classes (for infants 6-months and older) are one great example. But don’t overdo it. “Moms with multiples need to be very careful pushing strollers that are too heavy,” says Riley. ♥

Diane Raymond resides in Dublin, OH and is an ACE-certified personal trainer, freelance writer and the owner of Blue Sky Gym.) She is also a mother of twin girls.



Babes on the Move!

Find a Class Near You...

Think big. Right now, keeping up with your little ones may feel like the equivalent of running the Boston Marathon, but have you ever dreamed of finishing the real thing?

Follow the leads of these speedy ladies for inspiration.

Marathon mom **Laura Murphy** was a competitive runner before her twin boys came along, but that didn't necessarily make getting back into race-shape easy. Murphy eased back into her routine by "starting with just one mile," and within one-year was logging the same pre-pregnancy 50-60 miles per week. "The nice thing about running is that anyone can do it—any age, any level, you can get into running at any point," says Murphy.

Laura's tip: "Buy a baby jogger," and look for a fitness club that has quality childcare. "I could put the babies in the childcare room, run for 45 minutes, shower, then get them home for their next feeding."

Jennifer Burg has completed five marathons, an Iron Man triathlon and a multitude of other races, ranging from 5Ks to sprint triathlons, since her twin daughters were born. Her typical training day begins at 4am to run (she claims to "log a lot of miles before 7am"), followed by a lunch-hour swim at the Air Force base where she works. After the girls are in bed, she heads to the basement for a 2-3 hour ride on her triathlon bike. Burg's daughters are faithful fans. "Even in the bathtub, they want me to watch their swim strokes." And though training is a huge commitment, everyone wins. "A lot of times when I win, the girls get the trophies."

Jennifer's tip: Find ways to turn training time into time together. "I'd put them in the jogger and run to the playground to play, and then run home. Once the girls started riding tricycles, I'd bring their trikes to the track and would do my speed work. I'd bring a picnic and we'd have a great hour. It was always fun for them." ♥

Check out these websites: StrollerStrides.com; StrollerFit.com; BabyBootcamp.com; Itstybitsyyoga.com.



Go the Distance!

Running Clubs & Resources for Moms on the Move

Seemommmmyrun.com
Momsinmotion.com
Teamintraining.com
Jennyhadfield.com



Give it a Tri!
beginnertriathlete.com
trichic.com
tridivas.com
trivigor.com

Track your twins' milestones on one fun & colorful growth chart!



The "Growing Up TWINS" Growth Chart features:

- A fun, colorful design depicting a tree and its animal inhabitants
- Inch and feet measuring markers up to 5' 1" on each side (one for each twin)
- Special place to write each twin's name on the chart
- Ribbon hanger and adhesive hook-n-loop tabs included for easy display
- Laminated for durability
- Two colorful TWINS™ rulers included to secure top and bottom of chart (and as a keepsake when your twins outgrow their chart!)

On sale now for
\$17.95 each!

Order online today by visiting
www.twinsmagazine.com/twinshoppe.html or call our
 Twins Shoppe toll free at 888-55-TWINS (888-558-9467)

Raising Twins Through Each Age & Stage

What About Me?

Ways to Help Your Singleton Child Prepare for the Twins' Arrival



Having to compete with twins for parents', relatives' and friends' time and attention is very hard on singleton children.

They have a difficult time understanding how life will change, even with the best preparation.

Sibling rivalry, a nearly-universal phenomenon, reaches new heights with the arrival of twin babies to the mix.

Resentments often erupt in temper tantrums and other behavior problems and sometimes they simmer beneath the surface but slowly turn into bouts of pouting or teasing.

It's common for singleton children between ages two and nine to suddenly exhibit signs of increased depen-

dency or regression, as they revert to younger behaviors. Sometimes older singleton siblings disguise their feelings and become excessive pleasers, trying to win a parent's approval and attention in the face of twin baby-distractions.

You can help your singletons understand and deal with the perceived threat of the arrival of twins by reminding them often of their advantages: they are older, bigger, more mature, and more independent while twin babies are totally dependent, needing to be fed, bathed and diapered constantly.

Minimize the sense of abandonment by reminding singletons they are a continuing and essential part of your family unit. Enlist their help in caring for the twins but avoid excessive demands. Practical necessity prompts many moms to enlist help. Be sure to provide positive feedback for helping; describe it as being a responsible member of the family and 'grown-up'.

Devoting additional one-on-one time to your singletons reinforces the message that they are important as much a part of the family and as visible as ever before. The most pressing problem for all parents of twins and singletons is there are never enough hours in a day to get everything done but staying organized and keeping the lines of communication open helps a great deal. ♥

10 Tips for Preparing Your Singleton for Multiples...

pregnant
with twins

infant
twins

toddler
twins

preschool
age
twins

school
age
twins

1. Take your singleton with you when you shop for the twins and let the older child pick out things for the babies.
2. Show your singleton his/her baby pictures and talk about when he/she was born and what life was like the first few weeks you brought them home.
3. Use dolls to act out 'coming home from the hospital' and how to touch and play with the twin babies.
4. If possible, adjust daily schedules and routines before the twins come home so the older sibling's disruption is minimal.
5. When you pack your bag for the hospital, pack one for your singleton child, too. Include art supplies, snacks, a new toy, disposable camera and a book on bringing home multiples.
6. When you come home, greet your older child and spend a little private, one-on-one time together.
7. Praise positive behavior and encourage your singleton to share their thoughts and feelings with you.
8. When people fuss over the twins (get ready because they will), try and defuse the situation by saying something like, "This is Josh and he is a wonderful big brother and such a help."
9. Spend time alone with your singleton to communicate that she is important and just as much part of your family as ever.
10. Verbalize as you interact with your singleton: "I love our talks between just you and me," or "These times are so special for me". When you tuck your child in at night, review the day and tell them how much you love them.

www.just4twins.com

Unique embroidered clothing for twins, triplets, and higher-order multiples.

The widest selection of custom multiples stationery and scrapbook paper!

Unique gifts for parents, grandparents, and siblings.

"We have items for twins and triplets of all ages."

infant onesies • t-shirts
tanks • hats • sweatshirts
golf shirts • raglan tees
scrapbook paper • bags
cards • maternity shirts
golf towels • invitations
mousepads • travel mugs
bumper stickers • ladies
tees • got twins? designs
got lucky with twins
grandma's little twinkies
custom designs and
much, much, more!

Use Coupon Code: **twinsrule** and get 10% off orders over \$50.00!

www.just4twins.com

infant twins

Welcome Home: Ways to Make Life a Little Easier for You and Your Twins!

Bringing home twins marks the start of a new lifestyle... double the questions, challenges and of course double the joy! When you first gaze upon your tiny newborn's faces, you see the most beautiful, wonderfully made miracles in the entire world. They've spend months preparing for their big debut. Researchers now know that brain development begins in utero. Before birth, babies are sensitive to light, sounds and temperature changes—and they've been sucking their thumbs for weeks. The twin bond actually begins in utero. Ultrasounds have shown them with limbs entwined, hugging each other and communicating inside the womb. Caring for infant twins in the first few days can be overwhelming, exhausting and stressful. You could even say you experience a bit of 'twin shock'. Don't worry; we all have gone through the ups and downs of post-partum pressures and hormonal imbalances when you first bring those little bundles of yours home so here are some tips that may help you during this stressful yet joyful and exciting time.

YOUR POSTPARTUM PLAN

Develop a postpartum plan in writing. Think of contingencies and alternative solutions. In the fog of sleep-deprivation and the bliss of motherhood, an unwelcome surprise can be difficult to manage. Having a list of phone numbers on hand postpartum can be extremely helpful like a lactation consultant, your local twins club support group, a housecleaner, friends and neighbors who have offered to help and other important numbers you should have easy access to finding will most certainly make it easier on you when you need to contact any of these people.

CLEAN AND ORGANIZE

Do as much as you can in advance of the births of your babies to reduce household workload. Freeze meals—casseroles are good. Other easy meals: salads, soups, sandwiches or pancakes for dinner work great. Have your local grocery store and restaurant delivery phone numbers handy. Along with baby gifts, ask for meals for your freezer or a gift certificate for housecleaning, postpartum massages or donations for doula services are excellent alternatives to the 'usual' gifts people give new moms. Stock up on nonperishables: paper plates, cups, and plastic utensils for a break from

dishwashing. Lower your housecleaning standards when you bring the twins home. Getting rest and cuddling/nurturing your twins should be much more of a priority than making sure your dishes are done. Clean out the clutter. Organize your house so items are near where you use them. Use a laundry system that allows you to sort dirty clothes when you take them off. Wash all new baby clothes in advance (they can contain some chemicals that irritate baby's skin), but don't wash everything. You probably have more cute outfits than your babies will actually ever wear, so set some aside to exchange for bigger sizes or store credit (so leave the tags on!) Also, there are numerous twins clubs across the US that host club garage sales where you can sell and buy gently used clothes since you go through them so fast anyway. Set up diaper-changing and baby-feeding areas on every floor of your house so you're not running up and down the stairs all day. Each are needs burp cloths, a water bottle, and a breastfeeding pillow for nursing moms, books, a journal and whatever other comforts you need while feeding your twins.

PLAN TO SLEEP

Don't underestimate the power of sleep deprivation. Feeding and caring for infant twins is an around-the-clock job. Newborns eat every two to three hours, yet adults need a seven to nine hour stretch of sleep to truly function well. Sleep deprivation increases your levels of cortisol, a stress hormone. This can lead to feelings of hopelessness and a shorter fuse. Sleep whenever your babies do—you hear that all the time but experiences mothers of multiples know that this really should be a rule you stick to when your twins come home! It's crucial. You may have a hundred things to do, but your body needs rest to make up for the lack of sleep you are getting at night. This is especially important for your speedy recovery from childbirth. Ask others to come over and watch your twins while you nap or so you can take a long, hot shower. Once breastfeeding is well established and you are able to pump and preserve your milk or if you are formula feeding, consider letting someone else handle some of the nighttime feedings. Start looking for ways each parent can get at least five-hour



chunks of sleep—the amount required to get your body into a restful state. Maybe you and your partner can split the night in half, depending on your work schedules. Some couples even trade off whole nights. Sure, when it's your night it's exhausting, but at least you know that half the time you'll get a full night's sleep.

LIMIT VISITORS

You can't really prevent your friends and family from wanting to come over to see your twin babies but be sure to spread out your visitors as much as possible. Maybe dad is home for two weeks to help and after that, grandma comes. It's okay to set time limits on visits or say you won't be seeing visitors at all until after a certain number of weeks. Answering the door in your bathrobe also get the message across quickly that you're too tired for socializing. Your postpartum experience is yours and yours alone. Do what's best for you and your family so you have a wonderful experience and enjoy this special time you have getting to know your babies. ♡

ASK YOUR FAMILY & FRIENDS TO HELP BY:

- Washing/Sterilizing bottles and feeding implements
- Feeding babies—especially at night and during the early morning shifts
- Playing with and bathe your older children
- Preparing some ready-to-heat and eat meals for your family
- Washing dishes and cleaning the kitchen
- Taking older children to school or after school activities
- Washing laundry and helping with folding clothes
- Watching babies while you rest or take a shower
- Helping to take babies to their doctor's appointments
- Doing the grocery shopping
- Cleaning the house
- Bathing the babies
- Running errands

Eating Out With Toddler Twins

By Janet Gonzales-Mena



Ask a child development specialist for his advice about eating out with toddler twins and you are likely to get a one-word answer: ‘Don’t’. Ask a parent of twins and you may get an entirely different answer. One mother of twins, Jill Draper of Napa, California says “maybe we’re crazy but we love to eat out with our kids. We do it all the time and it’s a real treat for us when we do.” The child development specialist’s point of view stems from the nature of toddlers, who are experiencing what Swiss child psychologist Jean Piaget called the ‘sensor motor stage of development.’ That means, as any parent of a toddler will testify, that they move around a lot and they mess things up as they explore the world by using all of their senses.

Setting up the Environment

At home, the environment can be set up for this exploration and messing around—in a restaurant it just cannot. At home, children can be fed when they are hungry and can go back to playing when they are finished. Restaurants usually make you wait for the food and present problems when toddlers finish eating because they want to get down and try to run around. “We’ve learned how to get around the pitfalls,” said Draper. “First, we only take the children to places where we know we’ll be welcome. We know which places include things to do and look at while waiting. Some people haul toys around but that’s just too much to carry when you already have your arms full of twins and all their other stuff—and we also have a singleton daughter who is a little older than the twins.” Another part of the nature of toddlers that experts and parents agree upon is this: when two are together they interact—which is a nice way of saying they are likely to fight,

fuss, tease and play loudly. These interactions can ruin what might otherwise be a nice meal out on the town. Draper has an answer for the interaction problem. “We separate the boys, have rules that we review before we start out and deal with any problems immediately,” she explained. “If they don’t behave, they get taken out of the restaurant immediately and kept out until they are ‘ready’ to come back and try again. My theory is that if you make a rule, you’d better stick by it.”

Toddlers can make decisions, but they don’t always make good ones and often change their minds after the decision has already been made. This can be a problem when ordering food in a restaurant. To alleviate this situation, Draper suggests choosing a restaurant that allows one order to be divided between two people, and then give the children a choice of two or three items that they usually like to eat. That way, they each have their own choices, and they can share when they think their co-twin’s choice looks better! Having a positive attitude about dining out with toddler twins is one of Draper’s assets. “I’m optimistic,” she admitted. “I expect to have a good time and usually I do. I should add, though, that my husband and I often leave the kids at home, too. We go out once a week by ourselves because we enjoy ‘getting away’.

A final word of advice... as wonderful as it is to eat out with the whole family, remember to also be sure and treat you and your partner to a meal on a regular basis without the children. Take someone with you who can carry on adult conversations, relax and be sure to enjoy yourself! ♡

5 Tips on Preventing Problems When Dining Out With Your Dynamic Duo

1. Choose the right restaurant. Some cater more to children than others and some even provide great children’s activities to make the wait easier to take. Atmosphere, length of time for service and whether or not they have enough boosters or high chairs available are certainly important considerations. Ask yourself if you feel welcome at a particular place and if their food is what your children are used to eating.
2. Invite some adults along so children don’t outnumber you. Although it may be possible to handle your twins by yourself, it’s much easier if you have help. Just the simple maneuver of putting an adult on either side of a toddler helps minimize the squabbling and fussing that can ruin a perfectly good dinner. Having an extra pair of hands to cut, mash and scoop things off the floor can also be helpful.
3. Be creative in thinking up ways to entertain them while you wait. Talk about your surroundings—interesting décor or scenes inside or outside the restaurant. Try story telling when the objects at hand lose their appeal. Memorize some old favorites or make some up on your own or even retell family history like what happened in your family that day or last week.
4. When the children obviously can’t sit any longer, take them outside to prevent them from being bored and mischievous. Toddler twins aren’t designed for lengthy sitting.
5. Save lessons that aren’t directly connected to the restaurant experience for home. There is already plenty to concentrate on without adding to it. You might even relax a little on issues like manners and clean plates (if those are issues in your family). Since children pick up more powerful messages from actions than they do from words, what you eat, how much and how you eat it are learned mostly through modeling, anyway. ♡

pre-school age twins



Peace & Quiet

By Alice M. Vollmar

These two words mean different things to different people. But to parents of active, talkative and often physically demanding young multiples, their important, stress-saving roles are decidedly precious. Just how much do these treasured commodities cost? Here are several mothers' strategies for 'buying' a little of both on a daily basis.

Whisper/Soft Voice—When she wants her twins to behave more peacefully, Elaine Kumpula, mother of 4-year-old identical twin boys, James and Michael, lowers her voice to a whisper. Then, she says her twins lower their voices, too. Saying 'soft voice' while rubbing each of her children's

cheeks with her index finger is a successful calming technique that Nancy Beck-Erdman uses when the behavior of her 2-year-old fraternal twins, Henry and Emma are out of control. (Now, if one twin wants his co-twin to be quieter he says 'soft voice'.) Beck-Erdman also asks her twins to differentiate between their 'inside and outside' voices.

Marshmallow Feet & "Zippered Mouth"—When your twins plus playmates sound like a thundering herd, ask them to walk with 'marshmallow' feet, suggests Beck-Erdman. "Kids catch on to that right away." The marshmallow concept works for voice volume, too. Ask you twins to pretend that they each have a marshmallow in their mouth, suggests Barb Oxley, mother of 4-year-old fraternal twins, Julie and Jeff and 16-year-old, Josie. The old trick of admonishing children to 'zip your mouth shut' has also been a pretend activity that she says brought quiet to her family chaos! Another trick is to have your twins pretend they have a bubble in their mouth when walking through places they really need to be quiet.

Music Equals Mellow—"Music has charms to soothe a savage beast," wrote William Congreve. I agree! Play songs softly on a piano or listen to your favorite MP3 or movie soundtrack your twins love

in order to create a calmer climate for everyone. Favorite movie tunes kept Kumpula's twins absorbed during long car trips, she says. Sing-a-long nursery songs with finger games or bringing along their favorite DVD makes great entertainment in the car. Music also comes in handy during that half hour or so before dinner or at bedtime when the natives may be feeling restless. To create opportunities for peace and quiet, bring special toys and games with you for your children during 'waiting' times like doctor visits, airplane trips and in the car. One mom fills a backpack with toys and snack foods that are easy to eat and on the low end of the messy scale, or a few supplies for fun activities—like crayons and paper, playing cards and books.

Spontaneous Diversion—Think of ways to be inventive. Play animal identification and alphabet games in the car, bus or train. Talk about what you see around you. Count anything. How many red objects do you see in this room? In an elevator, ask your twins to figure out how many floors there are; with their eyes closed, ask them to guess the floor at each stop.

~ Continued on page 39



HAS BEEN INFORMING FAMILIES SINCE 1994

- Accredited by the AABB for DNA based relationship testing (one of less than 50 labs worldwide)
- Helpful personal service
- Results within seven business days
- All results reviewed and reported by Dr. Kenneth Ward, who is board certified in four sub-specialties: OB/GYN, Maternal Fetal Medicine, Medical Genetics, and Molecular Genetics, and has delivered hundreds of multiple pregnancies

ARE YOUR TWINS IDENTICAL?



Twin Zygosity Test:
\$150 plus
\$10 shipping and handling

Contact us toll free at: 1-800-362-5559
www.affiliatedgenetics.com

My Friend, My Foe



Probably your children, singletons and multiples have been good friends and good enemies as they have grown. One of the great things about having a sibling is that this relationship provides a safe place to learn to get along with others. Especially when siblings are younger, they may fight bitterly, but will probably be playing together again an hour later. Thus, children learn from their relationships with their siblings just how certain words or actions will affect another person without the fear of losing the person's friendship.

Siblings Fight for a Number of Reasons:

- They fight because they want a parent's attention, and the parent has only so much time, attention and patience to go around
- They fight because they are jealous. One co-twin may say to himself, "He got a new bike. I didn't. They must love him more than they love me."
- They fight over simple, albeit hurtful teasing, which is a way of testing the effects of behavior and words on another person. The co-twins may say to themselves (or out loud), "He called me stupid." "But she called me stupid first."
- They fight because they are growing up in a competitive society that teaches them that to win is to be better. Competitive shouts can be commonplace, such as, "I saw it first" or "I'll race you to the water and win." The child's biggest task during the

middle years and early adolescence is to develop a sense of herself as a unique individual, separate from family, although still belonging to that family. Many multiples find this a particularly difficult time in their relationship with each other because it isn't always easy to know how to be separate from one's co-twin. During this time, struggles to be smarter, cuter, more artistic, etc. can become really intense as co-twins try to find their unique selves, separate from their identity as co-twins. Recognize that there are many reasons for the fighting, and make an effort to develop an understanding of those reasons. At the same time, though, you must make up your mind that you will not tolerate the fighting any longer, although it may not be easy to stick to that resolution. However, many parents have found that committing to that resolution is the most important factor in bringing peace to their home.

Laying Down the Law

Middle-years children are old enough to be told bluntly that you will no longer tolerate fighting among them. Tell them that while it's normal to have

school age twins

disagreements and that you recognize that it is not easy sometimes to have a co-twin, the constant fighting upsets you, and you value peace at home and will no longer be the judge and jury over their disputes. Then, stand by that resolution and make sure your spouse does, too.

The habit of fighting and bickering is not easy to break. If you seem to be making no headway, ask a professional to help you and your children figure out better ways than fighting to resolve disagreements. If you can remain calm in the face of battling co-twins, retain your sense of humor and, with your spouse, put up a determined and united front, you can eventually expect peace to break out in your living room. ♥

~ Read more about school-age twins on page 51



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

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.

\$13.95

Visit www.TwinsMagazine.com to see more books and detailed descriptions. Or order Toll Free at: 888-55-TWINS





Do Your Twins Speak in a Secret Language?

By Christina Baglivi Tinglof

A few months ago when Kari Butler's twin boys (she's thinks they're fraternal but has not had them tested), Spencer and Parker, were 21 months old, she noticed them engaged in a conversation that was completely foreign to her. "I was in the kitchen with Parker and Spencer was in the playroom. Spencer babbled something loudly to Parker and then Parker babbled back," explains the New Lebanon, Ohio mom. With Butler close on his heels, Parker then walked into the playroom to join his co-twin as if responding to a request. The two boys continued their private exchange while playing on their rocking horses as Butler watched in awe. "I was amazed," she says. "I have heard of 'twin talk' but this was the first time I'd really seen it."

For decades, the idea that some twins develop their own language has been a source of great fascination for both parents and researchers. But can some twins really invent a unique language that no one else can understand? Probably not, say researchers.

THE DIFFERENCE BETWEEN PRIVATE LANGUAGE AND SHARED UNDERSTANDING

"The confusion comes because in twin children we observe two phenomena that are defined by parents as the single phenomenon known as twin language, secret language, or autonomous language," explains Karen Thorpe, Ph.D., Professor, School of Psychology at Queensland School of Technology in Australia, and the co-author of several research studies on this intriguing topic. To clear up the confusion, Thorpe calls the first type of twin language private language, a rare form of communication used exclusively between the pair and not with anyone else. It usually occurs in twins that live in somewhat isolated conditions, perhaps in homes with little social interaction or verbal stimulation. Researchers also suggest that poor cognitive functioning can play a part in twins who use private language.

The second and much more common type of twin language is shared understanding, a normal development phase where twins are able to interpret each other's immature, unclear, or imperfect speech. In other words, as your tiny talkers learn the rules of speech, babbling away and practicing what they hear around them every day, they tend to understand what the other is saying before you do! Hence, it gives the appearance of a "secret twin language." (Although most common in twins, Thorpe explains that it can crop up with close siblings and friends, too.) Shared understanding can also include made-up words or phrases and verbal shorthand. It usually crops up when twins are toddlers and then slowly fades with time as they master correct English usage. Thorpe calls shared understanding a normal social phenomenon and not some amazing or pathological feature of speech or language.

WHY DOES IT HAPPEN?

Some reports suggest that nearly 40

percent of twins engage in some form of “twin talk.” But why is there such a high number? One explanation is the close relationship that many multiples share. Twins are naturally “high access” siblings, spending much more time with each other than say, two singleton siblings born years apart. Thorpe says that twins are at an advantage since they have much more knowledge of each other and the circumstances surrounding their relationship. “The children are able to understand each other’s immature or imperfect speech because they know each other, share a social world and history,” Thorpe says. “It’s not anything out of the ordinary or different in twins. It’s much like married adults who are better able to understand each other because they are close.”

It’s during their continued togetherness that many young twins also learn to model their co-twins’ burgeoning language, reinforcing their mistakes. In addition, researchers speculate that identical twins or twins who are very similar developmentally are more prone to using some form of twin language. Lori Reyes of Hilltown, Penn. says her six-year-old identical twin sons, Nico and Cruz, have been using twin language on and off since they were young toddlers. “They never speak to anyone else in ‘twin,’ only to each other. I watch from the sidelines,” she explains. Although her sons used their special lingo more when they were younger, Reyes says it still pops up periodically during playtime or in times of stress like the first day of school or at a doctor’s appointment. “We’re a bi-lingual family but they communicate together in English with a few ‘twin’ words thrown in as if they are nouns or verbs. They do this without skipping a beat in their speech pattern.”

CAN A TWIN LANGUAGE LEAD TO SPEECH DELAY?

Although shared understanding with typical patterns of immature speech shouldn’t be a cause of concern, Thorpe cautions parents to pay attention

and monitor their children’s language development closely. “Though twin children are on average slower to develop language, being a twin should not mean that language delay is inevitable,” she adds. “Failing to meet milestones of using words and sentences or not being understood by people who know the children are all important indicators of a need to seek professional advice.” It’s important to intervene early, too, as language delay may lead to problems later on in school such as learning to read, write, and spell.

Judith Andersen’s three-year-old fraternal twin daughters, Lauren and Jenna, have been in speech therapy for six months to help break the code of their jargon and get their English up to speed. “I felt very left out by their language and it was extremely frustrating trying to figure out what they wanted,” says the Livingston, N.J. mom. “They were evaluated at two years and two months because they were not speaking English. They were speaking ‘twinnish.’ Her daughters were not using two-word sentences and had a vocabulary of only 20 words when 50 was the norm for their age. Today, with the help of therapy, the girls are using three- to four-word sentences and their vocabulary has shot up to more than 50 words. “We’re just working on articulation now. Their twin language is gone except for a few remaining words.”

Jenn Duke of High Point, N.C. says her three-year-old identical twin boys, Cameron and Caden, speak a mixture of English and “twin.” “It’s as if they are speaking completely clear and normal to each other but we don’t always know what they are saying,” she says. Their use of shared understanding isn’t a cause of concern, however, since the boys can “turn it off” and

communicate to mom and dad easily. “I don’t mind when they do it because it’s cute and their speech is fine.”

“The children are able to understand each other’s immature or imperfect speech because they know each other, share a social world and history.”

And there lies the distinction according to Thorpe. “Some children have a communication together but also

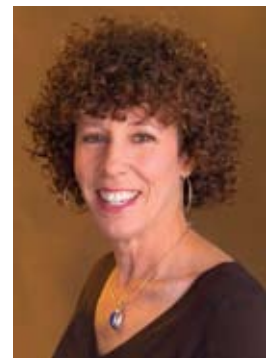
are competent speakers to others,” she says. “If children are playing with language together, understand each other well, and talk to people other than their co-twin in a way consistent with developmental norms, there would not appear to be a problem.”

Yet even if your young twins are struggling to be understood, Thorpe remains optimistic. Her research suggests that language delay in most twins is associated with a lack of social experiences. You can improve your twins’ speech, she says, by simply increasing and expanding their interactions with adults as well as other children. ♡

Double play date, anyone?

*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 the revised, second-edition of *Double Duty: The**

Parents’ Guide to Raising Twins due out this May. Christina’s website is www.talk-about-twins.com.



Surrogacy:



A Gift from the Heart Times Two

“Y

By Susan Heim

“You can try again,” the doctor told Kim. “This is nature’s way of taking care of something that wasn’t meant to be.” “Not meant to be? Tell that to my heart,” Kim replied. After five miscarriages, Kim just couldn’t handle another disappointment. Later that day, she sobbed out her pain and anguish to her friend Helen. Suddenly, Helen realized she could answer Kim’s prayer for a child. “Let me carry a baby for you,” she offered. At first, Kim thought it was a crazy idea. “I can’t ask you to do that,” she told Helen.

“Don’t be silly,” Helen said. “All I have to do is carry the baby for nine months; you have to raise the child. Just think about it.” Thus began Helen Zanone’s journey into surrogacy.

A surrogate is a woman who agrees to become impregnated via in-vitro fertilization (IVF) or intra-uterine insemination (IUI) to carry a child for an intended parent or parents. With traditional surrogacy, the surrogate uses her own eggs and is impregnated through IUI. A gestational surrogate has no biological connection to the child she carries and is impregnated through IVF with the eggs and sperm of the intended parents or donors. No national statistics are kept on surrogacy, but the Organization of Parents through Surrogacy estimates that there have been approximately 10,000 births via surrogates in the United States since the mid-1970s. And it is not uncommon for these pregnancies to result in multiple births as IVF increases the chance that multiples will be conceived.

In the true story above, which appears in its entirety in the book, *Chicken Soup for the Soul: Twins and More*, Kim found that using a surrogate was the answer to years of unfulfilled longing for a child? In fact, the pregnancy resulted in twins! It’s not too difficult to comprehend the rewards of surrogacy for the intended parents, but what about the surrogate? Why would a woman put her life (and that of her family’s) on hold for a year, risk her health with up to nine months of pregnancy, only to surrender the baby (or babies) she carried inside her?

For Sharon LaMothe, a two-time gestational surrogate explains, “Seeing the look on the parents’ faces when their babies are in their arms—happy, healthy and wanted—is a great feeling.” Surrogate Angelina Ramos was thrilled to be carrying twins for a couple “because everything they had ever dreamed of was about to come true.” Stacie Lykins concurs. “Nothing can compare to the experience in the operating room of witnessing the intended parents hear their babies’ first cry... That I could help them become parents—nothing can compare to that feeling.”

But despite their noble intentions, surrogates sometimes come under attack. People ask: How could you give up a child that you carried and nurtured inside your body? The women interviewed for this article all agreed that it was a matter of mindset. Helen Zanone explained, “Even before I was pregnant, I kept saying ‘their baby’ anytime I talked about it. These babies were not related to me in any way.” Stacie Lykins clarifies, “I made sure it was clear in my mind before I even became pregnant that these were not my babies. I was a gestational carrier, and they were not biologically related to me. My mindset from the beginning was that I was carrying these children for someone else.”

Another criticism that surrogates hear is that they’re “in it for the money.” Stacie Lykins retorts, “No amount of money is worth a 24/7 job for nine months and more. Many surro-

gates go through multiple attempts to get pregnant. They go through hormone shots, pills, mood swings—there’s so much more involved than with a traditional pregnancy. Women who go through all this for the money are few and far between.” Sharon LaMothe adds, “When you look at what the surrogate actually makes, and how she’s spending about a year’s time ‘on the job,’ she’s making less than minimum wage.”

All four of the surrogates quoted in this article carried twins, sometimes twice! But none of them had any qualms about their decision to become a surrogate in spite of the risks of a multiple birth. Sharon LaMothe, who carried two sets of twins says, “I was happy for the intended parents each time. Being able to give them twins when the surrogacy process is so expensive in the first place is an added bonus for them.” Helen Zanone admits that she panicked at first when she found she was pregnant with twins, but “now that it is said and done, that was the easiest pregnancy out of all of them. I was excited when I found out I was pregnant with identical twins.”

Building a family, these women insist, is what surrogacy is all about. Sharon LaMothe shares, “It’s also great knowing that you’ve helped shape an entire family by providing grandchildren to grandparents, nieces and nephews to aunts and uncles, and so on. You’ve impacted an entire family, which is a wonderful feeling.” None of the surrogates interviewed have any regrets about their surrogacy experiences. The conclusion of Helen Zanone’s story in *Chicken Soup for the Soul: Twins and More* sums up the rewards of surrogacy perfectly: Next thing I knew, Kim was holding her twin boys—the twins she had longed for since her first

miscarriage. Kissing the tops of their downy soft heads, the sweet baby smell lingered under her nose. Removing their blankets, she counted all twenty toes and fingers. They were perfect gifts from God.

Tears filled her eyes as she leaned toward my ear. Her voice shaking, she spoke barely more than a whisper, “Thank you. Thank you.” ♡



Surrogate Mom Sharon LaMothe

Susan M. Heim is a writer and editor, specializing in parenting and women’s issues. Her books include “Oh, Baby! 7 Ways a Baby Will Change Your Life the First Year”; “Twice the Love: Stories of Inspiration for Families with Twins,



Multiples and Singletons”; “It’s Twins! Parent-to-Parent Advice from Infancy Through Adolescence”; and “Boosting Your Baby’s Brain Power.” She is also the coauthor of “Chicken Soup for the Soul: Twins and More.” Her fraternal twin boys are five.

Entering into a Surrogacy Agreement

If you are considering the use of a surrogate, it is highly recommended that you go through a reputable agency. Stacie Lykins says, “With the use of an agency, you have a neutral third party who can intervene if there are problems.”

Angelina Ramos noted that her agency walked her and the intended parents through the surrogacy process step-by-step so there were no surprises.

Sharon LaMothe adds that an agency can help protect the rights of both the surrogate and the intended parents.

For the parents, “a contract ensures the surrogate will relinquish the child.” And if a child is born with a birth defect, a contract guarantees that the intended parents will not abandon the child with the surrogate.

Sharon has included some reputable agencies and other information about surrogacy on her site, Infertility Answers, at <http://infertilityanswers.net>.

Because every twin has a story to tell...

Let your twins help tell their personal stories with these darling fill-in-the-blank storybooks:

**“My Personal Story in ABCs” and
“A Very Special Twin Story”**

Each page is colorfully illustrated and easy to follow. A great gift for your twins or others with twins! Sold in sets of 2 for \$9.95/set.

**Order online today by visiting
www.twinsmagazine.com/twinsshoppe.html
or call our Twins Shoppe toll free at
888-55-TWINS (888-558-9467)**

National Multiple Birth

Did you know that April is National Multiple Birth Awareness Month?



the convention We are pleased to be partnering with Double Delights of Denver, the host club for the 36th Colorado Parents of Multiples State Convention during the National Multiple Birth Awareness Family Weekend Event. This year's lively convention theme is **'Sweets in the City'** and will be presented by Double Delights of Denver and sponsored by Health One Swedish Medical Center.

get ready for a sweet weekend

Sweet stay—at the Curtis Hotel in Downtown Denver, CO

Sweet treats—at a cupcake break

Sweet speakers—including a keynote presentation by Joan A. Freidman, Ph.D. and author of *Emotionally Healthy Twins*

Sweet shopping—at the Multiples Marketplace

Sweet silent auction and raffle

Register today at www.doubledelights.org



Sweets in the City will be at the hip and fun Curtis Hotel in Downtown Denver, Colorado. Stay on one of the 13-themed floors, although the Perfect Pair floor just might be your favorite! Rates are only \$115.00 for single/double occupancy. Call the hotel directly at 1-800-525-6651 and mention CPOM to get this great convention rate!

come celebrate with us To celebrate the 1st annual National Multiple Birth Awareness Month this April 2009, TWINS™ Magazine, the Fetal Hope Foundation and the National Organization of Mothers of Twins Clubs, Inc. (NOMOTC) and in conjunction with the Colorado Parents of Multiples 36th State Convention, are partnering together to sponsor the 1st National Multiple Birth Awareness Family Weekend Event, April 17-19, 2009 in Denver, Colorado.

Join other families with multiples for an entire weekend of FUN! Here are all the details for this very special weekend event so make plans to bring your entire family to Denver, Colorado in the springtime for the 1st National Multiple Birth Awareness Family Weekend Event!

saturday, april 18—family fun in denver... take time to play while you are away!

Presented By:

TWINS™

Denver, Colorado offers so much for families to do and see while you are here. To make it easy for you to enjoy yourself, we have partnered with the following attractions to offer you discount tickets and fun things to do while you are attending the family weekend event.

This is the perfect opportunity for dads and kids to see the sights while mom enjoys the educational and informative parenting workshops and convention activities on Saturday! Just choose the activity that you want to do and be sure to mention the National Multiple Birth Awareness Family Event to get your discounted tickets!

- the children's museum
- the denver zoo
- the museum of nature and science
- the aquarium

lights...camera...action! TWINS™ Magazine to Launch Special Cover Photo Contest to Celebrate National Multiple Birth Awareness Month during the 'Multiple Family Festival' **sunday, april 19th**

Have you ever wanted to see if you could get YOUR twins on the cover of TWINS™ Magazine? Here's your chance! Bring your twins to the free 'Multiple Family Festival' on Sunday and come by the TWINS™ Magazine table to register for our very special TWINS™ Magazine Cover Photo Contest. Photos will be taken on a first come, first serve basis starting at 1:00 pm to 5:00 pm. You may also sign up for a guaranteed photo-time beginning on

Here's what you need to know to register for our cover photo contest



Awareness Event - 2009

saturday night—join the fetal hope foundation for



a charity basketball game: the harlem ambassadors...

It's not your Grandfather's Basketball Show!



Tickets can be purchased in advance or at the door. All proceeds benefit the Fetal Hope Foundation. For more information, contact Fetal Hope at 303-931-0553. For directions to Chatfield Senior High School, go to www.fetalhope.org/charity-basketball-game.html for directions.



The Harlem Ambassadors vs. the Fetal Hope Slammers
Saturday, April 18, 2009 at Chatfield Senior High School gym in Littleton, Colorado (just south of Denver)

Get ready for dazzling ball-handling tricks, high-flying slam dunks and hilarious family comedy. Great fun for the entire family!

Saturday Evening's Schedule:

4:00 to 6:00 pm	Team warm-up
6:00 pm	Doors open to public
6:30 pm	Game start

Prices:	Advance	Game Day
Child/Student (4-17)	\$7	\$9
General Public	\$9	\$11
Kids under 4	Free	Free

Autograph session immediately following the game.

sunday, april 19
—multiple family festival



NOMOTC
 A SUPPORT GROUP FOR PARENTS OF TWINS AND HIGHER ORDER MULTIPLES

The National Organization of Mothers of Twins Clubs, Inc. (NOMOTC) will sponsor a 'Multiple Family Festival' on Sunday, April 19th from 1:00 pm to 5:00 pm in the ballroom at the Curtis Hotel and fun for the entire family.

games, prizes, food and FUN!

The 'Multiple Family Festival' event is FREE and open to the public. Our goal is to get as many sets of twins and triplets at this event as possible! You won't want to miss this very special fun family event on Sunday afternoon so make your plans now to attend.

There will be a children's festival with fun activities like: bean-bag bowling, shoot the hoops ball toss, pluck the duck, go fishing and more.

Games, prizes and balloons will be available for all children in attendance and there will also be popcorn and drinks provided for all!

NOMOTC will also host a multiples contest on stage for multiples to strut their stuff! Awards will be given to multiples in the following categories:

- ~ Most look alike multiples age 10 and under
- ~ Most look alike multiples over age 10
- ~ Least look alike multiples age 10 and under
- ~ Least look alike multiples over age 10
- ~ Youngest set
- ~ Oldest set
- ~ Best Multiples Attire
- ~ Best Personalities and MORE!

Also during the Multiple Family Festival be sure to check out the fantastic Multiples Marketplace with showcase vendors featuring products/services just for families with multiples and be sure to visit event sponsors: Fetal Hope Foundation, NOMOTC and TWINS™ Magazine's while you're enjoying the festival.

Friday, April 18th at the TWINS™ Magazine information table.

- Your twins will have their photo taken by our professional staff photographer at a real photo shoot, with lights, backdrop and professional equipment.
- Twins and higher-order multiples should be dressed in matching or coordinating outfits—solid colors usually work best and nothing that has too many patterns since they can be distracting.
- Contest is open to ALL AGES of twins and twin-types from infants to adults!



- The twins or higher-order multiples that are selected as the contest winners will be notified by the Publisher that their photo has been selected and will run on a future edition of TWINS™ Magazine (July/August 09).
- All contestants will receive

(1) one 'Custom Cover' print mailed directly to your home that shows your multiples on the 'cover' of our magazine and includes the familiar TWINS™ Magazine masthead, logo and cover headline: Twinship: A Lifetime Bond of Laughter & Love, with your twins' names and birthdates listed on the cover. Custom Cover prints normally cost \$39.95 in our TWINS™ Shoppe.

- There will be a cover photo contest entry fee of \$17.95 to cover the costs of photography, printing, processing

Earth Day is Coming ...

10 Ways Your Family Can Help Save the Planet



if thrown away)? Recycle!! Crazy Crayons and the Crayon Recycling Program turn unwanted crayons into colorful handcrafted crayons of all different shapes.

Visit www.crazycrayons.com.

It's a buzz phrase in ad campaigns for everything from cars to cosmetics. But the beauty of 'going green' is that it's not just a concept for big companies with corporately crafted messages. It's a lifestyle choice that promotes social responsibility and an appreciation for the many gifts Mother Nature bestows upon us.

In honor of Earth Day (April 22nd) and because TWINS™ Magazine is celebrating our 25th Anniversary in 2009, here are ten basic things we parents can do (or buy) to reduce our households' impact on the planet (and teach our kids to do the same)!

1. MAKE RECYCLING FUN!

Teach your kids about the different types of recycling materials. Make bins for each type of material (let the kids design labels for each bin) and create a reward system (a special snack or activity) when the recycling bins fill up. This will encourage kids to seek out recyclables...and before you know it, these creatures of habit will never even think to throw a glass bottle in the trash! Get started at www.recycling-revolution.com

2. RECYCLE CRAYONS: Nothing beats a brand new box of perfectly pointed, neatly sorted crayons. But what do you do with all the old bits and pieces of broken and battered crayons (which take years to biodegrade

3. ELIMINATE (OR REDUCE) THE PAPER TRAIL!

Encourage your kids' school to reduce the paper that follows kids home each day. If your twins or multiples are bringing home the same school bulletins, book order forms, etc., ask their teacher(s) to send just one set of papers home. That's less waste for the school and less clutter for you!

4. TURN WASTE INTO 'WOW'!

With a little imagination, a piece of trash can be transformed into a child's masterpiece. Need some inspiration? *Good Earth Art: Environmental Art for Kids* by MaryAnn F. Kohl and *Ecoart!: Earth-Friendly Art and Craft Experiences for 3-To 9-Year-Olds* by Laurie Carlson are available on Amazon.com and full of great ideas for recycled kids crafts.

5. ORGANIZE A CLASSROOM RECYCLING PROGRAM:

If your kids' classrooms aren't already recycling, talk to their teachers and see if you and your kids can help make recycling a classroom habit. If your kids' school doesn't have the means of getting the recycled materials to a recycling center, work with other 'green parents' to establish a day when parents volunteer to pick up the recycling and take it to the recycle center.

6. USE ENERGY-SAVING BULBS:

In a house full of kids, candle-light as an alternate light source just isn't practical. Thank goodness for the 'compact fluorescent lightbulb or 'CFL'. They look like a pig's tail with their odd spiral shape but they use 75 to 80 percent less electricity as classic bulbs. Swap out your bulbs today and teach your kids to always turn off lights when they leave a room.

7. LIMIT YOUR LAUNDRY:

Do you wash clothes simply because they're in the laundry basket (or on the kids' bedroom floor?). Don't wash clothes that were barely worn. Teach your kids to use a separate basket for the 'not so dirty' clothes. Then you can decide if that load is really necessary. Reducing laundry saves water, electricity and the detergent that is heavy on packaging materials.

8. REUSABLE BAGS: DON'T LEAVE HOME WITHOUT THEM!

Plastic bags are among the environment's biggest menace. They end up in landfills and ocean-fills, harming wildlife and breaking down into smaller, more toxic particles. Saying no to plastic bags and yes to cloth ones for groceries, household goods, etc., will save the average person roughly 22,100 bags in a lifetime! Make a fashion statement with your cloth bags. Check out www.Envirosax.com for some fun and funky designs for adults and kids.

9. COMPOST AT HOME:

Composting is the transformation of organic material (plant matter) through decomposition into a soil-like material called compost. It then can be used for a nutrient-rich soil for household plants, gardens, flower beds, etc. The process itself can be a fascinating science lesson for kids. Studies have shown that home composting can divert an average of 700 lbs. of material per household per year from the waste stream. Learn the simple art (and science) of composting at www.howtocompost.org.

10. CELEBRATE 'BEING GREEN':

Let your kids host a green-themed party. Send e-vites via email, use compostable tableware, serve organic goodies, tell invitees to wear green, do a craft using recycled materials... let your kids imaginations' run wild and have fun!



Got Multiples?

Go Green With These Easy Tips from a Mother of Multiples

You may think it's impossible to find the time or energy to take steps to be more eco-friendly. Fortunately, there are many ways that families can go "green"—even while raising multiples. Just follow the "Three R's"—Reduce, Reuse, and Recycle.

DITCH DISPOSABLE DIAPERS

Parents of twins know that all of those dirty diapers can really add up. Reusable cloth diapers are an easier solution that you might think. They keep garbage out of the landfills while simultaneously saving you money. It may seem like a lot of work to keep up with the laundry if you wash the cloth diapers yourself. However, it is really not difficult to add an extra load here and there when you are already washing twice as much for twins anyway. As an added bonus, you can resell the diapers as your babies outgrow them and recoup most of the money you spent.

REUSE BABY GEAR AND CLOTHING

Items like highchairs, strollers, and toys are expensive when purchased new and are usually made of non-biodegradable materials. Many of these items are only used for a short period of time before your baby outgrows them. Try buying (and selling) baby gear that is used instead of buying new. You'll be keeping plastic out of our landfills and saving money too. Sites like Craigslist (www.craigslist.com) and Freepeats (www.freepeats.org) are great resources for used baby items. Most multiples clubs have consignment sales where you can find great deals on gear as well as clothing—and usually you can find it in sets!

MAKE YOUR OWN BABY FOOD

It's fast and easy to prepare your own baby food and eliminate the waste created by prepackaged jars and plastic containers. Puree fresh, steamed vegetables in large batches and freeze in ice cube trays for perfect baby-sized portions. You can also skip baby food altogether and just puree the food you are preparing for the rest of the family at each meal. You can compost any food scraps that are left over. Compost-

ing will reduce the amount of garbage you produce and feed your garden.

BREASTFEED YOUR BABIES

Most mothers can successfully breast-feed their babies to some extent, even if supplementation with formula is necessary. Seek out support from a lactation consultant or La Leche League Leader (www.llli.org) who has experience working with mothers of multiples. Each feeding at the breast is one less bottle of formula and in turn means less waste and less usage of production processes, which are harmful to the environment. If you do supplement, use glass bottles instead of plastic.

CHOOSE ORGANIC

When purchasing food, clothing, bedding, toys and other items, try to find an organic alternative. Organic items are produced without the use of dangerous chemicals and pesticides. This is better for your baby and for the earth. It is not difficult to find adorable clothing and crib sets made of organic fibers such as cotton or bamboo. There are several toy companies that make their products out of natural and organic materials. For example, Plan Toys (www.plantoysusa.com) uses organic rubber wood and water-based dyes for their children's toys. This makes them safer for your children and the environment.

REMEMBER TO BUY LOCAL

When you buy local meat, produce and even retail items, you're not only supporting your community's food growers, artisans and merchants, but you're reducing the packaging and shipping involved if that product was coming from another city, state or even country. Need a great resource to find



By Heather Eckstein

everything from food to baby gear that is spawned in your own backyard? Visit www.thegreenguide.com/golocal.

Consider the environmental impact when purchasing items for your family. How will the items be disposed of when you are finished using them? How were the items manufactured? Look for items that are recyclable, reusable, and biodegradable. Try to choose items that were produced in an eco-conscious way. By taking the first steps toward "green" living, we are setting a good example for our children and doing what is best for the earth. ♡

Heather Eckstein is the mother of Matthew (6), Joshua (4), identical twins Leila & Sarah (2), and identical twins Nathan and Ryan (born in September 2008.) In her spare time (ha!) she is a doula and blogs at www.itstwinsanity.com.



Living Green One Cloth Diaper at a Time— a Sensible Choice for One Family With Twins

Even before we discovered we were pregnant, we committed to using cloth diapers. Almost everyone either thought we were naïve or gave us two weeks before we caved to disposable convenience. When we discovered we were having twins, people became even more insistent that we would

abandon our cloth quest and succumb to the ease of throw-aways. But we persevered! We discovered the NEW cloth diaper! There are several lines out there now, designed by moms for moms and made right here in the U.S. that feature all the convenience of disposables without the guilt of

landfill contributions. These cloth diapers are not our mom's by any means: No pins or rubber pants! These cloth diapers have waterproof outer shells, adjustable tabs and absorbent inserts! Not to mention great colors! All dad and babysitter-friendly!

Any twin family knows that double the baby means double the diapers and double the cost. Two thoughts inevitably entered our minds at various points: how much cost and how much work? When considering cloth versus disposable, we factored in both and found that cloth won over the long term. Although it is more expensive upfront, the investment pays off over the life of the diaper phase. The average cloth diaper costs about \$17, but the price goes down if you buy in packages of 3, 6, and 12- from Cottonbabies.com.

Right now they don't offer a "multiples discount", but considering twin families buy in bulk, we certainly take advantage of the discount packages!

For about \$400 we outfitted our changing tables with 18 cloth diapers, two dozen reusable wipes, flushable diaper

the snap closures on the Fuzzi Bunz, however the particular diaper we have from Bum Genius, the All-in-One, is designed to grow with baby from birth through potty training. I have not experienced the problems you might expect from using Velcro tabs—snagging, curling, the sticky part collecting hair and lint so it no longer sticks. Both are great, wash easily, and contain almost every mess my darling twins can produce!

Cloth diapers do require more work than disposables—which can be daunting for those of us who have double the baby duty. But fear not! The time demands are not overwhelming. It takes me ten minutes to prep two dozen diapers for laundering, two rounds in the washer, twenty minutes in the dryer and fifteen minutes to slip the absorbent pads into the pocket and put away on the changing table. I time my diaper washing for

when the twins are sleeping. We also use flannel baby wipes, which go right in the wash along with the diapers! The same principles apply with cloth diapers and disposable. When you change a disposable, you stick the used baby wipe inside the diaper before you toss it. With cloth diapers, you just dismantle everything as you toss it into the wash! All you need is your washer, dryer and toilet (for dumping solids). They even have sprayers that connect to your toilet plumbing so you can hose the diaper off in the toilet! CottonBabies.com offers cloth diapers, cloth diapering accessories and resources, and a phenomenal customer service staff to help you with any question or problem you should encounter. **Fuzzi-bunz.com** offers resources to help you decide which closure is best for you and where you can purchase their brand of diaper.



By Catherine Leah Condon Guillemette

liners, odor eliminator spray, a diaper pail, a stylish waterproof bag for our diaper bag (for dirty diapers on the go), and a few traditional cotton diapers for burp rags. It may seem expensive until you consider that we'd easily spend that much on three months of disposable diapers and wipes (not to mention time and gas running to the store to get these products).

We have two brands of pocket diapers in our arsenal—Fuzzi Bunz and Bum Genius. Pocket diapers have a waterproof shell, and a fleece lining that keeps baby dry; the two layers sandwich a removable microfiber pad. The two brands differ in closures. Fuzzi Bunz utilizes snap closures while Bum Genius has Velcro tabs. Both brands are adjustable because every baby has a slightly different build. I like

The natural detergent used with cloth diapering is also eco-friendly because regular detergents contain products that can deteriorate the waterproofing material. ECOS Detergent, the detergent we started using for our diapers, has earned a permanent place in our laundry room. With twice the load power of the other brands, this all-natural detergent carries cleaning power comparative to any national brand. Not only is it good for the environment, the company itself is a hidden gem! In an economy where

bonuses are becoming extinct, this company shared its financial success with its employees by giving them all wonderful holiday bonuses.

If purchasing new cloth diapers looks too expensive, try recycling another family's cloth diapers from eBay or rummage sale. It is definitely well worth the investment! We started with six hand-me down Fuzzi Bunz and then added the Bum Genius for an even dozen per baby. Every other day

I do a load, and it's a great feeling to know that when the diaper supply is dwindling, our checking account feels no pressure.

For us, 'green living' extends beyond the environment and into our community and its businesses. Our kids are dry, we keep several dozen diapers out of our landfill every week, and we save money in the long run while supporting products made right here in the U.S. ♡

Want to Go Green? Try These Additional Tips and Resources

- Try to reuse formula cans for countertop compost cans and garden nutrient storage. They are great for storing eggshells and coffee grounds that we grind into mulch for our garden.
- Use cotton towels in place of paper towels in most situations. Old bath towels are great for handling bad messes and spills on the floor while dish towels handle the same jobs on the counter. They just go into the wash with the rest of the laundry!
- Buy local produce, support local small businesses, make your own baby foods, and use eco friendly cleaning products.
- Use newspapers to clean your glass in place of paper towels. Better yet, use flour sack towels.
- Recycle your clothes through local resale shops or online at Freecycle.org- Better yet- have a clothes trading party with your friends or other twin moms!
- Instead of throwing away clothes that are too ratty to give away, cut them up and use them to make cool patchwork quilts!
- Plant a family garden- the kids get to dig in the dirt, they learn how plants grow, tend to them and play outside, and after the harvest you reap and enjoy the rewards as a family!



- Unplug the TV! The more technology in TVs advances, the more energy they use- even when they are turned off. Using the newer electronics can raise your utility bill up to ten percent!

Web Resources:

www.Paperbackswap.com - a great website where you can essentially trade books through the mail. You upload your available books onto a list in your profile. When people request a book from you, you print out the shipping label and mail the book. Once the book is received, you receive a credit which you then use for your own request. Additional credits are available for purchase and there are books of all kinds available.

www.Freecycle.org - curbside recycling goes web- Freecycle organizes people into local groups online where they can post available objects to be

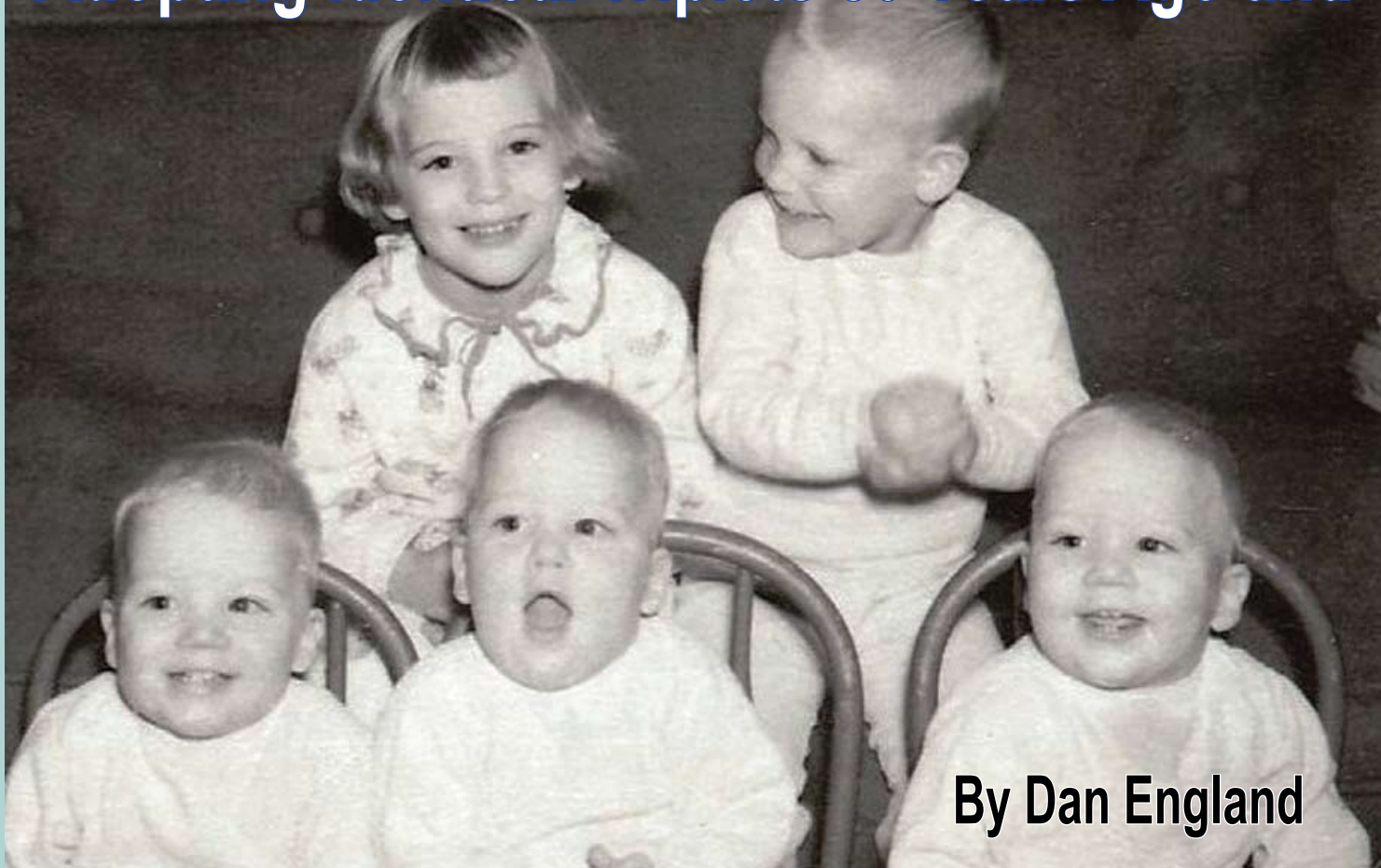
picked up or request something they would like to acquire secondhand. You can find toys, furniture, clothing, books—almost anything in the forums! ♡

~~~~~

*Catherine Leah Condon Guillemette is a freelance writer and the proud mother of five-month old boy/girl twins. She enjoys reading, gardening, crafting, writing, and experimenting with new green living techniques as her and husband go back to the basics. She resides in Oswego, Illinois with her husband, three sets of twins—human, feline and canine, and three singletons-dog, cat, and turtle.*



# Adopting Identical Triplets 50 Years Ago and



By Dan England

**M**ay and George Opperman got a call from the adoption home, and workers there told them they had a surprise for them. May Opperman, her radar up, asked why they wanted them to come out to the home. Just wait, they said. They knew something was up. They already had adopted two other children, a 4-year-old girl and a 2-year-old boy. That's what led the owners of the adoption home to call them. "We were curious about why they wanted to see us," said May Opperman, now 84 and a resident of Beloit, Wis., as she laughed. "I probably should have asked them up front." When they got to the home, the owners said they had a surprise for them—identical triplet boys. Then they asked if they would take them. The Opperman's said they would have to think about it. And then the owners, wanting to keep them together, knowing they were good parents, asked them if they would like to see them. The boys

were 6 pounds each by then and only a couple months old.

"They were just so cute," Opperman said. "That was our mistake." After that, logic and concerns about how hard it would be went out the window. After that, it didn't take long to agree to take all three, and after asking a nice Scottish lady who babysat for them if she would help take care of them, and the lady saying yes, they took them into their home. At age 34, May was the mother of five children, all under age 5. The triplets were Dave, Don and Doug.

"When they came into the room," May said, "it was just like energy." Only they never had any regrets about adopting the triplet boys 50 years ago. And their triplets are forever grateful.

To this day, Dave talks fondly about his brothers and their close relationship. He knows his parents could have split them up, and almost every day, he

spends a moment in gratitude, so glad that they decided not to do so. "Usually what people say when we tell them about our family is, 'Your poor mother,' Dave said and laughed. "I mean, I can't imagine the burden and we always respected them for that, even when we were young. We were never gushing about it, but there was a great deal of love and respect from what they did for us."

There was never any question about dividing them up, she said. The home wanted them to stay together, and had they not agreed to that, it's possible that others who heard about their birth would have taken them in. That's the same policy used by adoption centers today. State law in Colorado does not require multiples to remain together, and that's probably the same policy used by states all over, though confirming that was difficult because federal agencies did not return phone calls. "It's definitely something the system



# the Importance of Keeping Multiples Together

likes to do whenever it's possible," said Liz McDonough, spokeswoman for the Colorado Department of Human Services. "It's not required, but it's a goal you work toward as hard as you can." Dave, who lives in Fort Collins, Colorado, said he's so close with his brothers; they shared a kind of telepathy between them. They seem to think about the same things—when one is watching the news, the same thoughts pop into the head of Doug, who lives in Boise, Idaho. "We always seem to know what the other is doing," Dave said without a hint of cryptic irony.

The three grew up in Manning, Iowa, a small but fun farming town with a good work ethic. He said the fact that they were triplets was unique in the small town, and with good reason: Most estimate that identical triplets happen only once in every 200 million births. "We never milked the triplet thing," Dave said. "Sometimes we dressed alike until we were in the second grade, and then we decided it got old. Actually it was a lot of fun." May said she and George always fought to give the boys an identity. She separated them in school, despite the boys' protests, and, as Dave indicates, bought shirts of different colors. George also took one of the boys

alone on errands. "They can really lose their own identity," May said. "If one did something, people would blame all three of them. "I honestly think they liked being alone in class eventually because they used to say that if one was telling a story the other two would correct him all the time." It eventually worked.

Dave went to Northern Iowa, Doug to Iowa State and Don to the University of Iowa. But they were identical, so there were some similarities. All three of them were artists. All of them were extroverts who enjoyed people. All of them respected their parents and loved them. "I know we were special, but it was more than that," Dave said. "I always felt lucky. It was a perfect childhood really." It got easier as they got older, May said. Sure, it was difficult those first few years, as any parent of multiples will tell you. But they learned how to entertain themselves - and that's partly because May and George refused to even consider splitting them up. "They didn't take a lot of outside entertainment," May said and laughed. "We really enjoyed them very much. I can honestly say I was never sorry. I still miss them to this day." ♥

*New for 2009!*

## fetal hope 5K

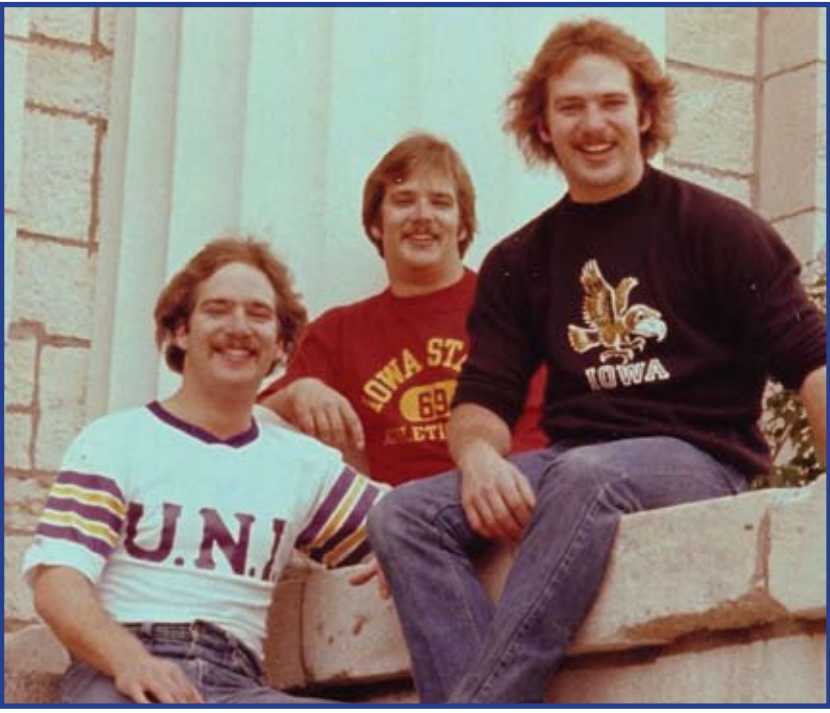
*come for an experience leave with a memory*

*new name... same great event!*

Coming to a city near YOU!

|           |               |
|-----------|---------------|
| Kirkland  | Jacksonville  |
| Denver    | Boston (new)  |
| Charlotte | Houston (new) |

[www.fetalhope.org](http://www.fetalhope.org)



A great way to give back...  
*all year long!*

All proceeds of the Celebration of Hope 2009 Calendar benefit the Fetal Hope Foundation in providing support, providing information, funding research, increasing awareness and being an outlet for leading medical information pertaining to fetal distresses and syndromes.

only \$19.99

[www.fetalhope.org](http://www.fetalhope.org)

*fetal hope*  
FOUNDATION

dedicated to supporting, fighting and ending fetal distresses and syndromes.



# Traveling on the Pro Tennis Tour With Twins

By Robert Davis



**A Year on the Tennis Tour With Sonchat and Sanchai Ratiwatana**



**In January of 2008, two brothers, identical twins separated by four minutes began what they thought would be a year of great reward. Fresh off their first ATP Tour title at the Thailand Open just two months earlier, the twins began 2008 with a second triumph in Chennai, India. Now, they had won two ATP titles in their last two tournaments. Had they finally arrived? Cautiously, the family did not let themselves begin to dream the unthinkable; might the brothers be ready to win a grand slam? Or possibly even a medal in the Olympics?**

This is the story of twin brothers, Sonchat and Sanchai Ratiwatana. Their journey this year has been a gut-wrenching emotional roller-coaster ride filled with everything from hope, heroism, defeat, and even doubt. What they have discovered along the way, is that no matter how many heartbreaks or how much disappointment they encounter, they can always depend on each other to pick up the pieces and start again.

## **MELBOURNE, AUSTRALIA**

The Australian Open would be the first grand slam that the twins would enter based on ranking, and they had arrived a week early to prepare. Also staying with them was Indonesia's top junior, Christopher Rungkat. The twins had invited him to stay with them and practice for a week with the pros as to better get ready for the junior event. They work with the young Rungkat each day on practicing and eating like a professional. And of course, on his doubles skills.





The draw is made and the twins are set to play the reigning Wimbledon doubles champions. The morning of the match the twins are more than ready to go.

Sonchat was on edge, and started 'biting' Sanchai from the warm up. Because of the way Sanchai is wired, he does not handle conflict well and when Sonchat starts shouting it throws him completely out of sync. They lost.



Now back in Bangkok, the twins had two weeks to get ready for a Davis Cup tie versus Kazakhstan in Almaty. About the hardest part of the match for them was taking the trip there and when the Thai team returned to Bangkok, the twins had to leave immediately for San Jose, California. Here they would make the semi-finals and a week later in Memphis, Tennessee they would beat one of the best teams in the world, Bjorkman and Ulyet en route to another finals appearance...their third finals in four ATP Tour events.

The twins star appeared to be fast rising, however, little did they know then that it was about to fall right out of the sky. Although they were one of the hottest teams in the world, their ranking did not allow them to make the cut-off in the next four tournaments.

Still the twins flew to Las Vegas, just in case they would get in as alternates. While some might get lucky in Vegas, the twins did not. Next week, they drove across the desert to Indian Wells, California to sign-in for the next tournament. And once again they just missed the cut-off.



"We felt like we were on a roll after Memphis," Sonchat explains. "Then not getting in for four weeks,

we lost a lot of our momentum. The twins were near certain locks for the Olympics and a few wins during the

upcoming clay court season would all but guarantee entry. So less than, two weeks after arriving back in Bangkok from the US, the twins departed Bangkok again, this time for Valencia, Spain.

Arriving early and fresh did not help them in Valencia and they lost in the first round.

## APRIL IN BARCELONA

While they are identical twins, there are some differences. Sonchat is about a kilo bigger, he hits harder and also is the one who shouts and throws his racquet and much of the time it is directed at Sanchai. Sanchai is happy-go-lucky, smiles a lot and is very calm under pressure and executes very well in tense situations. Still that does not stop Sonchat from getting on his case when things go wrong. On the road, it is Sanchai who handles all the details; money exchange, hotel bills and airline bookings.

In the first round, they played a solid team and the twins had three match points, and then saved two match points before losing on the third...another first round loss. Still their spirits were high, and they had good practices each day, only their confidence had been badly shaken. They left Barcelona for Berlin and once at the airport rented car as they had about a 200 kilometers drive to the next tournament in a city called Dresden.



## BORDEAUX, FRANCE—MAY

What the twins did in Bordeaux was widely reported around the world in all the major newspapers. It might have been just another typical spring morning in Bordeaux, France, except for the black smoke that was billowing out of the third floor of the Quality Hotel. Tennis players and coaches alike were standing in the parking lot,

huddled together, some holding laptops, passports, and racquet bags and trying to figure out how many rooms might be destroyed. The Ratiwatana brothers were not outside but inside and searching for a way out of the burning hotel.

"We were searching for a way out," Sonchat explains, "but we went in the wrong direction at first. We were struggling to get back to our room with all the smoke, and it was very dark so we could not see." "Then we heard a voice calling out to us for help," Sanchai interjects. "It was Lucas Arnold's wife. She and her son needed help getting out." "But we needed help too," Sonchat adds. "She let us into her room, and that gave us all a chance to calm down and regroup. Then we wrapped wet towels around on all our faces and tried again. We were very lucky to find an exit." "We might have helped her," Sanchai admits, "but she helped us too."

## PARIS, FRANCE AND THE FRENCH OPEN

This would be the first time that they would play in the French Open. Their lack of confidence showed early and they lost again in the first round. There was a bright spot in these dark days for the twins. All the work and mentoring that they had invested in the young Christopher Rungkat paid off when he won the junior doubles championships at the French Open a week later. With one week to go before the month long English grass court season, the twins had a problem. With each first round loss, their chances of getting into the Olympics were fast slipping away.

## 30,000 FEET OVER MYANMAR

TG flight 931 from Paris is almost over and on the approach to Bangkok, the twins are sitting together with their headphones on and music playing. They can feel each other's pain. Unlike most teams, there was no option of changing partners when results were poor. For better or worse, they were in this together and



## MULTIPLE MOMS ROCK!

Make a statement with this fun line of clothing and accessories available on [www.TwinsMagazine.com](http://www.TwinsMagazine.com) or by calling our Twins Shoppe at 888-55-TWINS!



"Multiple Moms Rock" designer tote bag, black with white writing, \$25



"Why Can't I Have a Time Out?" T-shirt for moms, \$25



"Raising Twins Is An Extreme Sport" long-sleeve T-shirt for moms, \$25



"Grandma of Twins: Ecstatic Woman in Need of a Nap", designer tote, pink with black lettering, \$25

for them there was only one way out of hell, and that was to start winning.

### ALL ENGLAND CLUB, LONDON, JUNE

It is the night before Wimbledon begins, and the twins are sitting at a table in a Thai restaurant in Earl's Court in London. By now they knew that there was little chance of making the Olympics. If they thought things could not get worse, they were wrong. The next day they suffered another first round loss for the twins and this time at their favorite tournament—Wimbledon.

### US OPEN, NEW YORK, AUGUST

Over the course of their careers, the twins have won seven times together on the Futures circuit, thirteen titles on the Challengers and twice they have lifted the champion's trophy on the ATP Tour. They have several Southeast Asia Games gold medals and a silver medal from the Asian Games in Doha. However, all that is easily forgotten when it is August and you are on a losing streak that dates back to February. During these past four months, the losses have started to pile up like luggage, the strain is almost unbearable and peace of mind is impossible for the brothers. They begin to overanalyze themselves and each other, searching for answers where there should be no questions.

It is already late in the evening and the twins are playing their first round match on the outside show court with a large crowd. It is the final set, and Sanchai would serve next and they were down four games to five. Unlike many spectators, all players have learned that there is no such thing as an easy shot under pressure. Knowing about this pressure, and accepting the responsibility for it, Sanchai Ratiwatana, walked back to the baseline and prepared to serve.

After opening the game with a double fault, Sanchai shook his head, bounced the ball a few times and prepared to serve again... another double fault. Sonchat jogged back to his brother who was now in a near panic, patted him on the back, and told him

to trust himself. Three points later, Sanchai missed a forehand volley, his third error of that game and the match was over that fast. Sanchai shook hands with his opponents at the net, and reeling from the shock of what had just happened, turned to face his brother, and then the dam busted and the tears of shame flowed like a river flooding. A stunned crowd in the middle of a standing ovation for the quality of the match could not believe what they were witnessing. Sanchai was inconsolable.

Taking the large towel from his chair, Sonchat wrapped it over Sanchai's head and shoulders, and gently led him off the court, through the knotted mass of people crowding the gate and into the locker room. Sonchat tried in vain to shield his twin brother from the intolerable cruelty that is often part of professional sport.

### A YEAR TO REFLECT AND REMEMBER

This year, the twins have logged 187,000 air miles each. They have seen their world ranking plummet, and prize money drop considerably. Some might look at the results and suggest that 2008 has been a year to forget for these twin brothers. But I would argue the contrary, and say that it has been a year to remember. In 2008 they began a mentoring program for younger Asian players. The results so far have been stellar. And after saving their prize money for the past three years, they were finally able to build their parents a new house. 2008 will be remembered as the time that these twin tennis players demonstrated that it is what you give, not get, that matters most at the end of the day... Or even at the end of the year.





*“Pre-school age twins - Continued from page 22*



**Give Them Attention Before They Scream-**

Karla Hovald’s philosophy is to give her three children (3-year-old twin boys, Wyatt and Kyle, and Weston, 17-months) attention before their behavior gets out of control. “If they are starting to be ‘extra’ noisy, it’s usually because they aren’t getting my attention. So, I stop what I’m doing and positively give them attention.

Often, all they need is a drink of water or something to eat,”

she explains. Individual attention at bedtime—each parent lying down briefly with each twin and talking quietly about the day’s activities helps the Kumpula twins quiet down for the night.

**Say What You’ll Do & Do What You Say-**

Let your twins know in advance what is expected of them, such as getting along in the car, sitting in their car seats and advise them of the consequences. If you say that a consequence of their bickering is that you’ll turn the car around and go home, and bickering continues, go home. Your twins will learn quickly that you mean what you say. Of course, none of these strategies are fool-proof. But imaginative approaches are more effective than telling twins over and over... “Please be quiet!” ♡



**No matter the season, TWINS are the reason!**

**Get your 2009 Double Takes calendar featuring 160+ priceless twin photos. ONLY \$14.95 each! Hurry before they're gone!**

To order online today visit  
[www.TwinsMagazine.com](http://www.TwinsMagazine.com)  
 Or call our TwinsShope  
 toll free at  
 1-888-55-TWINS  
 (1-888-558-9467)

The Magazine for Multiples Since 1984!  
**TWINS™**  
[www.TwinsMagazine.com](http://www.TwinsMagazine.com)



14 reports available!

Only \$8.95 each

Order today at [www.TwinsMagazine.com.reports.html](http://www.TwinsMagazine.com.reports.html)

The Magazine for Multiples Since 1984!  
**TWINS™**  
[www.TwinsMagazine.com](http://www.TwinsMagazine.com)

Or call our  
 TwinsShope  
 at 888-55-TWINS  
 (888-558-9467)



There's so much to learn!  
 Let us help with  
**TWINS™ Special Reports**

Designed to help parents with every age and stage of twins, triplets or more, these Special Reports compile years' worth of relevant articles on specific topics relating to multiples including...

- Feeding multiples
- NICU (Neonatal Intensive Care Unit)
- Separate classrooms or together?
- Disciplining your multiples
- Multiples during the adolescent years
- Tips and tool for new parents

# When Are Identical Twins Not Identical?

By Alice M. Vollmar



**A**nswers to the question, ‘When are identical twins not identical?’ confound many parents of identical twins who wonder just what is ‘wrong’ with their babies who display opposite hair whorls and opposite dominant hands but are twin typed as identical.

When we learn that mirror-image twins display characteristics such as these twins do, it can be reassuring and useful information for all family members. “When Matthew and Aaron started to feed themselves and draw with crayons, we noticed they used opposite hands,” said Teri Polzin, mother of 3-year-old identical twin boys. We also noticed that their cowlicks and natural parts are opposite and that each twin has one slightly smaller eye—and that’s opposite, too.”

## The Incidence of Mirror-Imaging

Up to 25 percent of identical twins exhibit mirror-image features, according to Elizabeth Bryan, M.D. and past vice president of the International Society for Twin Studies and former medical director of the Multiple Births Foundation. In her book, *Twins, Triplets and More*, Dr. Bryan offered this description of mirror-imaging: “If the features on one twin are reversed, then the mirror-image thus created will be most similar to the appearance of the second twin.” Dr. Bryan listed hair direction and placement of hair whorls, fingerprint patterns and dental patterns as commonly reversed features. The reversed location of internal organs,

such as the heart or liver, is less common, she said, and noted that “mirror-imaging rarely causes problems.”

**Other Mirror-Image Phenomena**  
In addition to opposite side/direction hair

whorls, identical twins Benjamin and Samuel Brodsky, 18-months, used opposite arms to pull them along when they learned to crawl and received opposite-side new teeth, ear infections in opposite ears and sores on opposite big toes. Interestingly, Benjamin has a birthmark on his left armpit and Samuel has one on his right thumb. Mirror-image features in 3-year-old identical twins, Joshua and Jacob Hooper, include not only opposite hair whorls, handedness and ear infection occurrences, but also dimples! In a classic TWINS™ Magazine article on mirror-image twins, Candy Schock, R.N., observed that congenital malformations, such as inguinal hernias and curvature of the spine, also can manifest on opposite sides. She noted that some twin pairs have more mirror-image traits than others. Why this is so remains one of twinship’s biggest mysteries—as does the impact of mirror-imaging on personality and temperament. The socialization process—helping children learn how to get along with others—can be affected by some mirror-image characteristics, as it did for mirror-image co-twin Lori Stewart, 50. “My twin sister, Lynn Long, is right-handed and I should have been left-handed; but my mom encouraged me to use my right hand,” recalled Stewart. “I ended up being ambidextrous, which is great today. I can write and, as a hairstylist, cut hair and do color with either hand.” In her article, Schock suggested the possibility that a mirror-image twin who does

not use his dominant foot to kick a ball may do so because that’s the way he was taught to kick. Hence, some mirror-image functional traits may be affected and perhaps altered by the environment rather than genetics.

## How Does Mirror-Imaging Happen?

The cause of mirror-imaging remains largely a matter of speculation. According to Dr. Bryan, “The explanation that used to be given for mirror-imaging was that the division of the fertilized egg took place after the left and right sides of the developing embryo’s body had been designated. This now seems an unlikely explanation, because the egg splits, the embryo is still a mass of undifferentiated cells. However, no more likely explanation has been put forward.” Schock commented that it has long been thought that mirror-image twins result when “the embryo suddenly splits at a later date than non-mirror-image twins...and since conjoined (Siamese) twins exhibit a high degree of reversed asymmetry (mirror-imaging), some feel that mirror-image twins escape being born conjoined by a short span of time.” If division of a fertilized egg happens between 10 and 13 days of development, the result may be mirror-image identical twins, according to Edward Ziegler in an old Reader’s Digest article “The Mysterious Bonds of Twins”. When division occurs after the 13th day, the twins maybe conjoined, said Ziegler.

## Does Being Mirror-Image Twins Affect these Twins’ Lives?

Steward believes that being a mirror-image twin has not had any impact on her relationship with her co-twin. Nor do the parents of twins whom I interviewed think that mirror-imaging had any effect on their parenting, other than serving as a way for telling their twins apart and being a minor challenge when right-handed parents teach a left-handed child to tie a shoelace, or use scissors and eating utensils. However, Brodsky identified a potential plus, “Benjamin and Samuel should be able to play tennis doubles well,” she quipped. “They would make an excellent team.” ♥





## FREQUENTLY USED TWIN TERMS AND DEFINITIONS

**Co-twin or co-multiple:** One child of a multiple birth set.

**Conjoined twins:** Twins born attached and sharing body; once referred to as “Siamese” twins.

**Fraternal:** Dizygotic or two egg twins resulting from the separate fertilization of two ova; fraternal siblings have their own unique genes and may be same sex or different sex.

**Higher order multiples:** A multiple birth set consisting of three or more children (triplets, quadruplets, quintuplets, etc).

**Identical:** Monozygotic, or one egg twins, result from one fertilized egg spitting. Monozygotic twins have all their genes in common; they have identical features, eye and hair color.

**Mirror image twins:** Occurs only in monozygotic twins; about 23 percent of identical twins will have features displayed on opposite sides of the body or “mirror images” of their twin; this may explain why a little over one-third of identical twins are left-handed.

**Multiple birth children:** A group of two (twins) or more (higher order) children who typically are conceived at the same time of the same parents, are born at the same time, and share a certain biological and genetic make-up.

**Singleton:** A child who is not part of a multiple birth set.

**Supertwins:** Multiple births of three or more including triplets, quadruplets, and higher-order multiples.

**Twintyping:** Determination of twin type through testing; experts suggest DNA testing.

Did you know that twin birth rates have increased 70 percent since 1980?

| Year | Twin Births | Sets of Twins | Total Births | Twin Birth Rates |
|------|-------------|---------------|--------------|------------------|
| 2005 | 133,122     | 66,561        | 4,138,349    | 32.2 per 1000    |
| 2004 | 132,219     | 66,110        | 4,112,052    | 32.2             |
| 1980 | 68,339      | 34,170        | 3,612,258    | 18.9             |

In 2008, it was estimated that there are a total of 265,341 4-5 year olds who are twins.





It sounds a bit like a verse from a country song, and it is. But no truer words have ever been spoken. Now I don't believe the person who first put these words together was talking about a stay-at-home dad (SAHD) in the year 2009, but he was right nonetheless. Now I don't need the lord to have mercy on me, I just want my wife and kids to on occasion. I have been carrying my SAHD card since 2002, when my twin boys Colin and Casey were 2 months old.

"You should stay home with the kids and I'll take this great job opportunity," said my loving wife one day. I tried to pretend I felt an earthquake, to distract her. Stay home with the kids, I thought? You mean BOTH of them?

# Lord Have Mercy... on the Working Man

By Larkin Campbell

And when you say stay at home, how long are we talking about here...till lunch?

"Until lunch" turned into almost six years and somehow all three of us seem to be getting along okay. The good news is only one of us still needs a pacifier. My pacifier happens to be a Starbucks Chai Tea Latte, but I only need it in the morning.

We all know that it is a full-time job being home with little chillers. I am proud of all of us parents who have made the hard decision to stay home if they can. I am especially thankful for all of my fellow men that find themselves in this unique position of being the lunch maker and not the breadwinner.

More and more families across the nation have decided that it's okay for daddy to stay home. The mommies are out there bringing home the bacon, so daddy and the twins can have yummy bacon sandwiches. A recent Texas university study showed that the number of stay-at-home dads has gone

up 60 percent since 2004. Now, I'm not good with math or numbers, but I think that's a lot.

Women are getting pretty good at wearing the family pants. I haven't even seen the family pants in five-plus years. All I have is my three trusty pairs of sweat pants that I rotate daily. The other day a guy asked me if I was a personal trainer. I'm not. This workman does his real work at home. It's not pretty; it's not always Hallmark moments, lollipops and rainbows. But it's real, it's important, and it's my job.

My question is... should a man be proud to be a stay-at-home parent? I feel sometimes that people look down on some fathers staying home as failures in their careers. Men are a proud group, as are women. But men have been programmed to be providers for their families. Cavemen used to hunt, while cavewomen stayed home and worked on arts and crafts on the cave walls with the cave-kids.

Those days are no more.

Most of the dads I associate with are in their 30s and 40s. We were raised by dads who worked full-time and did their parenting when they could. Our dads wanted us to listen to our mothers, our teachers, and anybody else older than you. If you didn't listen to them, you would certainly listen to daddy when he got home.

But what if daddy is the one home now? Are we supposed to say, "Wait until your mother gets home?" I admit I have actually used that phrase. I didn't like it, but I said it. I might have even had an apron on when I said it. I don't know if you need an apron when you are serving cereal for dinner, but it was there just in case.

Being at home with the kids is not mommy's job: it's a parent's job. If daddy was the one working, and



## 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](mailto:executivevp@nomotc.org)



mommy was home, nobody would ever say a word about mommy's career not being good enough before they had kids. If we are all equals, we just can't look down on men staying home with the kids. We just can't.

If you are feeling down about it dads, STOP IT! I know it's hard. I know it's embarrassing when the accountant adds up your yearly total on his fingers and toes. I know the house may not be clean enough and the boys might wear socks that don't match. Daddy can do the job as only a daddy can: with lots of love and a little duct tape.

A great job is a wonderful thing to have these days. My wife has one, and so do I. I am in charge of helping my boys become bright young happy men in this big old world. I love this job and I am well qualified for it—just as qualified as mommy was.

Let the say-at-home-dad be recognized in our country and let's thank these parenting magazines for their help. These magazines should help all parents, and not just the moms. Unless they put a parenting show on ESPN soon, we are on our own. Luckily for us dads, there are some wonderful, witty and helpful websites created especially for us. My favorites are rebeldad.com, joeprah.com and AtHomeDad.org.

Dads of today need as much help as they can get. Because I believe we are facing a challenge never faced before by men of any era—being more like our moms were. ♥

---

*Larkin Campbell is an actor in Los Angeles. He hails from beautiful Estes Park, Colorado. He has written and produced many short films that have shown in various film festivals. He has appeared in many television shows including CSI New York, 24, House, Grey's Anatomy and Scrubs. He is proud to be a stay-at-home father of his wonderful six-year old twin boys, Colin and Casey. He is determined to let the stay-at-home father's voice be heard in America.*

**NOT A SUBSCRIBER? Join the TWINS™ family today!**



**DON'T MISS AN ISSUE OF TWINS™ MAGAZINE!**

Subscribe on our website at [www.TwinsMagazine.com](http://www.TwinsMagazine.com), by phone at 888-55-TWINS (888-558-9467) or send in the form below to get your subscription or a gift subscription started today!

YES! Please send a subscription to:

Name: \_\_\_\_\_

Street address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_

ZIP: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

IS THIS A GIFT SUBSCRIPTION? \_\_\_ Yes \_\_\_ No

If yes, who is the gift subscription from?

Your name: \_\_\_\_\_

Your phone: (\_\_\_\_) \_\_\_\_\_

Payment is enclosed for:

\_\_\_ 1-year (6 issues) \$25.95 US/\$31.95 Canada

\_\_\_ 2-year (12 issues) \$41.95 US/\$53.95 Canada

\_\_\_ 3-year (18 issues) \$54.95 US/\$72.95 Canada

Make checks payable to TWINS™ Magazine

Send this form & payment to: TWINS™ Magazine,

5748 S. College Ave. Unit D, Fort Collins, CO 80525

# Challenges Raising a Special Needs Twin



By Cindy Clefish

**W**e knew our lives would change forever when we heard that we were having twins. Later we received news that would turn our world upside down—one of our sons had a heart abnormality. Not only did we have to deal with the challenge of premature multiples, we had to deal with a newborn that had significant health needs. Sound familiar? Here are some tidbits of advice I'd like to share with other parents in the same situation.

## Our Story

Lucas Jaye and Aidan Christopher were born on April fool's Day. Both babies went immediately to the NICU. In addition to Aidan's cardiology diagnosis, which was more severe than we had previously thought, he was born with an imperforate anus. The next day Aidan immediately had surgery to create stomas for a colostomy. His cardiac

diagnosis consisted of Tetralogy of Fallot (TOF) and Pulmonary Arterial Sling. Lucas was released from the hospital after two weeks. Aidan was there for over six weeks. Aidan was released on oxygen, an apnea monitor, and with a colostomy. Four months later, we are still wanting for surgeries to resolve his medical issues.

## Take Time to Grieve

The family you dream about rarely involves a special needs child. It takes time to get adjusted to reality. Identify areas of your life that are different than you had planned. It's okay to recognize and feel anger or hurt. Talk over your emotions with a trusted doctor, psychologist, or spiritual advisor. Personally, I had to grieve the fact that I couldn't take both of my children into public. I dreamed of pushing them in the mall and having strangers say, "Oh my, what beautiful twins!" In reality, I

couldn't even take Aidan to my parents' home. Once I identified this, allowed myself to experience the emotions surrounding it, and spoke to my spiritual advisor, the anger began to subside.

## Accept Any and All Help You Can

Having multiples is a LOT of work and having one or more with special needs is a TON of work. Say "yes" to offers of help. Go a step further and make a list of things you feel comfortable letting other people help you with. Don't worry about how you are going to pay them back. Look them in the eye, say thanks, and mean it! More than one screaming baby is an experience you want to share, believe me!! I kept a list on the fridge of chores that needed to be done. On the front side I wrote chores that I didn't mind having others help with and wrote chores that I wanted to remind myself to do on the back side. Frequent guests looked at the list, chose a chore to complete and crossed it off. When everyone was gone, I looked at the back of the list and completed the chores I didn't want others helping with (like washing my underwear).

## Find Others Who Have Been in a Similar Situation

Local twin organizations might be helpful. Other, more specific support groups might be even more helpful. My initial concerns were about my son's upcoming surgeries and long term care. Ask your doctor or social worker to recommend a group or individual who has shared a similar experience. For me, there was nothing better than hearing, "I know just what you mean!" Listen to their stories and hold on to their hope.

## Talk to Your Spouse

I know, you don't even have time to shower. It's so hard to navigate these new challenges, let alone find time to





Encourage all healthy, responsible individuals to care for your special needs son or daughter. They need to learn that they can trust and feel comfortable with other people.

## Fair and Equal Aren't Always the Same

One of my biggest concerns was making sure that I was treating my children equally. To me, that meant spending the same amount of time with each. I quickly learned that I wasn't able to follow through on my best intentions. My goal became to meet my sons' needs every day. Meeting their needs didn't come with a prescribed amount of time. I wasn't going to deny one of my children the time or attention they needed because their time was "up" for the day. I decided I would have to treat each child fairly, and meet their needs as they arose. That wouldn't always mean equal time spent with each.

## Take One Day at a Time

You don't need to raise a responsible adult by sundown. Luckily, life happens one day at a time. Don't lose hope. Tomorrow is a new day with new opportunities. Enjoy today. It only happens once!



### AN UPDATE:

*Aidan had his heart and airway surgery in Indianapolis, Indiana on September 25. So far, he has spent 149 days of his 10 mo. life in the hospital. Aidan is home now and we are working hard to "pack on the pounds" and get him caught up developmentally. You can read all about our journey at [www.caringbridge.org/visit/lucasaidanclefish](http://www.caringbridge.org/visit/lucasaidanclefish). If anyone out there is going through a similar situation and would like to contact Cindy, feel free to send her an email at: [cclcfisch@hotmail.com](mailto:cclcfisch@hotmail.com)*



talk to your mate. Take advantage of any shared moment. My husband and I used travel time to talk before the boys were born and tried to continue that practice after their birth. It was hard and we each processed things differently, but we knew that as long as we stayed strong as a team, we could accomplish anything.

## Arrange Time Away

I know it is hard. However, to protect your sanity you HAVE to get away at some point. In the beginning we only felt comfortable leaving our boys with someone who is certified in infant CPR (check with your hospital for free classes). I created 5 pages of typed instructions. However, I did leave and everyone survived. It might require a lot of planning ahead and organization, but it is worth it!!

## Encourage Others to Hold and Interact with the Special Needs Child

When we had visitors and helpers they eagerly held and cared for Lucas. Aidan was tiny and hooked up to a lot of wires. I, too, felt more comfortable if I was the one to care for Aidan. When the time came where I actually did have to leave, Aidan seemed to "melt down." I had to plan a "desensitizing" period where I methodically planned to have others take care of Aidan.

## The Diaper Dekor® Plus



Don't let diapers take over your life!  
This contemporary diaper system makes diaper management a snap...

- step-and-drop design
- odor-free triple seals
- holds up to 46 newborn diapers
- easy to operate, empty & reload!

Diaper Dekor System only \$39.95  
3-pak refills only \$21.95  
(each refill lasts for 590 newborn diapers and 360 larger diapers)

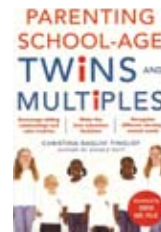
Order online today by visiting  
[www.twinsmagazine.com/twinsshoppe.html](http://www.twinsmagazine.com/twinsshoppe.html)  
or call our Twins Shoppe toll free at  
888-55-TWINS (888-558-9467)

## **Imperfect Harmony - How to Stay Married for the Sake of Your Children and Still Be Happy** by Josh Coleman, Ph.D.

In his upbeat manner, Josh Coleman, former Twins Magazine columnist and father of twin boys, offers down-to-earth advice that really works for parents who do not want to end their marriage. Dr. Coleman will help tame out-of-control conflict and permit parents to let go of fairy-tale ideas of "perfect" marriages that are popular today. Not all marriages can be joyful at all times, and adults must sometimes reexamine themselves to determine ways to change and work with their spouse and family. Caring but not frightened to tell the truth, Dr. Coleman will assist parents to find a way to live a happy life regardless of the state of their marriage, and to keep their family intact through bad times as well as good. **224 pages, hardbound. Price: \$23.99**

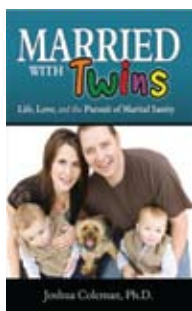


**Parenting School-Age Twins** by Christina Baglivi Tinglof. Foreword by David Hay, Ph.D. Published by McGraw-Hill. Regular contributor to TWINS™ Magazine and Mother of twins Christina Baglivi Tinglof, the author of the popular twins' book, *Double Duty*, now offers proven advice and parent-tested tips for parents of twins and higher order multiples who are entering their school-age years. From kindergarten to high school, twin children face unique challenges and opportunities. As parents encourage individuality of their twins, they must consider how to handle speech and reading difficulties, encourage positive relationships between the twins and other siblings, and manage effective discipline. Tinglof also offers advice on how to respond and encourage when one child develops faster than the other, and manage competition between the children. A major issue for many parents of multiples is the question of whether twins should be placed in the same classroom as the other. Tinglof offers helpful suggestions and strategies on this important topic, and provides assistance in making the best education decisions. Changing family relationships are also discussed by Tinglof, for as the twins grow and mature, their relationships between each other and their siblings, and parents, will change. Fairness and favoritism is a key topic that Tinglof explores, offering insightful observations and advice on parenting behavior that does have consequences. Parents of twins growing beyond their toddler years will find this book to be a useful tool in their decision making process. **232 pages, softbound. Price: \$16.95**



## **Married with Twins Life, Love and the Pursuit of Marital Sanity**

by Josh Coleman, Ph.D. Internationally known and respected parenting expert Dr. Joshua Coleman is an experienced father of twins. He's also an author of several best-selling books on marriage. Dr. Coleman's first twin-specific book, "Married With Twins" is packed with friendly, helpful advice based on specific real-life relationship hurdles. Through the use of humor and warm advice, Dr. Coleman details marital challenges and how they can be successfully navigated while also parenting young twin children. The easy-to-read volume will have you laughing, crying and saying, "I'm going to try this!" Most of all, you'll recognize yourself and your other-half in so many of the situations Dr. Coleman presents. An indispensable addition for every couple, "Married With Twins" will bring a knowing smile to your face if you sometimes wonder what happened to those loving feelings and want to bring them back. If your spouse thinks you are not strict enough in disciplining the kids, or are too strict or too angry or too competitive, Dr. Coleman has sound advice for you. **108 pages, softbound. Price: \$14.99**



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

By Lisa Blau, Julie Diamond Bobbitt, Shelley deMontesquiou, Nicole Davis, Stacy R. Carter, Heidi Mark, Lisa Rojany Buccieri, Connie A. Gilbert. Written by seven experienced mothers of twins with backgrounds ranging from attorney to book editor to professional ballet dancer, Heart Two Heart gives new mothers of multiples the straight talk about day-to-day life with their twins. Each chapter includes individual contributions from the authors providing interesting real-life experiences and solutions for concerns all new parents of twins. How do you feed two infants? Where do you buy gear for twins? What changes might happen to a mother during her pregnancy and beyond? What about the father and his role? How can a family manage? These and other questions for which new moms want simple answers are covered in this informative and entertaining book. Includes a twin resources section and appendix. **308 pages, softbound. Price \$21.99**



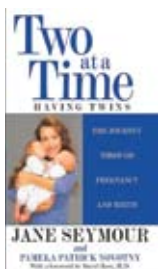
## **Dancing Naked in Front of the Fridge And Other Lessons From Twins**

by Nancy J. Sipes, Ph.D., and Janna S. Sipes, J.D. What began as a four-year-olds joyful, naked jig in front of a shiny refrigerator became a unique way to look at life as adults. To identical twins Nancy and Janna Sipes, twinning is like a dance in front of a mirror - each person constantly reflecting off the other. "Dancing Naked" takes you inside twinning and inside yourself for a fascinating view of relationships. In a highly readable manner, Nancy and Janna talk about their lives as twins, their experiences with twin-topics such as "twinspeak" and the twin bond. They also write of other twins and their unique experiences in life. This is a marvelous, entertaining book for twins, anyone who is close to twins and all of us who want to enrich our important relationships. It is a fascinating, joy-filled book. Includes two appendices. **Illustrated. 244 pages, softbound Price \$16.99**



## **Two at a Time: Having Twins, the Journey Through Pregnancy and Birth.**

By Jane Seymour and Pamela Novotny. Emmy award winning actress Jane Seymour, star of television's *Dr Quinn, Medicine Woman*, teams up with Pamela Patrick Novotny, the author of the popular parenting book *The Joy of Twins*, with this book on the experience of having twin children. Reading *Two at a Time* is like sharing a cup of tea with Seymour, who had her twins at age 45. Seymour and Novotny cover the first, second and third trimesters; birth; after the birth; and life at home. Sidebar articles offer easy-to-read lists and answers to typical questions. Seymour's husband director/actor James Keach provides a father's perspective. Includes photo insert. **205 pages, softbound. Price: \$14.00**



## **Identical Strangers: A Memoir of Twins Separated and Reunited**

by Elyse Schein and Paula Bernstein. "Once you find someone" writes Paula Bernstein, "You can't unfind her." Paula and Elyse Schein are identical twins, who were separated as infants by an adoption agency and lived completely separate lives until age 35, when Elyse sought out the twin she never knew. Paula, a married mother and successful writer living in New York, was stunned when she learned from the agency she had an identical twin sister. Elyse, a successful filmmaker who lived in Paris, was equally surprised with the news. She knew she had been adopted, but was completely unaware of her twin. Even more surprising for both is that Elyse and Paula had been part of a secret academic study regarding the separation of twins. Reunited, Paula and Elyse learn how they are similar and how they are different. Sharing mannerisms, speech, allergies and love of movies, the two find the similarities eerie - almost like seeing yourself from the outside. Writing with honesty about their life-altering discovery that a stranger shares their DNA, Elyse and Paula write in alternating voices of their journey toward the intimacy of twins that was denied them for much of their lives. *Publisher's Weekly* calls their story "a transfixing memoir" while *Reader's Digest* declares *Identical Strangers* "poignant." **288 pages, hardbound. Price: \$25.99**



## **Our Twins' Journal**

by Jennifer M. Nevadomski, M.S. *Our Twins Journal* is a brand new baby journal just for your twins, with everything you need to keep track as your babies are growing and changing! This Journal includes fillable charts/schedules to keep track of each baby's feeding/diapering/napping; a section that you can personalize to record information about each of your twin's birth story and other information about their birthday and immunization schedules and doctor records for each baby. Journal also includes growth charts for comparison, facts about twins, poems and sayings about twins, and a funny section about how to answer all of those "twin" questions people ask—and more! Created by a family counselor and mom of twin baby boys! **86 pages, softbound. Price: \$18.50**





# More books available online at [www.TwinsMagazine.com](http://www.TwinsMagazine.com)

**Oh Yes You Can Breastfeed Twins** by April Rudat, MS Ed, RD, LDN. A successful breastfeeder of girl/boy twins, dietitian April Rudat provides expecting and new mothers a comprehensive and easy-to-understand handbook. Using up-to-date research and her own practical experience, April covers everything a new mother needs to know about breastfeeding her young babies.

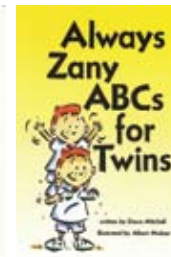
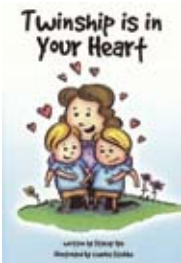
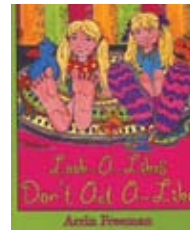
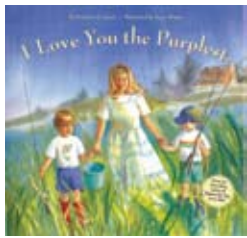


If you're considering breastfeeding your newborn twin babies, this is the book for you. You'll learn about the perfect nursing chairs for breastfeeding, common nursing problems, pumping, breastfeeding outside the home and sleeping through the night. April provides detailed instructions on nursing twins, and tips and suggestions on everything from clothing to saving money to constructing a practical nursery to handling spouses. Also included are helpful appendices, detailing nutrition guidelines and safe water. **252 pages, softbound. Price: \$19.95**

**Twinspiration: Real-Life Advice from Pregnancy Through the First Year** by Cheryl Lage. Published by Taylor Trade Publishing. Mother of twins Darren and Sarah, Cheryl Lage uses humor, personal anecdotes and a friendly, conversational tone in her helpful book, *Twinspiration*. The host of the popular online twins website [twinsights.com](http://twinsights.com) and a contributor to TWINS™ Magazine, Lage provides insightful, honest advice and practical information for new and expecting parents of multiples. Part guidebook and part personal diary, *Twinspiration* offers parents valuable insight into a pregnancy with twins and their first year of life. Topics covered include the pregnancy itself - tests, ultrasounds, probes, etc., preparing for birth, birth of the twins, feeding the newborns, logistics and duties for newborn parents, the evolving relationship between the parents, and raising the young children. Fathers will find the continuing "Double Daddy Perspective" notes throughout the book helpful. Includes a "Frequently Asked Questions" section for mothers. **320 pages, softbound. Price: \$16.95**



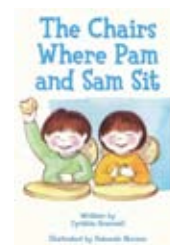
**Twice the Love - Stories of Inspiration for Families with Twins, Multiples and Singletons.** Compiled and edited by Susan M. Heim; Cartoon artistry by John M. Byrne; Published by TWINS™ Magazine. Winner of the 2007 Best Parenting/Family Book in Reader Views Annual Literary Awards! This touching book is filled with true stories that will have you laughing, crying, and always identifying with these families' trials and triumphs. Crazy days with twins, unique challenges faced and overcome, celebrating life's gifts. Endlessly heart-warming and encouraging. A great gift for parents of twins, or for grandparents and relatives. **214 pages, softbound. Price \$13.99**



**Boy/Boy Twin Story Packet**—I Love You the Purpliest; One Was Not Enough; The Twin Team; Twinship is in Your Heart; Wishing on a Star; Kevin & Ben; Always Zany ABC's. **\$51.95 ON SALE FOR \$43.95**

**Girl/Girl Twin Story Packet**—Look A-likes Don't Act A-like; Just Like Me; It Takes Two; Jan and Ann are Twins; Jan and Ann & the Pet Rabbit; My You Have Your Hands Full; The Little Green House. **\$56.70 ON SALE FOR \$43.95**

Our entire selection of books and products can be viewed online at:  
[www.TwinsMagazine.com](http://www.TwinsMagazine.com)



**Boy/Girl Twin Story Packet**—Hello Twins; Two Times the Fun; Twenty Wiggly Toes; The Twins and the Birthday Party; His Sister, Her Brother; The Chairs Where Pam and Sam Sit. **\$57.70 ON SALE FOR \$43.95**

## To Place Your Order, Call (888)55-TWINS

# Step-Parenting Twins—Be Ready for a WILD

By Paige N. Williams

“You are not my stepmom; you are my parent!” I remember my youngest twin stepdaughter saying very earnestly to me last summer in the pool, with her blue eyes looking at me very seriously. That moment was the instant it truly hit me what kind of responsibility and challenge I had accepted the previous December when I married her father and became a step-parent to her older brother and twin sister. After being the single parent of three, now teenaged, biological sons for nine years, I remarried a wonderful man who is the father of the twins. Having come from a divorced family I was fully aware of the challenges of step-parenting singletons. I blithely thought step-parenting twins could not be much more difficult than that. Actually, I was more concerned that I would be parenting girls, and what that would all entail having raised sons, than I was of their twin status. In addition to the challenges, I was not aware of all of the delightful and wonderful experiences I would also have step-parenting twins.

Being that I am educator the first thing I did upon becoming a step-parent of twins was to scour the Internet for resources and support to help me with my journey. To my

surprise, there were no resources to aid me! I quickly realized that I would have to chart my own course which would mean I would have to do the best I could with whatever situations I encountered.

One of the first reactions I had to being a step-parent of the twins was surprisingly a feeling of uneasiness with the step-parent role. When I took the girls out by myself one of the first things I noticed was the amount of attention they received on our trips. Inevitably, I would hear from strangers how lucky

I was to have twin girls and how cute the girls were. I found I felt a certain sense of discomfort in this attention as I had not physically given birth to the girls, so I could not claim that experience, nor was I their biological mother so any physical resemblance was merely by chance. I was always at a dilemma as to how to respond to this attention in a way that showed I was a parent of the girls and that I cared very much for them but at the same time did not imply that I was their mother.

Another challenge I faced initially being a step-parent of the twins was the steep learning curve I had in getting to know them. As I had not been around twins I had assumed they would be very similar in temperament and personality. I was not prepared for how wrong I was about that. I had to learn how each was unique in a hurry and that I had to approach each one differently with regard to my interactions with

them. My husband was a great resource in helping me learn about what each twin needed. This learning process also involved knowing when to assert my step-parent role and when to step back and let my husband parent. Sometimes the girls are very open to

my helping them, being affectionate with them and doing “girl stuff” with them. However, sometimes they just need their dad. Surprisingly, I also found sometimes the twins need me to respond to them and not their dad. It is a sensitive tight rope that I have to walk.



Occasionally,

another challenge I have encountered with the twins is when they realize that there are two of them and one of me. This sometimes occurs when the twins decide they feel strongly about something that I have decided is not in their best interest. Having been the mother of boys they found out that I can be firm but kind and they seem to use this tactic less and less.

As a new step-parent of twins I was not prepared for the occasional feelings of exclusion I would feel and not having all of the history, stories and routines that they already had firmly established with their father. Because their needs are great and my husband’s time with them is so short, I have to respect those times (like at bedtime—their sacred time) and make sure that I don’t intrude upon this special time they share. With my husband’s support, however, I have created special “girl time” and “girl trips” where the twins and I do things that only girls get to do. This has helped us to bond and to develop a different kind of relationship than they have with their dad.

While there have been many challenges to step-parenting twins I have also experienced many joys also. Unlike many of the myths about step-children hating their step-parents, the twins have been very open to having a relationship with me. They often make me laugh at their observations of our family and I get great joy when they mention the things we have done together and with their father. Step-parenting twins are, indeed, a wild but wonderful ride! ♥



**“Wherever I go, Weego!”**

**Introducing the revolutionary carrier for twin parents on the go!**

**The Weego TWIN, exclusively sold by TWINS™ Magazine, allows parents to comfortably carry both babies in their own deep & secure pouches.**

**\$149 EACH**  
(Weego single carriers and single preemie carriers also available starting at \$89)

**ORDER ONLINE at**  
[www.TwinsMagazine.com](http://www.TwinsMagazine.com)  
**or by phone at**  
**888-55-TWINS**  
**(888-558-9467)**

- Use from birth to 6 months (suggested maximum weight is 20 lbs. per baby)
- 3 carrying positions
- Designed to fit preemies
- Stimulates babies’ senses
- Machine washable
- Soft, lightweight navy cotton twill with blue/green plaid lining

TWINNS™



# but Wonderful Ride!

## GUIDELINES FOR EFFECTIVE STEP-PARENTING

Recognize the importance of the non-custodial parent

- Allow Children to write, phone and visit without making them feel guilty
- Allow children to have mementos of their biological parent
- Don't try to be a substitute parent

Recognize the existing relationship between biological parents and their children

- Control your resentment when parent and child want time alone
- Understand that there may be some feelings of jealousy for time and attention

Allow time for relationships to change

- Understand that it takes time for feelings to grow and be nurtured
- Respect the need for some distance in early stages
- Don't try to force affection and caring

Realize that family life is not always happy

- Accept that problems occur
- Allow children to fully express both positive and negative feelings

Accept grief and loss as part of this experience

- Encourage children to face the reality of divorce or death that preceded the step-family
- Help children confront and express their feelings of grief

Let go

- Permit children to belong to two families with a minimum of fuss and guilt
- Plan activities without forcing participation

\*Adapted from Pitfalls and Possibilities, by Elizabeth Einstein and Linda Ablor

### **General step-parenting websites/resources:**

[www.divorce360.com/stepparenting-360.aspx](http://www.divorce360.com/stepparenting-360.aspx)

[www.parenting-child-development.com/step-parenting-advice.html](http://www.parenting-child-development.com/step-parenting-advice.html)

[www.med.umich.edu/1libr/yourchild/steppar.htm](http://www.med.umich.edu/1libr/yourchild/steppar.htm)

*Paige Williams is a full-time educator at a small University in Oklahoma. She is the mother of three sons: Austin (18), Chase (15) and Dalton (12). She is also the step-parent of Gavin (7) and fraternal twin girls Melody and Cassidy (4). In addition, she is happily married to her husband of one year, Frank. Paige enjoys networking through social media networks, teaching and writing. Currently, she is working on developing resources and online communities for step-parents of twins and multiples. If you would like to participate or have comments on this article please contact her at: [ecupaige@gmail.com](mailto:ecupaige@gmail.com).*



# Shopping with Twins?!?!?

## It's never been easier!

Visit

**TWINS™ Magazine's  
TwinsShope at  
[www.TwinsMagazine.com/  
twinsshoppe.html](http://www.TwinsMagazine.com/twinsshoppe.html)**

This online store is filled with products  
exclusively for twins and parents of  
twins & multiples!



**books for  
parents**



**accessories**



**clothing**



**everyday  
essentials**



**books for kids**

**& MUCH  
MORE!**

# TWINS™

# The Unique Needs of Twins in Preschool Study

By Eve-Marie Arce

*From [www.TeachingTwins.com](http://www.TeachingTwins.com) addressing the unique needs of twins in pre-school*

**T**he first finding of the descriptive Study of Academic and Practitioner Perceptions Identifying Program Practices Meeting the Unique Needs of Twins in Center-Based Preschools by Eve-Marie Arce, demonstrated that there are needs unique to twins enrolled in center-based preschools. The panel of international experts who participated in the study confirmed the list of twenty-two needs. These establish a foundation on which to build awareness regarding the needs of twins during their preschool years.

The concept of Unique Needs of Twins is offered without intent to discount their importance for the other children, rather to establish a guide enabling preschool teachers to positively and more specifi-

cally affect the developmental needs of twins in their programs.

The twenty-two needs are categorized into three areas. These are communicational relating to the preschool teachers' acknowledgment and recognition of twinship; programmatic relating to preschool enrollment and operational plans regarding preschool; and, relational relating to twin-specific interaction and interpersonal activities.

## Unique Needs of Twins in Center-Based Preschools

*22 Needs Categorized in Three Areas without Priority Listing*

**Communicational:** relates to the preschool teachers' acknowledgment and recognition of twinship. Twins enrolled in a center-based preschool have a unique need for:

1) Acknowledgment and encouragement as both an individual and as a twin.

2) Recognition of individual and collective needs.

3) Recognition and encouragement of individuality.

4) Recognition and understanding of twin-type.

5) Recognition and encouragement of their differences without emphasis.

6) Recognition of potential for developmental delay without exaggeration.

7) Recognition of gender differences in maturational stages of boy-girl twin pair.

8) Attention to their unique medical history, home life, and interaction with children outside the

twin relationship.

**Programmatic:** relates to preschool enrollment and operational plans regarding twinship.

Twins enrolled in a center-based preschool have a unique need for:

9) Policies and practices recognizing twins as a special group with unique family circumstances.

10) Flexible school and placement policies accommodating their situational needs.

11) Principals and teachers receptive to accessing current twin research/information.

12) Added consideration in preschool admission.

13) Parent conferences and placement procedures sensitive and responsive to twinship.

14) Re-evaluation of school practices regarding mandates such as classroom separation.

15) Periodic (no less frequent than annually) consultation to review group and room placement.

16) Description of performance and progress as these relate to their peer group.

**Relational:** relates to twin-specific interaction and interpersonal activities.

Twins enrolled in a center-based preschool have a unique need for:

17) Freedom from comparison to one another.

18) Encouragement to make individual friends as they mature.

19) Independence as they are ready.

20) Opportunities for individual activity participation.

21) Opportunities for self responsibility adjusted to each co-twins' level of maturity.

22) Remaining together as long as they want or seem to benefit.

For more information about Eve-Marie Arce and her twin study visit [www.TeachingTwins.com](http://www.TeachingTwins.com). ♥

**Buy these adorable Twin Gift Sets  
Makes a Great Birthday Gift!**



This gift set includes two 6-month Onesies plus a plush Thing 1 & Thing 2

This gift set includes two 24 month T-shirts and a plush Thing 1 & Thing 2

Twin Gift Sets cost \$39.95 each

**Order today at [www.TwinsMagazine.com](http://www.TwinsMagazine.com)**



# Putting Away the Boxing Gloves



Stopping the fighting will make you feel better. But Dr. James Van Horn, a family life specialist at Pennsylvania State University, has some useful suggestions for helping your twins feel better about themselves and even surer of your love and concern. Following some or all of these suggestions will help your children feel less of a need to fight:

## Set aside some time to be alone with each child.

While you may have done this when they were younger, it's easy to forget that middle-years children, too, will enjoy and appreciate some time when they can have your undivided attention. This is good advice for all parents, and especially important for competitive multiples.

**Recognize that each child is unique.** It is easy in the midst of busy family life to forget that your multiples are individuals, different from all other members of the family, including their co-twin.

## Make sure that your children realize their unique strengths.

Praise your children for being who they are, not just for what they do. With so much emphasis on doing—athletics, music, and school work—it is easy to overlook personal qualities such as loyalty, a sense of humor, kindness and so forth.

**Avoid initiating competition among your children.** Try not to talk about the 'cleaner' room, 'higher' grades or 'better' player. A child who always hears that his co-twin is neater, or did better in school cannot be expected to feel good about his sibling, himself or you.

**Don't insist on sharing.** Everyone is entitled to ownership of some things, and all of us have things that we simply don't wish to share. Children need to be given the right to decide not to share at least some of the time.

**Be sure that older children are not usually forced to give in to younger ones because "He's little" or "She doesn't know any better."**

**Talk to your children about their fighting.** Help them understand why it happens and what they can do to stop it. Chances are they don't like it any better than you do.

**Believe that there is some good in sibling fighting.** Realize that their behavior may help teach your children how to get along with others. ♥

**Call Rates: 1-800-647-7902**

**BUSINESS OPPORTUNITIES / HOME BASED INCOME**

**\$600 WEEKLY POTENTIAL!!** Process HUD/IFHA refunds from home. No experience. 1-800-277-1223 Ext 173 [www.NCISonline.com](http://www.NCISonline.com)

**NOAH'S ARK WORKSHOP** needs representatives! Stuffed Animal & Glamour Parties. Profitable! \$129 start-up 866-689-0327 Email: [A@lauryk.com](mailto:A@lauryk.com)

**THE PAMPERED CHEF®** Excellent Income, Quality Kitchenware, Home Shows, No Inventory - Deliveries. Naomi Zuccaro, Independent Director 1-888-601-3865

**ADORABLE CUSTOMERS** Low cost - Low Overhead Business Opportunity. Visit us at [www.kinderdance.com](http://www.kinderdance.com) or call 800-554-2334

**MOMS WANTED!** Work from home! No Selling/Stocking. Visit: [www.WorkAtHomeUnited.com/Parenting](http://www.WorkAtHomeUnited.com/Parenting)

**MAIL ENVELOPES AT HOME!** Pay Weekly! Free Supplies! Bonuses! Genuine! Helping Homeworkers Since 1992. (888) 302-1519 [www.amerpubs.com](http://www.amerpubs.com)

**WORK FROM HOME, MOM!** Perfect opportunity for busy parents. No selling. No risk. [WWW.FAMILYDREAM.NET](http://WWW.FAMILYDREAM.NET)

**SINGLE MOM GENERATES \$250,000** from Home [www.ExtremelyFastCash.com](http://www.ExtremelyFastCash.com) ID# DG20159 1-800-366-1487 X6283 SAVE AD!!

**WEEKLY PAYCHECK** Possible from home Processing Our Mortgage Assistance Postcards. No Advertising. References Available. Materials Provided. No Gimmicks. 877-774-9295.

**The Best Work At Home Team FREE Info/Training/Tools** [www.OurMomsAreHome.com](http://www.OurMomsAreHome.com) 1-866-424-3199

**Earn \$1,500** working 2-3 hrs weekly. Run profitable home business in your spare time. Free Facts - 8235 Remmet Ave, Suite AF41440T1, Cagana Park, CA 91304

**\$1,000's WEEKLY** available mailing beautiful rose catalogs! Free supplies/postage! SASE: RBM-TW Box 759, Lake Zurich, Illinois 60047-0759.

**BABY GIFTS / BABY PRODUCTS**

**SAVE, ORGANIZE & CHERISH BABY TEETH.** Memory books & Keepsakes. [www.babytoothalbum.com](http://www.babytoothalbum.com) (888) 426-8822

**Free Pregnancy Alert Wristbands** for mummies to be. Get yours today at [www.pregnancywristband.com](http://www.pregnancywristband.com)

**PSYCHIC**

**RMS Williams Psychic**, removes negative obstacles, guarantees inner peace, love, happiness, success, health, restores lost nature, really works 813-874-5581

**Desire Charms!** What your heart most desires this charm brings to you. 813-874-5582 \$4.95 3716 W. Horatio, Tampa FL 33609

**OF INTEREST TO ALL**

The "Daddy Diaper Changing Toolbox" A Fun & Unique gift for the expectant Dad!! FREE USA Shipping [www.FunStuff4Babies.com](http://www.FunStuff4Babies.com)

**DON'T BECOME A STATISTIC!**  
RID YOUR HOME OF TOXINS

**There has been a 28% increase in childhood cancer since the addition of pesticides into household products**  
A Natural, Safe Alternative! [www.mysuccesstree.net/yourlife](http://www.mysuccesstree.net/yourlife)

**MADEINUSAFORFOREVER.COM** Your source for Safe American Made Products. Many ship the next day.

**CARS AND TRUCKS FROM \$500**, Police Impounds!  
For Listings: 800-351-7150, Ext. L 341

[www.lightandgravity.com](http://www.lightandgravity.com)  
Babies ♡ Toddlers ♡ Women  
Sustainable Fabrics  
H2O-Based Inks  
Made Locally  
Hand-Screened  
**LIGHT AND GRAVITY**  
Light on the Earth, Heavy on Style

**Protect your Baby!**  
Babies will always fall taking their first steps...  
Thudguard protective helmet helps to protect your child by reducing the impact of falls and lessening the chance of head injury.  
[www.babysfirstheadgear.com](http://www.babysfirstheadgear.com)

**Bonny Babies**  
Incredibly Innovative Baby Products & Gifts  
Unique Products & Volume Discounts for Twins  
Fine Children's Furnishings • Personalized Gifts  
[www.BonnyBabies.com](http://www.BonnyBabies.com)  
Toll Free: 1-877-6-BABIES (1-877-622-2437) [bonnybabies@cschillhome.net](mailto:bonnybabies@cschillhome.net)



ADDRESS LABELS

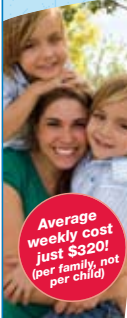
For a Free Catalog Call:  
1-800-734-3827



Visit us on the web:  
[www.familylabels.com](http://www.familylabels.com)

AU PAIRS

Flexible, affordable  
childcare – save \$250\*!



Cultural Care offers:

- Flexible, live-in childcare for \$320/week (per family, not per child)
- Qualified and carefully screened candidates
- Local support throughout the year

For more information:

Call us toll-free: 1-800-206-9391  
Or, visit our website: [culturalcare.com](http://culturalcare.com)

Use promo code **PCTWN2009** when you apply online to receive a \$250 program fee discount.

\*For terms and conditions, please visit our website.



Keep up-to-date with all the latest TWINS™ news by joining our monthly e-Delivery newsletter. Go to: [www.twinsmagazine.com](http://www.twinsmagazine.com) and click on the link to the left that reads, "Order TWINS™ e-Delivery Newsletter." Subscribe today to start receiving our FREE companion electronic newsletter to TWINS™ Magazine!

Average weekly cost just \$320! (per family, not per child)

ANNOUNCEMENTS



Announcements, Shower, and  
Birthday Cards for Twins

Visit us on the web:  
[www.doodlyn.com](http://www.doodlyn.com)

BOOKS & DVDs



Twice the Love:

Stories of Inspiration

Edited by: Susan Heim

Cartoon Artistry by:

John M. Byrne

\$13.95

Visit:

[www.TwinsMagazine.com](http://www.TwinsMagazine.com)

**THE LIFE YOU WANT NOW...**

From Success Coach  
**TOM TERWILLIGER**

Get Your  
~ FREE AUDIO ~  
[7RulesofAchievement.com](http://7RulesofAchievement.com)

APPAREL



Custom clothing, gifts & stationery for multiples!

SEE OUR FULL AD ON PAGE 19

[www.just4twins.com](http://www.just4twins.com) ★ [Info@just4twins.com](mailto:Info@just4twins.com)



Great Twin & Triplet Things!

- 1,002 Tips • "Expecting 2" T's • Journals
- Rompers • Family T's • Big Brother/Sister T's
- Bags • Brag Books • Cards • Invitations

[JustMultiples.com](http://JustMultiples.com)

celebrating families of multiples  
**Multiple Moms Rock!**



- stylish, great-fitting apparel for moms, dads & grandparents
- new designs for TWINS + ONE and grandma of triplets!
- owned by a mom of twin boys

Find These Products at:  
[www.TwinsMagazine.com](http://www.TwinsMagazine.com)

BOTTLE HOLDERS

**Baba Buddy**  
"Mommy's Helping Hand"

Use in Car Seats ♥ Strollers  
Swings ♥ High Chairs  
Bouncy Seats ♥ Cribs

[bellababydesigns.net](http://bellababydesigns.net) (832) 264-8599

**The Extra Hand**  
A Flexible Hands-Free Baby Bottle Holder



Only \$29.95

To order call 973.209.0833 or visit us  
on-line at: [www.extrahandproducts2.com](http://www.extrahandproducts2.com)

**The Bottle Bundle** patent pending

The Bottle Bundle is a soft, slightly-angled, u-shaped pillow designed to safely hold your baby's bottle in place and give you a free hand. To order call toll free **800-639-2984**.  
Little Wonders  
[www.littlewonders.com](http://www.littlewonders.com)

SEE OUR AD ON PAGE 11

**Unlimited Additions**  
Offering Coordinated Clothing for  
Multiples & the Family  
[www.TwinsClothes.com](http://www.TwinsClothes.com)

Order your subscription to  
**TWINS™ Magazine** at:  
[www.TwinsMagazine.com](http://www.TwinsMagazine.com)

**BOTTLE NANNY**

The ideal baby bottle holder! Holds standard bottles...hands not required! Easily clamps to car & infant seats, strollers, etc. Only \$16.95 each + \$5 S/H.  
Order Online: [www.babydoodads.com](http://www.babydoodads.com)  
Baby Doodads, Inc. 1-702-638-6352

**Twinz Gear.com**



**DNA TESTING**

See our ad on page 5 of this issue.

**Identical? Fraternal?**

Find out with a DNA Zygosity Test:

- Results in 7-10 business days
- Easy bloodless cheek swab kit
- Leading edge PCR technology
- Greater than 99% test accuracy
- Secure online ordering
- Visa/Mastercard accepted



1-866-TWIN-DNA

[www.proactivegenetics.com](http://www.proactivegenetics.com)



See our ad on page 21 of this issue.

**ARE YOUR TWINS IDENTICAL?**

Many parents are given misinformation at the time of birth. *Affiliated Genetics* has been providing the public with affordable, accurate DNA testing since 1994.

Twin Zygosity test: \$150 plus \$10 s/h  
 Paternity Screen: \$325 plus \$10 s/h

- Results mailed within 7 business days
- Improved cheek swab sample collection
- Personalized, helpful service.

All test results are reviewed and reported by a Board Certified Geneticist.

PO Box 58535  
 Salt Lake City, UT 84158  
 Tel: 801-582-4200  
 Fax: 801-582-8460

Visa/MC accepted  
 Personal checks  
 Money orders

Please call: 800-362-5559  
[www.affiliatedgenetics.com](http://www.affiliatedgenetics.com)

**JEWELRY**



Designed and made by a mom of twins!

*Custom Bracelets by Lisa*

Sterling Silver and Gold Mother's Name Bracelets,  
 Birthstone Bracelets, Grandmothers Bracelets,  
 Children's and Baby Bracelets

303-362-1441

[www.custombraceletsbylisa.com](http://www.custombraceletsbylisa.com)

**EQUIPMENT & STROLLERS**

*A lot o' tots*



Created for parents of multiples by parents of multiples

[www.alototots.com](http://www.alototots.com)

**The Twins Adapter**

By *GoGo BABYZ* when you and your baby are "on the go" [www.gogobabyz.com](http://www.gogobabyz.com)

Don't struggle to carry your baby in the infant car seat, The Infant Cruiser is so maneuverable you can take it anywhere!



Now, the Twins Adapter allows you to easily connect two Infant Cruizers together, resulting in the only detachable two-seated carrier on the market.

**ALL IN ONE – ALL TERRAIN**

**DOUBLE DECKER**

Stroller / Car Seats designed for twins' first year of travel

- move babies without disturbing them
- snap and go car seats
- folds compact
- only 23" wide
- storage basket



Triple Decker Also Available

(423) 261-2248  
 OR VISIT OUR WEBSITE AT:

[DoubleDeckerStroller.com](http://DoubleDeckerStroller.com)

**ORGANIZATIONS**

Mountain State Mothers of Adult Multiples Presents the 49th Annual NOMOTC Convention July 26, August 1, 2009



Flamingo Hotel and Casino  
 "As Vegas as Vegas Gets"

Find all the convention details at:

[www.nomotc.org](http://www.nomotc.org)

**NURSING PILLOWS**

*Double Blessings*

Heavenly Products for You and Your Twin!

Offering over 100 twin-specific products:

- **TOP SELLERS**  
 Twin Feeding Pillow,  
 Twin Carrier,  
 Double Carrier Stroller
- **HOT SELLERS**  
 Crib Divider,  
 Sonogram Frame, Schedule Books, Nursing T-shirts, Albums and Jewelry



1-800-594-TWIN  
 619-741-8623 (both sides of USA)  
[doubleblessings.com](http://doubleblessings.com)

Do you have multiples in your life? We are here for you...



every step of the way.

Providing Support, Education, Advocacy, Networking and Resources



An international support network for families of twins, quadruplets or more. Founded in 1987. Publisher of SUPER TWINS magazine.



To learn more, visit [www.MOSTonline.org](http://www.MOSTonline.org)  
 631-859-1110



# Double Takes



Can you guess whether the twins pictured on these pages are identical or fraternal? Send us your photos for the Doubletakes section at least three months prior to publication. All photos sent to TWINS™ Magazine become the property of TWINS™

Magazine and will not be returned. Photos should be accompanied by a signed photo release form that can be downloaded by visiting [www.TwinsMagazine.com](http://www.TwinsMagazine.com) and by clicking on the Doubletakes Photos button.

By submitting your photos to TWINS™ Magazine via US Mail or electronically you are releasing your rights to these photos for our use. Please note that we cannot use any professional photographs. On the back of your photos include an address label & phone number with your twins' names and ages along with their twin type (identical or fraternal). Send photographs to: TWINS™ Doubletakes ATTN: Art Director, 5748 South College Avenue, Unit D, Fort Collins, Colorado 80525.



1

**Chase & Tristan**  
3 Yrs.  
Simi Valley, CA



4

**Lauren & Talisa**  
6.5 Mos.  
Markham, Ontario



5

**Gracelyn & Lucas**  
2.5 Yrs.  
Powell, TN



6

**Jeremy & Justin**  
3 Yrs.  
Detroit, MI



10

**Raegan & Rylan**  
3.5 Yrs.  
Waukee, IA



11

**Cameron & Madison**  
3 Yrs.  
Osh Kosh, WI



12

**Leah & Luke**  
6 Mos.  
N. Huntingdon, PA



16

**Mathias & Eliana**  
3.5 Yrs.  
Casa Grande, AZ



17

**Lucy & Reece**  
5 Mos.  
Charlotte, NC



18

**John & Michael**  
10 Mos.  
WPB, FL





**2** Alyssa & Julia  
21 Mos.  
Hamilton Square, NJ



**3** Maxwell & Samuel  
Newborn  
Leawood, KS



**7** Sean & Matthew  
7.5 Yrs.  
Highland Mills, NY



**8** William & Victoria  
5 Yrs.  
Independence, MO



**9** Gabriella & Juliana  
29 Mos.  
Folsom, PA



**13** Ross & Ryan  
8 Yrs.  
Hazlehurst, GA



**14** Brooke & Benjamin  
35 Mos.  
Winchester, OH



**15** Madeline & Isabelle  
4 Mos.  
Grove City, OH



**19** Isabella & Caroline  
3 Mos.  
Baton Rouge, LA



**20** Seneca & Sydney  
21 Mos.  
Winder, GA

### Based on Parental Reports:

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

TWINS™ Magazine (ISSN 0890-3077) is published bimonthly for \$25.95 per year by TWINS™ Magazine, 5748 South College Avenue, Unit D, Fort Collins, CO 80525. Periodicals postage paid at Fort Collins and additional mailing offices. Canada Post Publications Agreement #40579507. Canada Returns to: Station A, P.O. Box 54, Windsor, Ontario N9A 6J5. Email: customerservice@twinsmagazine.com. POSTMASTER: SEND ADDRESS CHANGES TO: TWINS™, 5748 South College Avenue, Unit D, Fort Collins, CO 80525.

# I Believe in the Easter Bunny!



One of my favorite holidays is just around the corner—Easter. Maybe it's the egg decorating that gets me, with the pungent scent of vinegar wafting through the air, Styrofoam cups steaming and sloshing with the most glorious shades of dye and layer upon layer of newsprint draped over our kitchen table. The smell alone takes me back—decades.

Or perhaps this holiday tops my list because I love drinking in the moment, as my twins become completely absorbed in their exhaustive search for eggs—lifting every leaf, turning every stone and standing on tippy toes to reach the unreachable. Never mind the fact that the “prize” happens to be a cheap, plastic egg held together with tape (to keep jellybeans and M&M's from falling out in the mud). In their eyes, the treasure is as precious as gold—they gather and guard their bounty as if their very lives depended upon egg hunting success.

Maybe it's the fact that I enjoy seeing everyone dressed in their Sunday best on Easter. I get an especially big kick out of watching parents' futile attempts to keep their broods out of mud puddles, inviting birdbaths and grassy temptations—at least until church is over. While growing up, I spent so little time in “dress clothes”

myself it's no wonder my mom made a mad dash for the Polaroid whenever I gave in to her wishes. I even went so far as to clean the dirt from my fingernails and scrub the grass-stains from my knees. White gloves and a frilly Easter hat were thrown in for good measure. Ugh.

I might also especially prefer this season because receiving a palm serves to strengthen me throughout the year. Easter is a time for newness, awakening, celebration and most of all hope. (Lent is over, too! Pass the chocolate!) Or maybe I favor it because it brings to mind countless return trips from church, pestering my brother with the tip of my palm leaf. Back then my parents served as judge, jury and executioner—always siding with he who held the shortest palm leaf.

Most of all, I think Easter has become one of my top choices because, traditionally, it has been based upon the concept of “believing.” Of course, this is America, and we are free to believe in whatever or whomever we choose. I, for one, believe wholeheartedly in the Easter Bunny—right along with the Tooth Fairy, Santa Claus and the Great Pumpkin. Who am I to knock tradition? This floppy-eared, buck-toothed bearer of solid chocolate bunnies and yellow peeps has been hoppin' down the bunny trail for centuries now.

All this talk of “believing” has caused me to ponder the great depths of my personal belief system—especially as it relates to parenthood. In fact, I have created a list (soon to be carved in Play-Doh) of the monumental beliefs I hold. Hopefully, they will echo the sentiments of parents everywhere.



By Melinda L. Wentzel



## I BELIEVE IN...

...long, uninterrupted naps from which I awaken to find neither my glasses in a tangled mess, my house a wreck or a face full of stickers.

...real sit-down dinners with my family during which no bickering matches between siblings erupt, no arguments with teenagers ensue, no food becomes airborne and especially—no one phones to ask that I donate money to build a Wal-Mart on the planet Mars. I'm not ready to fork over cash to my college alma maters either. I have yet to see evidence of my success.

...romantic weekend getaways and candlelit dinners for two which are totally devoid of children—namely, mine.

...truly enjoyable family vacations that don't break the bank, destroy our faith in weather forecasting or leave us wondering what on earth made us think we could endure seven solid days of togetherness.

...restful nights which are entirely free of the cries of inconsolable children, the endless howling of neighborhood dogs, the shrieks of brawling tomcats and the irksome droning of snoring spouses.

...family road trips full of peace, tranquility and dozing children.

...forgiveness and flexibility—because without those things, none of the aforementioned would be remotely possible, even with the Easter Bunny's help.

*Melinda L. Wentzel, aka Planet Mom, is a freelance writer and slice of life newspaper columnist whose primary aim is to unearth the humor contained within everyday life experiences—especially those related to parenting. She and her husband reside in Williamsport, PA with their three daughters including a set of twins (ages 20, 7 and 7). Log on to [www.notesfromplanetmom.com](http://www.notesfromplanetmom.com) for more information.*



# Flexible, affordable childcare— save \$250\*!

**Families with multiples face many challenges—including the search for childcare that is safe, flexible and affordable. For many parents, the solution is hosting a Cultural Care au pair.**

#### **Cultural Care offers:**

- Flexible, live-in childcare for \$320/week (per family, not per child)
- Qualified and carefully screened candidates
- Local support throughout the year
- Personalized au pair matching service
- 20 years of experience placing au pairs with American host families

#### **For more information:**

Call us toll-free: **1-800-206-9391**

Or, visit our website: **[culturalcare.com](http://culturalcare.com)**

Use promo code **PCTWN2009** when you apply online to receive a \$250 program fee discount.

\*To qualify, families must be new to Cultural Care, apply to our full-year program between January 1 and February 28, 2009 and welcome an au pair into their home by October 31, 2009. Combined discounts may not exceed \$650.



**Cultural Care  
Au Pair**

**Average  
weekly cost  
just \$320!**  
(per family, not per child)



# TWINS™

**Only \$91.99**

**That's 40% savings!**



## The NEW Super MOMs Gift Packet Includes:

A 2-year subscription (12 issues) of our popular, bi-monthly magazine.

**Multiples Manual: 1002 Essential Tips for Moms of Twins**—over 1000 indispensable tips and ideas for new parents of multiples by Lynn Lorenz, an identical twin who is the mother of triplets!

**Nighttime Parenting**—Best selling book on ways to get babies to sleep, a MUST for new parents of twins, by William Sears, M.D.

**Ready or Not...Here We Come! The Real Experts' Guide to the First Year with Twins**—this humorous and helpful book by popular author and mother of twins, Elizabeth Lyons is a great read for new parents of twins.

A Set of (2) two **Lifetime Memory Books**—Exclusive best-selling books published by TWINS Magazine to capture and record the special moments in the lives of your multiples.

Three (3) **TWINS Special Reports: Getting Ready: When You're Expecting Twins**—a compilation of TWINS expert advice providing practical suggestions on everything from bed rest and expecting the unexpected to critical concerns for premie babies to stress in a family when young twins arrive. **Health and Safety for Infant Multiples**—indispensable advice about keeping your new babies healthy and safe. **Feeding Multiple Babies**—Practical steps for doing it the right way, from knowledgeable moms about feeding multiples.

Two (2) each of **My Personal Story in ABCs** AND **A Very Special Twin Story** Your child will be delighted with the chance to play the major role in telling his or her own personal story. Both of these delightful books contain dozens of places to fill in details about the time he or she was born, the city where your family lives, favorite colors, games and activities.

Check out our complete inventory in our **TWINS Shoppe** for exclusive gifts and books for families with multiples @ [www.TwinsMagazine.com](http://www.TwinsMagazine.com)

Sorry, no substitutions. Payment must accompany order. Shipping & Processing fee of \$14.95 applies. Additional surcharge applies for Canadian and overseas customers. Please allow two weeks for delivery.



**SUPER MOMS GIFT PACKET**  
Created just for NEW Mothers of Multiples