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Holiday Gift
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ON YOUR HOLIDAY LIST!



Can There Ever
Be Enough of Me?

**HAVE YOU
HUGGED YOUR
TWINS TODAY?**

Tips to Consider
Before You Name
Them!




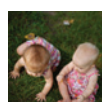
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Your adorable holiday themed twins/multiples!

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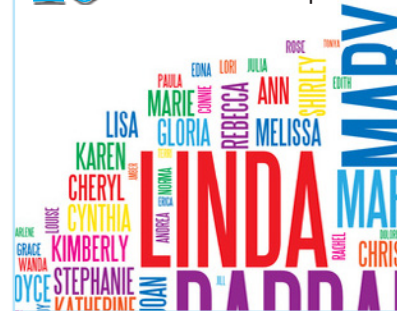


Introducing our cover twins, Addi and Britt, identical twins age 20 months from Belton, South Carolina. They have an indescribable bond and always help each other by bringing pacifiers or shoes and they often comfort one another with hugs and kisses. In addition to their love for playing with their dogs, Spanky and Opie, they also enjoy playing outside, dancing, playing with their dolls, books and tickling each other.

Cover Photography taken by: Jaime Wright of Wright Photography

www.wrightphotographysc.smugmug.com

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Life is not always fair or equal...

I have always been one of those twin moms that felt like I had to always try and be fair and equal. Even when my boys were mere infants and I would start cuddling and hugging one baby, I would find myself feeling extremely guilty that I hadn't done that with the other one and would feel this overwhelming need to go over pick the other up and show the exact same affection and attention I just gave his twin. Of course it didn't matter that he was perfectly content and happy in his swing, laughing and smiling without a care in the world and I wasn't even on his little baby radar. It was the pressure and guilt that I was placing on myself to always be fair and equal that made it difficult for me to feel like I was giving them both the same and equal treatment.

My fair and equal style of parenting continued as toddlers when, during the holidays, I insisted that they should have the exact same truck because I didn't want them to fight over it and everything had to be fair and equal. Not to mention that I couldn't bear to hurt their feelings if I actually chose the wrong thing to give them, like giving the truck to one and an action figure to the other and then this would somehow create a ripple effect of resentment and disappointment that would only end in their ongoing therapy sessions as adults!

It wasn't until many years ago, one of my twin boys said to me, "One thing I always hated during the holidays was when people would give us the exact same thing because it would make me feel like they weren't really thinking about me." What great insight coming from a 9-year-old (at the time).

Whoa... stop the presses! What? I was so worried and caught up in keeping everything fair and equal that it never even occurred to me that they really felt this way. As parents of multiples, one of our biggest challenges is to highlight and nurture each of our children's individual qualities and find what they are passionate about and then do whatever we can to support them in pursuing their passion!

Over the years, it has gotten much easier for me to find unique gifts that each of my kids will love and enjoy because all four of my boys are very different, unique people and they are passionate about many different things. So before you go out and buy two of every toy to make sure everything is fair and equal, stop and think about what each child would truly love and don't get caught up in the fair and equal trap like I did. You will find that by doing so, it gives you a great opportunity to get to know and love them even more (is that possible?) and it takes the pressure off of you to always remain fair and equal.

After all, when in life are things really fair and equal? I know by teaching them this lesson early on, it will only give them the tools they need to cope when they do experience unfair situations in life. Life isn't fair or equal.

We know you are going to LOVE this year's annual Holiday Gift Guide because it is packed with so many great gift ideas for



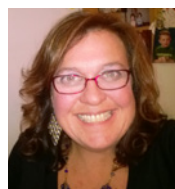
James and Nick age 4



James and Nick age 16

everyone on your list! You can learn more about any of the products featured inside this issue by clicking on the photo or link. There are some really great finds so Happy Shopping! If you're pregnant you will want to read our article about tips to consider BEFORE you name your twins and we get to the real truth about Santa Claus with your toddlers. We also cover the topic, "Can there ever be enough of me?" while we also talk about the importance of hugging and touching your twin infants! Be sure to see if YOUR adorable holiday-themed photo of your twins are in our Holiday Double Takes section – they are all so cute and catch up on all the latest news in the twins world inside this issue, too!

We are very thankful and appreciative of all of your loyalty and support over the years! We have just wrapped up our 30th anniversary year of being the world-leading resource for everything relating to twins/multiples and look forward to a very bright and exciting future. Wishing you and yours a wonderful and joyous holiday filled with all the magic and happiness this season can bring!



Sincerely,

Christa Reed

Christa Reed,
Editor-in-Chief

Father of Twins Invents New Board Game for Pre-Schoolers



Robot Turtles is a board game that teaches kids as young as preschoolers how to program a computer. It was invented by Seattle software entrepreneur and proud dad of twins, Dan Shapiro, whose own father taught him how to program when he was 7. Dan came up with the idea for Robot Turtles in the shower one

morning as he pondered why games for kids were either pure luck like Candyland or a "frustrating exercise in trying to lose on purpose, without the child noticing" like Tic-Tac-Toe. He wondered how old a child had to be to learn how to program and whether they even needed to know how to read. And he was looking forward to doing something really cool with his then 4-year-old twins! Robot Turtles began as a Kickstarter project where it became the most-backed board game in the history of the popular crowd-funding site. It's now made by popular game company ThinkFun and available at Amazon, Target and neighborhood toy stores, MSRP: \$24.99.

Twin Sisters Turn 100!

Twin sisters turn 100 and these are two very special ladies indeed!! Born on November 17, 1914 in New York City to Rose and William Denenfeld. Muriel (on the left in this photo) is 20 minutes older than Charlotte. They lived in Jamaica Estates and attended Jamaica High School before moving to Rockaway and graduating from Far Rockaway High School at age 16. Muriel was a legal stenographer in NYC and then she worked at the Brooklyn Navy Yard, christening the new ships until the yard closed. After that,



In this photo Charlotte is in the hot pink and Muriel is in the grey blazer.

Muriel worked on Governor's Island for the Coast Guard - overseeing 50 employees - until she retired to Florida in 1976. Charlotte worked in the importing department at Macy's 34th Street in the 1930s and 40s. Later, after having 2 children, she became an interior decorator. Charlotte also retired to Florida, occupying her time with her 4 grandchildren and 6 great-grandchildren. Charlotte is also a world-class Mah Jong player and played well into her 90s!! Charlotte was married for 61 years to retired U.S. Army lieutenant

colonel Harold Lehrer, now resting in Arlington National Cemetery. Both sisters were voracious readers up until recently and Charlotte was an expert knitter! We all still have her blankets to prove it!! Charlotte and Muriel live together in Margate, Florida. Family and friends celebrated the big day in Florida on November 15, 2014.

Highlights from the 80th (ITA) International Twins Association's Annual Convention in Chicago this past Labor Day Weekend!

Chicago was a wonderful setting as we celebrated ITA's 80th convention! The DoubleTree Hotel North Skokie welcomed our members with open arms for the busy weekend. We enjoyed activities like a bus trip to the Navy Pier where everyone ventured out to enjoy the many activities from river cruises to the famous Ferris wheel to the yummy foods and beauty of the area and some either enjoyed a golf outing while others toured the Museum of Science and Industries. A panoramic view from the top floor of the DoubleTree Hotel was experienced through the 3 walls of full windows on Friday evening at the Welcome Dinner & Dance. We had a visit from the Mayor of Skokie and enjoyed a wonderful buffet, played some fun



games and danced the night away. Saturday was a full day of Chicago fun with a morning bus tour of the city as we learned of the architectural history of downtown and enjoyed eating at the famous Portillo's. We visited the famous Gino's for some Chicago style pizza. After that, we took a Gangster's Haunt tour around the downtown area, learning history that some may or may not have known about in the 1920's. Sunday included the morning gospel hour & surviving multiples candle lighting, business meeting, twins judging contest and evening farewell dinner & dance. The gangster themed evening was a complete hit as the majority of the members dressed and played the part! We sang Happy 80th Birthday to ITA and devoured the special 3-tier cake in celebration. We wish to thank the 2014 Co-Presidents, Cheryl & Meryl Hollar, and Co-Vice-Presidents, Cindy Hockensmith & Lindy Miller for all their hard work and hosting of such a fun weekend. Also, a big thank you to everyone who attended this celebration. Memories are made each year as this is not only a group of multiples, but it's a FAMILY of twins, multiples, surviving multiples, family and friends. We hope you walked away feeling blessed and loved from our extended family members. Finally, mark your calendars now and begin planning your family vacations around the upcoming ITA convention this Labor Day Weekend 2015 in Orlando, Florida! Details to come...



Hi,
I wanted to submit photos for the magazine. The first two are from our trip to Twinsburg this summer for the Twins Festival. We went in '07, when our girls were 10, and



this was our second trip in '14. We always loved the picture of the "red-headed boys" that we had taken in '07, and were delighted when we saw them again and got another picture with them. Twins festival is one of those trips that we will always remember and thoroughly enjoyed. The first time we drove from Montana to Ohio, and this time we flew.



My last picture I wanted to share, is my identical twins Kaci and Kati, and the little blessings

that we get to babysit, fraternal Charlotte and Maggie. It has been so fun letting my twins watch these little girls develop and their fast bond they have made. Twins "A" and Twins "B" do have an unusual liking for one another. It has brought back so many memories of when mine were little, and we have so much joy in sharing in these little girls' lives.

I had subscribed to this magazine when my girls were younger and it was such an encouragement to me. Gave me much laughter and made me realize that I wasn't alone in my thoughts as a mom raising twins.

Traci Anderson
VIA EMAIL



Dear Twins Editor:

I have three children, my son Ian is 11 and my boy/girl twins Addison and Oaks are 8. I wanted to share this fun holiday photo of my kids that I love taken in 2012. Because Addison, our only girl, is always the innocent one, this photo truly shows her devious smile as she just finished tying her brothers up! Hope you enjoy...

Thanks,
Kelly McLean from Bay City, Michigan
VIA EMAIL







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Helpful holiday hints?
Move over
Martha Stewart

Bill McGee of Denver, Colorado, is a freelance writer and the father of twin girls.

You better watch out. You better not cry. You better not pout; get your feet in the pie. This familiar verse—modified to the realities of the McGee household—has become my mantra as I approach another round of holidays with my wife Lisa and our 3 ½ year-old twins daughters, Katie and Sara. Fortunately, as each year goes

by, there's less crying and pouting...but enough about Lisa and me.

Like most families, we've had our share of warm and wonderful holiday moments. However, I seem to best remember the ones that would never make a Currier and Ives print.

HALLOWEEN HAVOC

For instance, we were proud parents the Halloween when our 1-year-olds were finally able to walk on their tiny toddler legs up to neighbors' doors to Trick-or-Treat. However, Sara overdid the personal mobility concept. For as soon as a neighbor opened the door, Sara barged right in and made herself at home—in the kitchen, dining room or wherever looked most inviting. It was then my mission to extricate her wriggling body from the family's dog or homemade caramel corn and explain. "Yes, honey, I know we just got here, but now we have to go."

Katie made her Halloween reputation as a home-front hostess. When costumed kiddies held out their sacks at our door, 2 ½ year old Katie took it as an invitation to plunder, reaching in to relieve them of

their best treats. It was a toss-up who threw the bigger tantrum—the kids whose candy was swiped or Kate when she had to give it back.

Lisa and I were no better. Last year when we all got back from trick-or-treating, we searched through the girls' treat bags and began recycling the least attractive items back to the doorbell ringers. Naively, we thought our twins eating dinner in the kitchen would be oblivious to the chicanery in the dining room. Suddenly there came an independent howl from Sara, "HEEEY, Mom's giving away our candy," Nothing like being caught red-licorice-handed.

SICK OF THE HOLIDAYS? NOT US!

At Thanksgiving, McGee family tradition usually involved one of us being in the emergency room or otherwise disabled. Lisa was on pregnancy bed rest Thanksgiving before the twins were born, which, we like to feel, gave the kids a leg up on this quaint family custom.

Last year, Lisa's family joined us for Thanksgiving. Aunt Robbin contracted a killer flu bug as she was getting on the plane in Texas and was totally laid low by the time she arrived in Denver. Poor Robbin spent the entire five days down in our unfinished basement "guest room" and the twins only saw her from a safe distance at the top of the stairs. Weeks after everyone went home; Katie and Sara would ask if their Aunt Robbin was still down in the basement.

Expecting tales of tempting turkey dinners or In[dian]/Pilgrim vignettes, we asked the kids what they liked best about Thanksgiving. Kate said she liked it when Dad dropped the jar of honey, and Sara picked when the garbage disposal blew up.

Obviously our daughters think it is a fine Thanksgiving custom to confine guests in accommodations we usually reserve for our cat, to dodge food particles spewing out of the sink, and to reverently gather around the mess of glass embedded in honey on the kitchen floor.

OUT OF THE MOUTHS OF BABES

Christmas, of course, is also special. Amidst the snowflakes and silver bells, Lisa and I always look forward to the "Annual Christmas Tree Fight."

Besides the timing of putting up the tree, we wrangle over which way it should face, how it should be anchored, what the trimming should be, and where and when it will fall over.

While my wife and I were arguing last Christmas, Sara said, "You guys stop fighting."

"We're not fighting, I protested, "We're discussing."

"Well, you shouldn't be disgusting at Christmas," Sara replied. Can't argue with that.

Last year, we put up a novelty Santa, who boomed "Ho, ho, ho—Merry Christmas" every time the door was opened; besides fielding the toddler question, "Dad, who's Mary Christmas?" seemingly hundreds of times, I began to find Santa's unceasing jolliness just a bit tiresome.

By the third day, Santa had mysteriously disappeared. My guess is that he was bound and gagged by some cheerless Grinch and hidden in an upstairs closet.

But, at least we had the spiritual consolation of Christmas Eve services in our church. We thought the kids were old enough to sit in the sanctuary with us, until, at one of the most solemn, silent moments, Katie sang out loud and clear, "Mom, I've got to go potty!"

Granted, it wasn't "God bless us, everyone," but just about what we've come to expect from our little dickens. ❤️



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The Month before Christmas

by Craig Chappelow

'Twas a month before Christmas, when all through the house,
Things seemed fairly blissful for me and my spouse.
The stockings were hung from the chimney with care,
The twins soon turn 3 and I still have some hair.

The kids were nestled all snug in their beds,
While visions of Pokémon danced in their heads.

Andrew in one room, Benjamin another...
And just down the hall slept Thomas, their brother.

It all seems at peace 'til suddenly we remember
All three have birthdays in the month of December!
Away to the mall I flew like a flash,
To compete with the mobs and spend way too much cash.

The car slipped and skidded in the new fallen snow,
And I realized I had but three dollars or so,
When what to my wondering eyes should appear
But an ATM machine, so bright and so clear!
I pulled out my card and shoved it in quick,
Then saw my low balance and felt instantly sick.

More rapid than eagles, expenses they came,
And I whined and I whimpered and I called them by name:
Double groceries! Double diapers! Quadruple Ear Infection!
Twice the car seats! Twice the clothing selection!

To the top of the stores, to the top of the mall,
Spend it! Spend it! Spend away all!
Double our insurance, new savings accounts,
Save up for college in staggering amounts.
Our car is too small, buy a new minivan.
Give the sitter a raise---as much as we can.

Then comes November and we don't prepare,
For our checkbook is empty, our savings go bare.
When I look up ahead, the future is bright
'Til think of orthodontics and corrected eyesight.

Arrive at the mall; try to bury my sorrow,
I'll go shopping today and I'll worry tomorrow.
The brightly lit stores give my spirits a lift,
As I think of my kids and each perfect gift.

Benjamin's easy, I know what to get,
But where will I find a "junior surgery set?"
I thought of one eve as I dozed in the den;
When I had a house call from my son, Dr. Ben.

He'd spotted a blister aside of my toe,
Made a quick diagnosis—that blister must go.
His actions were sure, his treatment was drastic,
He yanked off the skin with his pliers of plastic.

The right gift for Andrew is equally clear,
I'll find him some tools for his locksmith career.
No latch can contain him, no lock can hold fast;
When Andrew decides that he wants to get past.

One day rang our doorbell, then rang out some more,
And then my wife Sara did answer the door.
On the porch stood Andrew, he unlocked it himself,
And she laughed when she saw him in spite of herself.

I shop 'til I drop and find all kinds of gifts,
I cross Thomas, Sara, and in-laws off my list.
My shopping complete, I begin to whistle,
And fly from the mall like the down of a thistle.

And they heard me exclaim e'er I drove out of sight:
"Merry Christmas to all, and always remember,
If you're going to have kids;
Don't have them all in December!"

Craig Chappelow of Greensboro, North Carolina, is
a product director at the Center for Creative Leadership
and the father of three, including twin boys.

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Before you Name Them

Consider These Tips



Ruby Coats Mosher, D.V.M., of Emporia, Kansas, is a veterinarian and mother of fraternal twins.

by Ruby Coats Mosher

Do you have names picked out yet? Every expectant parent hears that question dozens of times before their bundle (or bundles!) of joy arrives.

Why is everyone so interested in "Baby's" name? Because it gives him an identity, almost a personality, answers those who have studied the phenomenon. "Every name sends out signals," say Linda Rosenkrantz and Pamela Redmond Satran, authors of the book, *Beyond Jennifer and Jason: An Enlightened Guide to Naming Your Baby*. "It transmits messages and reverberations of its own: a level of energy and intensity of color and sheen, and a texture."

Although it is often difficult to come up with a name for one baby, let alone two, three or more, the following are some

basic questions expectant parents choosing multiple monikers are best advised to ask themselves.

- 1. Is each easy to pronounce?** Since your children's names will be spoken many times over their lifetimes, try not to saddle any of them with a tongue-twister. Catch potential problems with pronunciation by repeating the name aloud several times in succession. Practice with and without the middle name. Zane Noble, for example, looks great in writing but when spoken, the repeating "n" sounds can fuse into something sounding like Zane Oble. If the speaker tried to pronounce each "n" separately, the name might then sound like Zana Noble.

2. **Does each have a pleasing rhythm?** While practicing a name for pronunciation, also note the rhythmic quality. Does the name roll off your tongue like a melody or do you prefer it to sound more “sing-along”, as in the name “Mary Jane Rein?”
3. **Do the initials spell F.A.T.?** Children can be charming, kind and innocent. They can also be thoughtlessly cruel. Historically, a school-age “game” many children play is inspecting each other’s initials for dirty words or unflattering names, then taunting their owners. Think of the fun they’d have with Patrick Edward Eubanks, Frances Alice Tatman or Bradly Michael Wright? You can’t outsmart a child, but you can do your best to think like one. Examine the initials of a name in every combination of first, middle and last. Watch not only for words but also abbreviated sentences formed by letters that sound like words (a, b, c, l, m, n, p, r, u), Ida May Butts might not be happy with her initials when she goes to school.
4. **Is the spelling of each unusual?** Rosenkrantz and Satran advise against deviating the spelling or pronunciation of a common name. For instance, you should think twice about changing the spelling of Cindy to Cyndi because of the potential confusion involved. Also, don’t expect others to pronounce Maria with a long “i”, no matter how clearly you explain it on a kinder-

garten form. Both Cyndi and Maria can expect to spend the rest of their lives correcting other people’s attempts at pronouncing and spelling their names.

There are many considerations when choosing names for your multiples. Some are more important than others, but more parents will agree that the following hint offered by Bill Cosby in his book, *Fatherhood*, is one to pay attention to: “Always end the name of your child with a vowel, so that when you yell, the name will carry...”

SPECIAL DO’S AND DON’TS FOR NAMING MULTIPLES

Don’t Rhyme. Resist the temptation to choose rhyming names. Twenty-two-year-old Karla remembers the confusion caused by her sister’s rhyming name. “At school, classmates and teachers would sometimes call me Marla, my sister’s name. That really bothered me. The only reason people were confused was because of our names. I mean, I had short brown hair and Marla’s hair was long and blonde—we were totally different.”

Don’t Make A “Precious Pair”. To foster the individuality of your multiples, avoid the temptation to give them names that make it easy for others to lump them into a category; it will be hard enough to keep them from calling your children “the twins”. Naming your girls Heather and Daisy, for example, may forever brand them “the flower girls.”

Don’t Fall Into the Same-Initial Trap. If you cannot resist using same-initial first names, make sure the middle initials are dif-

ferent. There is too much potential for the mix-up of records and other information when there are two J.A. Smiths that went to the same school, have the same parents, same address, same birthday, etc.

Don’t Forget Nicknames. We live in a society that loves to shorten names into nicknames. Be sure to consider all possible nicknames. Will it sound like fingernails scratching a chalkboard to you when your daughter, Elizabeth, is called Liz, Betsy or Libby by her friends?

Also, avoid choosing names for your multiples that have the same nickname. Parings such as Robert and Roberta, or Christine and Christopher, offer the potential for mix-ups—some of them embarrassing. For example, does Gerald or Geraldine get to open a letter “To Gerry” marked “SWAK”?

Do Maintain Consistency of Style and Tone. Names can be grouped into categories such as contemporary, classic, artistic, attractive and studious. Rosenkrantz and Satran recommend selecting family names out of one category or another. Keep in mind that some names such as Brittany, sound contemporary, while others, such as Pearl, have an old-fashioned ring to them.

Do Choose Several Names for Each Sex. The ultrasound technician says, “Congrats! You are going to have twin girls.” Does that mean you can totally concentrate on names for girls? No way! These tests are not always 100 percent accurate in predicting babies’ sexes. Furthermore, there have been cases of a third baby remaining undetected by an ultrasound. Your best bet would be to have an extra name or two for each sex—just in case. ♥



A SAMPLING OF BOOKS TO HELP YOU GET STARTED:

Beyond Jennifer and Jason: An Enlightened Guide to Naming Your Baby by Linda Rosenkrantz and Pamela Redmond Satran.

Name That Baby: The Complete Guide to Choosing Your Baby’s Name, by Barbara Kay Turner.

What to Name Your Baby: From Ada to Zoe by Maxwell Nurnberg and Morris Rosenblum

The New American Dictionary of Baby Names by Leslie Dunkling and William Gosling

The Best Baby Name Book by Bruce Lansky



by Adam P Matheny, Jr



Adam P. Matheny, Jr. Ph.D., is a professor of pediatrics at the University of Louisville School of Medicine. He was also the director of the director of The Louisville Twin Study.

Have You Hugged Your Twins Today?

During the first year of a child's life, a powerful link can be forged between a parent and her infant through the affection exhibited through cuddling. If an infant is well fed and is in a good mood; cuddling reinforces her psychological security. If she is fretful, cuddling can help to blunt the sharper edges of upset.

Thus, whether provided in times of contentment or distress, cuddling is a positive means by which an infant comes into close contact with, and then becomes attached to, important persons. The value of cuddling is so compelling that child experts consider it to be a basic need, ranking right along with nourishment, warmth and sleep.

The evidence for the psychological importance of cuddling comes from several sources. One line of evidence makes it clear that the positive effects of cuddling are apparent even during the first days of life. Newborns, even those born prematurely, are reported to adjust their position so as to yield to being cuddled, and many newborns grow visibly more content when cuddled. These observations indicate that the infant's reactions to cuddling

are indeed an essential component of her readiness to be physically close to others.

A second line of evidence has shown that infants who did not cuddle easily or actually seemed to dislike cuddling represented a somewhat distinct group. These non-cuddlers seemed to socialize less with their mothers and were less likely to smile easily and spontaneously. During later infancy, non-cuddlers took longer to warm up to strangers and were generally less sociable than other infants of the same age.

According to some theories, the behavior of these infant non-cuddlers was believed to be the product of less positive interaction with their mothers. For example, mothers of these infants seemed to spend less time socializing with their babies through physical contact: touching, holding, and hugging.

Moreover, some mothers of non-cuddlers were themselves described as standoffish, cool or less positively attached to others. In effect, the non-cuddlers were seen to be the product of mothers who initiated less cuddling or responded less to their young infants by cuddling, cradling or hugging.

In recent years, the tendency to hold a mother solely responsible for her infant's reactions to a host of conditions, including cuddling has undergone some revision. This revision recognizes that the individual differences among children may evoke differences in mothers' responses. As a consequence, interaction between mothers and their children is now seen as a two-way street. From this perspective, differences in cuddling behavior among children may be attributed to personality differences among the infants themselves.

INFANT DIFFERENCES

Although research has shown that most parents report that their infants enjoy cuddling, parents with more than one child have noticed that some infants enjoy it more than others. Descriptions of the strong cuddlers depicted infants who settled easily into a cuddling position, relaxed and protested attempts to put them down. Strong non-cuddlers were depicted as rigid, stiff or resistant when cuddled. They seemed less comfortable because they fussed or actively squirmed from one position to another. In other words, strong non-cuddlers seldom relaxed and settled into a cuddling position.

Between these two extremes were the majority of infants, whose cuddling habits were not so pronounced in either direction or whose habits varied by time of day, or for reason not fully understood. The fact that mothers reported differences among their singleton children's cuddling behavior could simply represent changes in the mothers' expectations for infants born in different years, changes in her experiences with different infants, and so on.

TWIN RESEARCH

There are mothers, however, who do have the unique opportunity to contrast the cuddling behavior of two infants at the same time; these, of course, are mothers of twins. The daily interactions between a mother and her twin infants provide ample opportunity for her to distinguish subtle differences between her twins' cuddling behavior, if such differences exist. On the other hand, given the fact that twin infants share interaction with the same mother whose experiences and attitudes are presumably brought to bear equally on both twins, one might expect the twins' behavior to appear very similar. Should mothers report many contrasts for cuddling behavior between infant twins, therefore,

it is likely that these reports may represent inherent differences in the twins themselves, rather than in the mothering they receive.

For many years, mothers of infant twins participating in the Louisville Twin Study had been interviewed for contrasts between twins on a variety of activities, including cuddling. Interviews with mothers of more than 200 pairs of identical and fraternal boy/boy or girl/girl twins at several points during their infancy indicated that mothers reported differences in their cuddling behavior when the twins were as young as 3-months-old.

Almost 60 percent of the twin pairs revealed these differences at several times throughout infancy. Quite clearly, many mothers detected at least subtle differences in cuddling every time they were interviewed. Moreover, if a mother reported that one of her twins cuddled more than his co-twin at one age, she was likely to report one of the most consistent and enduring contrasts made by mothers of twins followed over time from infancy to 6 years of age.

Comparisons between identical and fraternal infant twin pairs also showed that identical twins were more alike for cuddling behavior. Mothers of fraternal twin pairs reported that only 10 percent of their pairs are alike; by comparison, mothers of identical twin pairs reported about 50 percent of their pairs were alike. Therefore, one large influence on differences in cuddling appeared to be genetic.


Other than the clear-cut evidence for a genetic influence on cuddling, the infant twins who cuddled less were observed to be more active and generally moved about more, whether asleep or awake. They were also reported to have more difficulty with teething or to have suffered higher incidences of illness, including ear infections. The general picture suggests that within twin pairs, the twin who cuddled less was both more irritable and less easily soothed by cuddling.

The sum total of evidence gained from mothers of twins would suggest that cuddling is not equally effective in providing a sense of security to all infants. Apparently, some infants have a strong need for cuddling while others do not, and some infants are more comforted by cuddling than others.

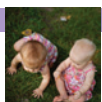
Given the variety of infant differences in cuddling the mother may not be primarily responsible for the

connection between a mother's cuddling her infant and her infant's positive psychological response. And in the case of mothers with infants who seem not to enjoy cuddling, it seems likely that those mothers simply learn to cuddle their infants less. As a consequence, we have picked the wrong source for the initial unraveling of the positive physically affectionate threads woven between a mother and her infant.

Because we have no yardstick to measure the potential for cuddling in young infants, we cannot evaluate whether an infant is likely to be more or less easy or difficult to cuddle. Nor does the study of twin infants suggest that parents give up their natural urges to cuddle their infants. As several currently popular bumper stickers imply, hugging—that is, cuddling—seems to support children psychologically. Therefore, if a parent feels like cuddling an infant, the odds are that the infant is likely to enjoy that cuddling, at least to some degree, and to profit from it in the long run.

Nevertheless, if cuddling just doesn't seem to suit their infant, parents should not assume that it is somehow their fault. It is quite possible that the infant is simply less comfortable with a cuddling form of demonstrating love. 





TODDLERS

The Truth about SANTA CLAUS

by Janet Gonzalez-Mena

Janet Gonzalez-Mena of Napa, California, teaches early childhood education at Napa Valley College. She is author of the book *Dragon Mom and the mother of five children.*

One of the tasks all toddlers face is learning to distinguish what's real from what's not. One of the tasks of their parents is teaching them to do so without discouraging the creative use of their imaginations.

These tasks are harder to accomplish than they may seem to be at first glance, as

the following examples illustrate: If parents are

concerned that their children always tell the truth, what happens when they present Santa Claus, the Tooth Fairy and the Easter Bunny as real? Eventually, they'll find out that their parents didn't tell them what they really believe to be true. How will they reconcile that fact with their parents also insisting that their children always tell the truth? Will they understand that their parents weren't lying to them?

A lot of adults remember the period of their belief in these cultural fantasies

as magical and wonderful and have no regrets that a fantasy promoted by their parents was an important part of their early lives.

They never equated the Santa story, in fact, with lying.

My own childhood experience was different. I believed in Santa until I was 6-years-old. On Christmas night that year, after I was in bed, I overheard my mother and grandmother talking about shopping. Suddenly I realized that they were the ones who had bought the gifts labeled "Santa". I was shocked! Then I was angry! How I could have been so stupid to believe such a dumb story, I thought to myself. No wonder it took some logic stretching—it wasn't even true!



I felt betrayed. I immediately began to question everything adults had ever asked me to accept on faith. I was no longer willing to stretch my logic. Imagine the effect on my logic. Imagine the effect on my religious education! The aftermath of the “betrayal” lasted for years.

When I became a parent, I vowed never to do such a thing to my own children. I made it clear from the day they were old enough to understand that Santa was just a story—a wonderful fantasy with which we could play along. And we did. In our house, he filled our stockings every year and still does to this day, though my youngest child is now 12 years old. Pointing out the fantasy didn’t seem to have hurt my children in any way.

On the other hand, a willingness to believe in those kinds of fantasies should not necessarily be discouraged. I remember one Christmas when one of my sons was talking about Santa as if he were real. I gently reminded him that Santa was a fantasy.

“Oh, yeah, I forgot,” he said, and went right on with what he was saying without being the least bit fazed. He forgot?!

Because of my own experience, I’d advise parents of multiples not to become concerned if one twin “believes” and his co-twin doesn’t, nor should they shush up the “non-believer”. Children tend to cling to what they want to believe; the “truth,” even when delivered by a skeptical co-twin or sibling, often doesn’t change their minds unless they’re ready to be convinced. Let them discuss their beliefs with each other.

Besides, now that I’m older and wiser, I know that everything that is true isn’t necessarily logical, nor can it be proven. I’m no longer convinced that I can easily separate reality from fantasy for children. Nowadays, I’m more likely to listen to what children believe than I am to explain the cold, hard facts of what seems to be reality.

So what about lies? Where do they fit in? Where does a lie stop and a story begin? How can you tell if a child is telling a loving fantasy or a boldfaced lie, or something in between? It isn’t easy!

Children often say things that aren’t true. We all do. We tell a joke; we make up a story for entertainment; or we give an excuse. Toddlers are just beginning to learn about the power of words and their ability to manipulate reality. Toddlers sometimes engage in wishful thinking—saying something is true may make true, in their minds. So when a toddler tells a lie, she may be more interested in changing reality than in trying to deceive you. If you understand this characteristic of young minds, you’ll deal with the situation less harshly than if you don’t.

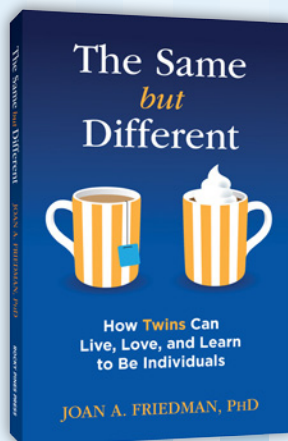
Young children are also still learning to distinguish what’s considered real from what’s not. That’s one of the problems with the Santa, Tooth Fairy and Easter Bunny stories. When children are trying to sort things out in their own minds, they may become frustrated with an adult who continues fantasizing under questioning, just as the adult becomes frustrated with the child who, when questioned, persists in passing fantasy off as real.

Often a lie or a fantasy is really just a difference in perception. When your co-twins are arguing, for example, each may firmly believe his or her own version of the story. It doesn’t help for an adult to step in and decide what is the truth and what is a lie. It is more useful to help the children sort it out themselves. They should be encouraged to give each other feedback as well as explain their own perceptions to each other. It is better if the parent doesn’t decide for them what happened, and who was right and who was wrong. Parents won’t have to engage in that practice if they let their twins sort out their disagreements starting in toddlerhood. The trick is not to take sides.

This kind of situation provides excellent practice for problem-solving and conflict-resolution skills. Parents would do well to help children learn these skills at an early age. They’ll have plenty of need for them as they grow up in the closeness of their twinship. ♥

DEALING WITH THE CHALLENGES OF BEING

A TWIN?



“*The Same but Different* presents a stunning, in-depth look at the lives of adult twins as they face the twin challenges of closeness and independence, love and resentment in their evolving relations with each other.”

—Nancy L. Segal, PhD, author of *Born Together—Reared Apart*

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—Lauren Apfel, PhD, blogger “Omnimom”

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PRESCHOOL

Can There Ever be Enough of Me?

Patricia Edmister, Ph.D. of Sherman Oaks, California was the director of developmental psychology and children's study at the California Family Study Center and the mother of fraternal twins.

The holidays are a time of excitement for everyone—expectations are high; anticipation of gifts, guests, and food affects everyone; demands on parents' time increase; and tensions can rise for all. The children are no exception, for they are being barraged by the media and in stores to buy, buy, and buy. At preschool they are also busy preparing handmade gifts and children will talk with each other about what they want Santa to bring or what they want for Hanukkah. These messages are often then carried to the parents in terms of the "I want..."—and that list can seem to change every day.

How do you cope with it all? By bringing the holiday rat race back under your control so that family members don't end up frazzled and disappointed.



Anticipate Problems

The first thing is for the parents to anticipate potential problems, such as **Time away from home**. Shopping, food preparation, wrapping, traveling—all cut into your time with the children and with each other. The children feel your lack of availability and may increase their demands. Also, with lots of holiday parties, you may need baby-sitters more often. How do your children react to babysitters and how can you best help them handle that issue?

Fatigue. The children are often involved in many parties at home, at school, at church, at the homes of friends; as schedules change and nap times and bedtimes slide, the children often become irritable. Parents, dealing with their own stress and fatigue, become less patient or tolerant, leading to decreased patience and increased strife at home.

Heightened activity levels. Again, as the holiday approaches, the children often seem less able to control impulsivity, excitability, and activity, thus making their behavior more difficult to contain. In some children, it seems that the increase in eating holiday foods and candy with high sugar content contributes to a higher activity level.

Control Expectations

The second objective is to lower expectations to a realistic level. The images we and our children have are often based on an idealized vision of what the holiday should be like. The first step is to determine what family members are expecting in terms of the holiday, especially when it comes to use of time and gifts. Then, discuss those expectations and make sure that they are realistic.

Make Lists. List what each child wants and what each person wants to give to others in the family so that the concept of giving is emphasized. With preschool ages children, we often discover that their lists change with each new commercial seen, so set a deadline for what gifts are being requested and stick to it.

Talk with them about what can reasonably be expected from Santa, or from relatives so that they will not be overly disappointed if they don't get exactly what they want. In addition, discuss gifts that each child wants just for himself, and then also discuss what larger, more expensive gifts they might want which would need to be shared.

Put up a large calendar. With the children, note important days on that calendar, and as you mark off each day, they can see how many more days until the holiday arrives. This can help eliminate some of the "How much longer is it until the holiday, Mom?" questioning. Also, on that calendar, note any parties or other holiday events which will need preparation since often schedule changes can throw kids off if they



aren't adequately prepared for visiting relatives or mom and dad going out.

If possible, schedule some time to take each child shopping individually, having made lists in advance noting which gifts are for whom and which stores will be visited to obtain the gifts for others, not shop for oneself.

Choose the least busy times for shopping whenever possible and try to be organized about your shopping. Again making lists and avoiding impulse purchases. Don't take the children with you on your shopping expeditions unless it is absolutely essential. It is unrealistic to expect them to be on their best behavior at this time of the year, and you will have a low level of tolerance for even normal childish behavior.

Get children involved. Involve them in some of the holiday activities at which they can be successful; and allow enough time for them to proceed at their own pace. For example, making cookies together is great; preparing for a dinner party with its stress is not appropriate.

If relatives are coming to stay, make sure the children know in advance if they are going to be uprooted from their rooms, etc. Also, make sure grandparents know the house rules—not that they will necessarily follow them—but at least you can try to help them understand the effect of lack of discipline, or too much discipline from someone other than a parent, on the children's behavior.

Relax a little. Keep in mind that it is a holiday and that the unexpected will happen. That's OK, because what you have after is happy, memorable family time and if a few naps get missed, or a few tears are shed by irritable children, it isn't the end of the world. ♥

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Our Annual Holiday Gift Guide is here!



**Find
the perfect gift for
everyone on your holiday list!**

Each year we search high and low to come up with some fantastic gift ideas for everyone on your holiday list. Gifts for expectant moms and twins of all ages all the way through tweens, teens and even some cool ideas for all the moms and dads out there. We have also included super stocking stuffers that everyone will surely love, too! We hope you enjoy this year's annual holiday gift guide and be sure to click on the links and photos to learn more about each gift!



PREGNANT MOMS



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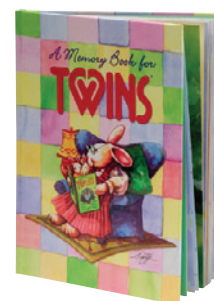


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Infants



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My Twins Are Cuter Onesies

The Side by Side onesie features half of the My Twins Are Cuter logo positioned on the front side of a onesie with the entire logo on the back of the onesie at the neck. Onesie has a soft feel (100% combed ring-spun cotton jersey). White onesie sets are available in pink, blue and pink & blue inks (be sure to select which color you want on which side). Pink and blue onesies are available in white ink only, but sets can be comprised of both colors (be sure to select which color you want on which side). SOLD AS A SET OF TWO. \$18.00 <http://www.mytwinsarecuter.com/twin-squared-onesie/>



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Toddlers

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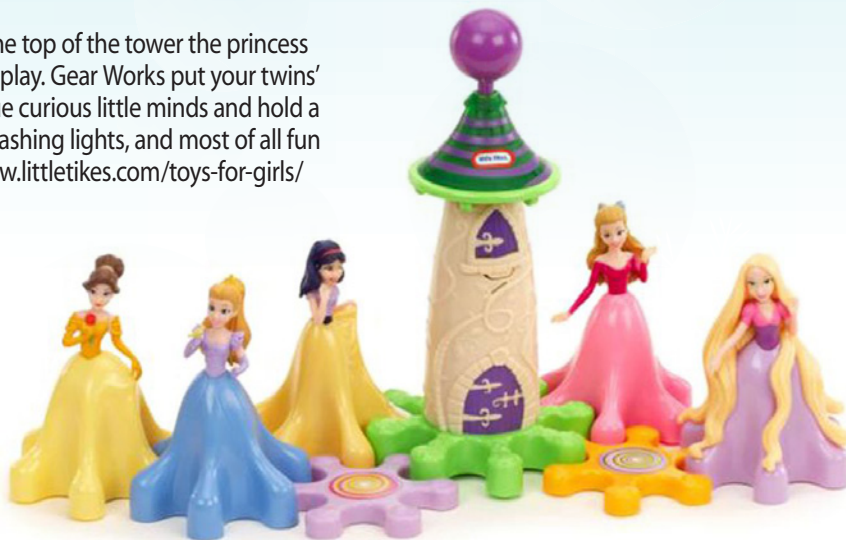
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This is a super fun toy that can do it all! Whether you need space to store toys, carry it along as luggage or just want to have fun riding around, kids can play for hours of endless fun. Its colorful design makes it attractive to little ones. The safe and sound construction provides a peace of mind for parents. \$50.00 6 months and up. <https://shop.bkidsfun.com/product/stown-go-kart/>

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Invented by a father of twins, Robots Turtles is a board game that teaches kids as young as preschoolers how to program a computer. Dan came up with the idea as he pondered why games for kids were either pure luck like Candyland or a "frustrating exercise in trying to lose on purpose, without the child noticing" like Tic-Tac-Toe. He wondered how old a child had to be to learn how to program and whether they even needed to know how to read. And he was looking forward to doing something really cool with his then 4-year-old twins! Available at Amazon, Target and neighborhood toy stores, \$24.99. <http://www.robotturtles.com/>



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Perfect for young photographers, this durable smartwatch makes it easy to take photos and record videos on the go. They can also use the touch screen to explore their creativity with fun photo effects, frames and filters. The watch helps kids learn how to tell time by letting them choose between digital and analog displays (with more than 50 clock face designs.) Includes a timer, alarm & a voice recorder with five voice-changing effects. Has four learning games with the ability to download more from Learning Lodge™ \$49.99 at K-mart. <http://www.kmart.com/vtech-kidizoom-smartwatch-white/p-004W008349677001P?prdNo=3&blockNo=3&blockType=G3>



Available at K-mart

Cook Around Kitchen & Cart™

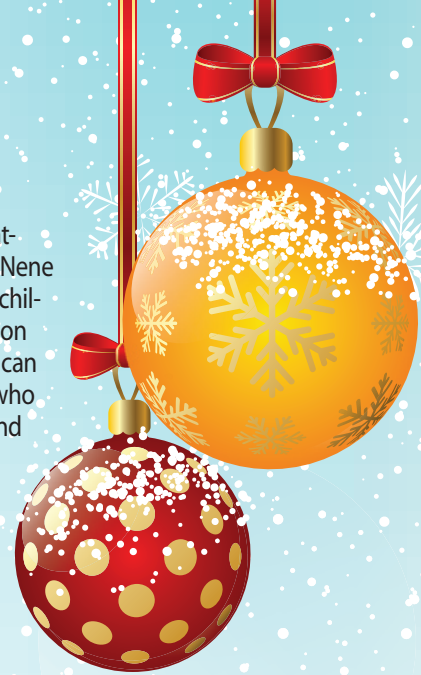
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Every name creates its own unique, personalized tale featuring an incredible cast of different characters. The books: "The Little Girl Who Lost Her Name" and "The Little Boy Who Lost His Name," tell the story of a child who sets off on a spectacular adventure to track down all the missing letters of their name. Each book is printed on thick, environmentally-friendly paper and bound by hand. Suitable for children aged 2-7, \$27.99 and shipping is free! www.lostmy.name

The Familia kit from The Happy Trunk

This is a fun new creative toy that includes wood peg dolls in varying sizes and shapes, along with paints, paper and embellishments to bring them to life. It's a unique gift for recipients ages 4 and up. In addition, The Happy Trunk offers several other similar kits for different ages and interests. The kit includes 8 peg dolls (different sizes), paint, decorative paper, decoupage medium, ribbon, embellishments and instructions. Recommended for ages 4 years and up. \$24.95 <http://thehappytrunk.com/shop/mini-kits>



Peter Rabbit Adventure Treehouse play set

Preschoolers can discover and play out their favorite adventures from Nickelodeon's Peter Rabbit with this fun Adventure Treehouse playset. Ride the elevator to the 2nd floor, swing in the tire (that doubles as a lookout), take flight on the hang glider, or make a great escape from Mr. Tod through the "secret" escape hatch and down the slide. Full of action and pop-up surprises, this playset is great for developing motor skills and open-ended story play. This set comes with an exclusive Peter Rabbit figure included, but is also compatible with all the other figures. \$29.99. <http://www.toysrus.com/product/index.jsp?productId=42259816&cp=2255956&parentPage=search>



School Age

ALEX Brands ALEX TOYS Wood Wonders Ultimate Set

Includes everything children need to make their own wooden creations—from a swinging monkey to a personalized door hanger. Children can create fun characters out of wood that they can paint and decorate themselves. Then it's time to play with their new wooden creations. Includes 495 total pieces: 400 pieces of assorted wood shapes, eight acrylic color paints, two paint brushes, assorted craft materials for decorations, and easy-to-follow instructions. \$25.00. <http://www.alextoys.com/product/wood-wonders-ultimate-set/>



DohVinci Style & Store Vanity Design Kit

Design in 3D with the DohVinci Style & Store Vanity kit! Use the 4 Deco Pop tubes, sculpting tool and Styler in this set to decorate your vanity your way. Swirls, flowers and other beautiful details are a snap! The vanity has a real mirror and a working drawer, so once you're done creating, you can store your favorite things in it. You'll experience your imagination in beautiful 3D with the Style & Store Vanity kit! \$19.99 at K-mart <http://www.kmart.com/hasbro-dohvinci-style-store-vanity-design-kit/p-004W008085318001P>



LEGO Super Heroes Spider-Man™: Daily Bugle Showdown

This is the ultimate LEGO set that will keep your twins busy for hours. Dr. Doom™ and his henchman Beetle™ are attacking the Daily Bugle. It's up to Spider-Man™ and Nova™ to swing in and stop them! Trigger the explosion functions to cause destruction as the jet fires missiles! Includes Spider-Man™, Nova™, Dr. Doom™, Beetle™ and J. Jonah Jameson™ with accessories and weapons. \$39.23 at K-mart. http://www.kmart.com/lego-super-heroes-spider-man-8482-daily-bugle-showdown/p-004W004700327001P?sLevel=0&redirectType=SKIP_LEVEL



Nerf Zombie Strike SlingFire Blaster

Sharpen your zombie-blasting skills with this Blaster! Just swing the blaster's lever or flick it to cock it with one hand, and then you're ready for lever-action blasting! Load up the 6-dart clip with your Zombie Strike darts and hit the streets to take down those lurching, staggering zombies. The blaster's Tactical Rail lets you add accessories for even more battle advantage. \$22.99 at K-mart <http://www.kmart.com/nerf-zombie-strike-slingfire-blaster/p-004W008077665001P?prdNo=1&blockNo=1&blockType=G1>



Available at K-mart



Name 5 by Endless Games

Name 5 is the outrageous party game that asks the easy questions you know the answers to but here's the twist... Sure you know 1 Tom Hanks movie, 1 Tina Turner song... maybe even two...but can you NAME 5??? Can you Name 5 things that would make a person sneeze? 'How about 5 TV Dads? 5 Breakfast cereal "mascots?" The Board game includes game board, 1 die, 4 pawns, 30-second timer, instructions, and 288 cards with over 1400 Name 5 challenges! Ages 12 and up. \$18.99 <http://www.endlessgames.com/gamesName5.html>



Max Traxxx's glow-in-the-dark racing systems

Both boys and girls will love putting together their own unique tracks that light up! Tracer Racers blaze streaks of light on Skullduggery's patented Glow-in-the-Dark track. Each set can be assembled alone or put together to make an even longer, more exciting track. There are several sets to choose from, including the Tracer Racer 16 Foot Dual Racer Set, Max Traxxx Dual Loop, Tracer Racer 24 Foot Dual Loop Set, Tracer Racer 16 Foot Dual Truck Set, and more! \$29.99 <http://www.mcssl.com/store/skullduggery/max-traxxx/tracer-racers>

Mug with a Hoop

This is the perfect gift for a sports fan: the new Mug with a Hoop. An 8 year old boy named Max created the mug you can use to toss marshmallows into a mini basketball hoop into your cocoa or anything into your soup, ice cream or cereal! You can find Mug with a Hoop at Uncommon Goods, The Grommet and select Nordstrom stores. 5 percent of profits from the sale of Max's mugs will go to charities that support dyslexia and other learning disabilities. \$24.00 <http://maxiscreations.com>



Prettie Girls!

Prettie Girls! are diverse and aspirational – they boast positive values and embrace cultural diversity. All the dolls come with a designer fashion outfit complete with accessories – shoes, a purse, bracelet and earrings and a doll stand so young girls can showcase their favorite dolls in their room! There are a total of five dolls in the Prettie Girls! collection – Lena (African American); Valencia (Latina); Kimani (African); Dahlia (South Asian); and Alexie (Caucasian). \$24.95 www.oneworlddolls.com

TWEENS/TEENS



Beardski

It's time to 'Git Your Beard On!' Whether your teenage son has a wicked sense of humor, or just wants to keep his face warm and toasty without the growing pains of trying to grow an actual beard, the Beardski encourages one to 'be the beard!' Yes, it looks hilarious, but it is water-resistant and made with thermal fleece neck & vented neoprene mouth and chin for warmth. The Beardski also features adjustable attachment flaps to make it one size fits all. \$34.95 <http://www.beardski.com/>



DUBS Acoustic Filters,

Every teen will want one of these advanced tech earplugs comprising of 17 different parts that are making hearing protection fashionable (LA Times, Gizmodo). The DUBS reduce volume without sacrificing the clarity of sound, so they're great for concerts, clubs and loud stadiums. Launched in September, the DUBS are the perfect high-tech, fashionable and health-conscious stocking stuffer for music and sports fans alike. Available in four colors for just \$25, DUBS were created by millennials with millennials in mind. \$25 www.getDUBS.com, SoulCycle, TAO Group venues, and Best Buy!

STORMp3, a Water-Resistant Mp3 Player

Anyone on your gift list would enjoy the ability to listen to their favorite music in the shower. However, you aren't just improving their daily bath experience; you are giving them a portable music speaker to take with them wherever they go. The STORMp3 features a sleek design and powerful, built-in speakers. It has a waterproof exterior that will allow you to play your favorite music anywhere, and you will never risk getting your smart phone or tablet wet again! Features 2 built-in speakers; 2 GB of internal memory (holds approximately 500 songs of average length and quality); simple "click and drag" application to add music; Shuffle design allows for random song play and more. \$39.95 STORMP3.com and Amazon.com



Jenga® GIANT™



This is the only genuine, licensed, giant, wood Jenga® game. It weighs a total of 17 lbs. and can stack up to three feet and higher! Jenga® GIANT™ uses the same rules as Classic Jenga® and comes with 54 precision cut, high quality, polished hardwood blocks in a sturdy box designed as a game play platform and for easy storage and transport. Jenga GIANT is perfect for backyard BBQs, birthday and holiday celebrations, college parties, and everywhere people gather together to have fun. Now it's a party!™ Jenga GIANT is recommended for one or more players, ages 10 to adult, and lists for \$129.99 on www.JengaGiant.com, the company shop or on Amazon.



Avery & Ethan

Fun, cute and oh-so fabulous—Avery & Ethan have the most adorable personalized items for your kids. These must-have gift items include: personalized and customizable plates, placemats, lunchboxes, shower curtains, towels and totes just to name a few! Great monogrammed family platters too! To get started—hop on the site- plug in your child's name and voila.... You have a personalized, unique gift that your child will treasure. All BPA-free, phthalate-free, lead-free and 100% dishwasher safe (excluding faceplates). There are so many designs to choose from. Made from 100% polyester, the Headphones, Music Lover Shower Curtain is printed in the USA and can be personalized. The easy care material means that it is machine washable, too! \$69.00 <http://www.averyandethan.com/collections/make-bathtime-fun/products/headphone-shower-curtain>



Sugar Skull Purses, Wallets and Wristlets by Karma Gifts

For the tween or teen who wants to express herself stylishly, the Boho Collection by Karma Gifts offers fun patterns and bold colors on all their purses, wallets and wristlets. Our top pick this season? The Sugar Skull design! \$30-\$40 <http://www.karmagifts.com/P-KA100129/Boho-Purse-Sugar-Skull-f12.aspx>



Moms and Dads

Reindeer Wine Toppers

Another adorable creation from Garnet Hill. Perched atop a wine bottle or along a mantel or table, these adorable reindeer do their part to elevate holiday entertaining to new heights. Crafted of wool/poly felt, each reindeer has its own lovable personality due to hand-finishing and one-of-a-kind twig antlers. Imported.

\$38.00. <http://www.garnethill.com/reindeer-wine-toppers/holiday-decor/holiday-table-entertaining/323619?&defattribvalue=main>



Santa Wine Toppers

Garnet Hill has created the cutest wine toppers for your holidays this year.

Furry beards and bendable woolly felt hats make this trio of charming Santas essential guests for holiday parties and special dinners. These funny little fellows wrap around the tops of wine bottles for fun host and hostess gifts. Set includes Gray, Red, and Green Santas. Imported. \$28.00. <http://www.garnethill.com/santa-wine-toppers/holiday-decor/holiday-table-entertaining/272059?&defattribvalue=main>

Garnet Hill 100% Cashmere Wrap

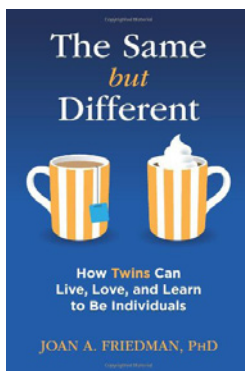
Garnet Hill has you covered this holiday season with their gorgeous and versatile 100% Cashmere wrap). It is a perfect fit in that it's cozy, luxe and really well-made. Garnet Hill recast their wrap in warmer, weightier cashmere — just right for the

holiday season, cool nights, long flights, frosty offices, and more. The plush hand makes for an elegant cover-up or an exquisite scarf, especially in our line-up of lovely colors from basic to bright. \$178.00. http://www.garnethill.com/cashmere-wrap/gifts/gifts-for-women/favorite-gifts-for-women/334124?cm_sp=hp1_-_core_-_wrap



The Same but Different

This is a fantastic book written by well-respected twin expert Joan A. Friedman, Ph.D. The fact that she is an identical twin and the mother of five, including fraternal twin sons, makes her ideally suited for offering twins and parents of twins expert advice. Her commitment to twin research and her treatment of twins of all ages demonstrate the breadth and depth of her skills and experience. This book takes a look at the lives of adult twins as they face the twin challenges of closeness and independence, love and resentment as they evolve and grow with each other. It is an invaluable resource for parents with younger twins who want to create a healthy twin-bond relationship for their twins. \$13.85. http://www.amazon.com/Same-but-Different-Twins-Individuals/dp/0989346439/ref=sr_1_1?ie=UTF8&qid=1416511443&sr=8-1&keywords=The+Same+but+Different



My Twins Are Cuter Mother of Twins Original Crew Neck Adult Tee

The Original Tee has the My Twins Are Cuter logo centered on the front of an adult women's crewneck tee. Shirt has a soft feel (60% combed ring-spun cotton/40% polyester slub jersey), vintage weathered look and fits snug to the body. Available in white and gray shirts with pink and blue ink colors. The white version of the shirt is best worn over a camisole. \$20.00 <http://www.mytwinsarecuter.com/mother-of-twin-original-crew-neck-adult-tee/>

The Beach Glass

Here is a perfect gift for a host or hostess: The Beach Glass! These new acrylic "glasses" replace dangerous wine glasses and tacky plastic cups. The Beach Glass is BPA-free, created in brilliant 'sea glass' colors, dishwasher safe and - my favorite - not only works in sand, in the water or even in snow, holding up your beverage and preventing spilling, it will even float...there's nothing else like this! \$10.50 each www.thebeachglass.com



Garnet Hill's Men's Classic Flannel Pants

Made from our handsome heritage flannel, sourced in Europe and brushed inside and out for softness, these classic pajama bottoms are roomy enough for sleeping in or lounging about. Full-length bottoms have an elasticized waist, drawcord, and snap fly. Cotton. Imported. \$46.00. <http://www.garnethill.com/men-27s-classic-flannel-pants/sleepwear/sleepwear-for-men/375008?&defattribvalue=main>



SensoGlove Digital Golf Glove

The world's first digital golf glove, SensoGlove is the perfect sports gift to help golfers of all levels improve their game so they can enjoy golf for business or pleasure avoiding embarrassing mistakes on the course that slow down the game for all. Made of the highest quality cabretta leather, SensoGlove is easy-to-use with built-in digital sensors that automatically tell you which finger is ruining your golf swing for a consistently accurate, smooth and powerful swing. Price: \$89.00 www.sensoglove.com



Beth Quinn Designs - Custom Gifts for Mom!

Design a necklace or ornament that is just for her! Put her name or any other cute little saying on the 18 mm hand glittered charm. Plus choose the dangle that fits her personality and style - from colorful flowers to beautiful beads and silver charms - you can fully customize the necklace for her! Available starting at \$30 at www.bethquinn designs.com

Mothers Custom Birthstone Necklace

Starting at: \$45.00. Make a mother happy with a new customizable Mother's Custom Birthstone necklace ... put the children's names on it and add birthstones of the children. Necklace measures 22" long (custom charm and two birthstones included necklace) http://www.bethquinn designs.com/index.php?main_page=product_info&cPath=84&products_id=381

Alphabet Ornament Aqua Gorgeous Round ornament in aqua sparkle color. Also can sit on shelf and hold photo! Makes a wonderful gift! Approximately 2.25 inches round. \$22.00 http://www.bethquinn designs.com/index.php?main_page=product_info&cPath=84_73&products_id=808



INNI Nail Wraps

INNI debut in May 2014, with a line of customizable nail wraps that go on easy and last up to 2 weeks without chipping or peeling (without even using a top coat). Create your own festive designs or chose from pre-existing ones, as an effortlessly fun gift for your girlfriends! Chic snowflakes or sleek holiday metallic make INNI the season's accessory you can't miss! Each set of INNI nail wraps retail for only \$9.90 and includes 26 stickers (in 13 sizes), so everyone can find a perfect fit. \$9.90 www.inni.com

Stocking Stuffers

Firefly Star Wars Ready Go Tooth Brushes

Available in a choice of Darth Vader or Yoda, the toothbrush lights up green, yellow, and red like a traffic light to indicate how long kids need to brush. It's a winning way to get kids to practice good oral hygiene, without the nagging. (And as you probably know, little Jedi everywhere are eagerly anticipating next year's release of "Stars Wars: Episode VII." But they don't have to wait to indulge in a little good clean galactic fun.) We think this colorful and clever product would pop on your pages and give your readers something new to smile about. Ages 3-12. \$3.49. www.fireflytoothbrush.com



EZ Tails

Your daughter is becoming a big girl! But those hair knots still make her cry. EZ Tails is a new hair band that prevents knotting, snagging, or fussing. Just pull hair through the slipknot and pull bungee to tighten. With cute interchangeable designs, little girls can express their own style. \$11.99. Also try the Glam ponytail holder with assorted styles that all have an interchangeable top starting at \$8.99. www.eztails.com



EZ Leaps

Teaching your twins how to tie their own shoes? Or, waiting for a Christmas miracle? Enter – the plastic card that guides your child through the process of shoe tying. Plus it "magically" pops off at the end, and voila – shoe's tied! This would be a great stocking stuffer for those kiddos setting out to tie their own shoes by themselves! \$5.49. www.ezleaps.com



Sock Ons 3-pack

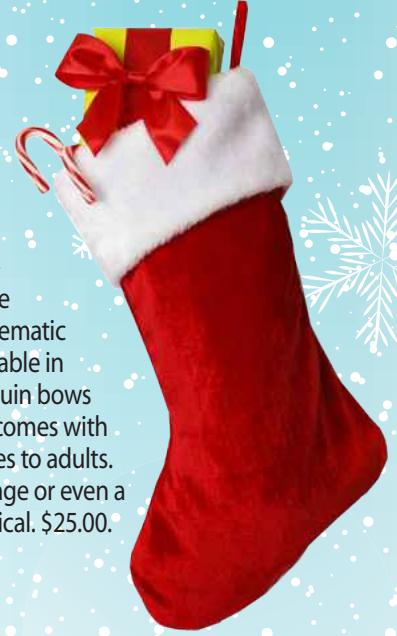
Who doesn't love socks in their stocking? But how do you keep from losing those adorably tiny baby socks? Sock Ons are designed to fit over regular baby socks, keeping them firmly in place no matter how hard your babies kick and tug. Available in many stylish colors. \$14.97. http://www.amazon.com/Sock-Ons-Clever-Little-Things/dp/B0091WJN2E/ref=sr_1_1/179-0829847-7769663?ie=UTF8&qid=1416431595&sr=8-1&keywords=sock+ons





Little Cans Hair Bows

These adorable cans are pre-packaged set of adorable hair bows and headbands comes complete with everything that you need for gift giving. Collections include The Patricia collection, hair flowers available in 4 thematic colors, The Elizabeth collection, lacy flowers available in 3 thematic colors and The Chloe collection, sequin bows available in 4 thematic colors. Each collection comes with interchangeable headbands in sizes that fit babies to adults. The high quality can is intended to be used for storage or even a cute tote! Little Cans make gift giving easy, fun, and economical. \$25.00. <http://www.littlecans.com>



Itzbeen Pocket Nanny

Itzbeen Pocket Nanny was designed by parents for parents. It has a host of helpful features that combine to make caring for a newborn baby a little bit easier. Use it as a reminder to nurse, a timer, a nightlight, and an alarm. The one-touch timer works great for changing, feeding, naptime and more. 24.99. www.itzbeen.com



nanoblock®

nanoblock is the world's smallest building block system allowing kids to create miniature, detailed replicas, introduces new designs this holiday season including the nanoblock Motorcycle, Deluxe Space Shuttle and even a Great White Shark! Create 3D works of holiday art with nanoblock! These micro-sized building blocks will enable you to execute even the finest details like never before! With over 340 assorted size pieces, you will be amazed as the Christmas Tree takes shape right beneath your fingertips! With a finished size of 3.125" w x 3.125" d x 5" h, this Christmas Tree is able to fit perfectly in the palm of your hand. Includes detailed color instructions. Ages 8 and up. \$26.99. http://www.world-of-toys.com/nanoblock_Christmas_Tree_p/58371.htm



Crazy Aaron's Thinking Putty

Crazy Aaron's Thinking Putty is in a class of its own - with its own unique physical properties and amazing colors. A perfect present for the most devoted Puttyworld fan on your gift list or for anyone who just wants to keep their hands busy and have fun! Made in the USA, each metal tin is hand packed with 1/5 lb of Thinking Putty, much more than you get in a plastic egg! Snap them up while supplies last... Available in assorted holiday tins. A 3-pk of small tins start at \$10.00 and standard tins of putty are \$13.95. <http://www.puttyworld.com/holiday.html>





Why the Phrase **Try and Try Again** is a Demotivator

by Miranda Snow Gustavson



While “try and try again” is supposed to be a motivational saying I find that with infant twins and a messy husband it is more demotivating. For you see, it is my husbands job to organize and throw away the mail because he is worried (rightfully so) that I will throw away the important mail by accident. Well,

sometimes he takes so long to do this task that it ends up cluttering up the entire table so this week I decided I would try to be clever and stacked all of the mail in Erik’s computer chair. Regretfully, this did not work and instead I came downstairs to find that the mess had been moved to the floor all around Erik’s desk. Touché husband of mine.

Well this created another problem, the twins are much more mobile now and for some reason think that mail is the most delicious, most fun toy they have ever encoun-

tered. I would constantly take the twins and put them to the far end of the room just to find that they had made it all the way back to the mail in the two seconds I was fetching them a new diaper. So I decided to try my clever tactic once more but found, yet again, that the mail was on the floor by the end of the night. While I am always trying new and clever ways to get the husband to clean the mail it seems the husband is always trying to feed it to the babies and the babies are more than willing to participate in his schemes. Thus why “try and try again” can be demotivating when your husband is trying and trying again to feed mail to the babies. Unfortunately, this made me realize that the mail is probably just safer in its original place atop my table. Sometimes, I find, it is easier to just let things lay as they are. ♡

***Miranda Snow Gustavson** is a mother of twins and is currently apart of several critique groups, many of which are through the Society of Children’s Book Writers and Illustrators. She also has her own blog on twinning-it.weebly.com and you can also find her on Facebook at www.facebook.com/twinningitmothersnow?ref=hl.*



TRY THESE TWINS SHOP EXCLUSIVES....

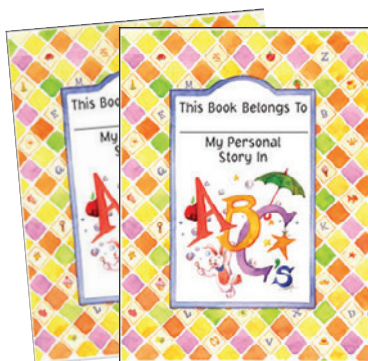
Click on any of these products to learn more!



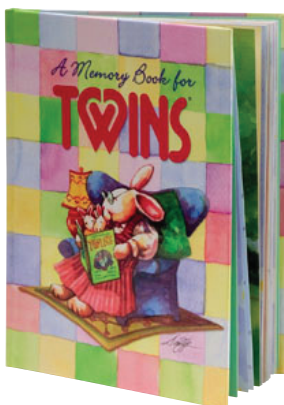
Twins Growth Chart



A Very Special Twin Story



My Personal Story in ABCs



Lifetime Memory Books

SAVE \$\$ WHEN YOU PURCHASE OUR SPECIALLY PRICED PACKETS...



Toddler Twins' Gift Packet

Making Memories Gift Packet



Super MOMs Gift Packet



Boy / Boy Twin Story Packet



Girl / Girl Twin Story Packet



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. \$43.95

Boy / Girl Twin Story Packet

Double Takes



1

Noah & Joshua, FR
Age 15-months
Pittsburgh, PA



2

Sargent & Charlotte, FR,
Age 2,
Idaho Falls, ID



3

Karina & Karime, ID
Age 4
Dumas, TX



4

Hayden & Hudson, ID
Age 7-months
Greenwood, Indiana



5

James & Caroline, FR
Age 14-months
Woodside, NY



6

Talloulah-Belle & Indie Rose, ID
Age 10-months
Middlesbrough, England



7

Blaze & Finn, FR
Age 8-months
Warsaw, IN



8

Lucas & Colette, FR
Age 14-months
Bettendorf, Iowa

HOLIDAY 2014



9

Ethan & Eli, FR
Age 9-months
Alma, MO



10

Sebastian & Alexander, ID
Age 2
Sodus, NY



11

Mac & Belle, FR
Age 9-months
Issaquah, Washington



12

Avery Grace & Sophie Ann, FR
Age 5 months in photo,
now 16-months,
Sacramento, CA



13

Levi & Owen, FR
Age 5-months
Boonsboro, Maryland



14

Valentina & Thiago, FR
Age 5
Fort Myers, FL



15

Keely & Sophie, ID
Age 9-months
Vancouver, Canada



16

Jayden & Colton, ID
Age 9-months
Fredericton, NB, Canada



17

Cameron & Chloe, FR
Age 6-months
Kansas City, MO



18

Erin & Sophia, FR
Age 3 ½
Marlboro, MA



19

Ben & Jake, ID
Age 5
Reno, NV

Double Takes



20

Ryan & Rebecca, FR
Age 1-month in photo
(now age 3)
Hollywood, FL



21

Olivia & Clairra, FR
Age 18-months in photo
(now age 3 1/2)
Round Lake, IL



24

Cameron & Brody, FR
Age 2-weeks
St. Clair Shores, MI



22

Abbey & Ally, FR
Age 3 in photo (now age 5)
West Point, Nebraska



23

Leah & Christopher, FR
Age 10-months
Clevs, OH



25

Emma & Addison, FR
Age 4-months
Columbus, MS



26

Adrian & Ali, FR
Age 6 in photo (now age 8) AND
Alora, Abram, & Amelia, FR triplets,
age 6-months in photo (now age 2)
Hillside, NJ



27

Stella & Paisley, FR
Age 7-months
Boise, Idaho



28

Ephraim & Elijah, ID
Age 13-months
Miami, Florida



29

Faith & Jackson, FR
Age 3-weeks
Burlington, ON Canada



30

Grayson & Scarlett, FR
Age 3-months
Medina, OH

HOLIDAY 2014



31

Fredrick & Abigail, FR
Age 3.5
Belle Chasse, LA



32

George & Mikey, FR
Age 3.5 months
Toronto, Ontario Canada



33

Kenleigh & Camryn, FR
Age 1
Pittsfield, MA



34

Noah & Jonah, ID
Age 18-months
Houston, Texas



35

Ethan & Mayce, FR
Age 2
Visalia, CA



36

Adelyn & Raelyn, ID
Age 6-months
Glenville, WV



37

Zayne & Oliver, FR
Age 6-months in photo
(now 14-months)
Stafford, Virginia



38

Raegan & Rylie, FR
Age 3-weeks in photo 9
(now age 1)
San Antonio, Texas



39

Katrin & John, FR
Age 1 1/2
Oreland, Pennsylvania



40

Evelyn & Olivia, ID
Age 5 1/2 months
Marietta, Ohio



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TWINS™

 MagCloud

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