

The Magazine for Multiples Since 1984

TWINS™

30th Anniversary

www.TwinsMagazine.com
May/June 2014

**OUR
SALUTE
TO DADS!**



The Center of Attention:

Spending One-On-One Time with Each Twin!

Around the Campfire

Tips on Camping with Twins

Classroom Placement

A Tale of Two Sets of Twins

Pregnancy Nutrition Guidelines for Moms Carrying Twins!



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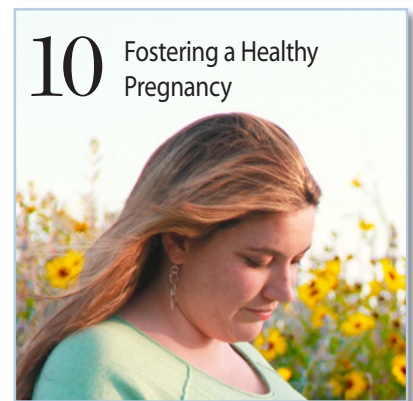
On the Cover:



My husband, Steve, adores his three girls. Our twins are Madelyn and Mallory. They love chasing their big sister, MaryGrace, around and absolutely love doing anything that is outside. I believe they would live outside if we would let them. Madelyn and Mallory are currently 17.1/2 months so we are in the middle of lots of really fun milestones. Right now we own three businesses. So between three girls and three businesses we stay completely crazy. Steve is a contractor who builds new structure and also specializes in termite and fire restoration and we also own a custom fabrication stereo shop and fabrication parts business. We live in Mobile, AL.



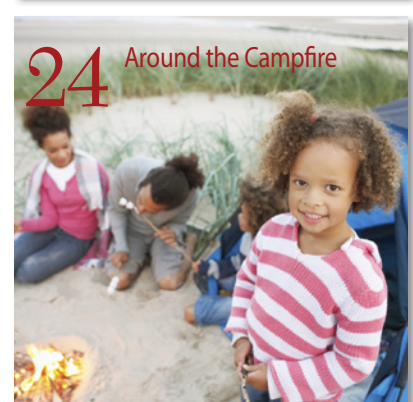
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Did you know that dads of twins are TWICE the men? Dads... inside this issue we are proud and excited to salute ALL of our dads out there that go that extra mile to be there for their kiddos! Those dads that make the sacrifices for their families... those dads that are there every step of the way... those dads that LOVE being a dad and wouldn't change anything for the world!!! We salute ALL of our dads... even those dads that aren't related by blood but they still step up and take on one of the most challenging and rewarding jobs we can ever have... Parenting! As we continue to celebrate our 30th year, we would like to dedicate this issue to all our dads—without your love and influence life would be dramatically different for all of us!! So, with that said... I wanted to share with you some of my most favorite "Dad" quotes:



Aron Reed with twins, James & Nick, age 16, Robbie, age 11 and Ben, age 6

Here are my Top 10 Favorite "father" quotes:

1. We never know the love of a parent until we become parents ourselves. —Henry Ward Beecher
2. I have found the best way to give advice to your children is to find out what they want and then advise them to do it. —President Harry S. Truman
3. "My father gave me the greatest gift anyone could give another person, he believed in me." —Jim Valvano
4. A father is a man who expects his children to be as good as he meant to be. —Carol Coats
5. By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong. —Charles Wadsworth
6. Do I want to be a hero to my son? No. I would like to be a very real human being. That's hard enough. —Robert Downey, Jr.
7. Fathers, be good to your daughters. You are the god and the weight of her world. —John Mayor
8. Lately all my friends are worried that are turning into their fathers. I'm worried I'm not. —Dan Zevin
9. Nothing I've ever done has given me more joys and rewards than being a father to my children. —Bill Cosby
10. There should be a children's song: 'If you're happy and you know it, keep it to yourself and let your dad sleep. — Jim Gaffigan

We hope you enjoy this issue packed with articles from a dad's perspective, along with other great information EVERY parent of multiples can use to make their life easier and better. We look at the importance of spending one-on-one time with each twin; classroom placement decisions; tips on camping with twins; and ways to keep them safe this summer. Plus, pregnancy nutrition guidelines; how to help them through sleep issues; bedwetting and our regular columns will give you some great information at every age and stage of your multiples' lives!



Sincerely,

Christa D Reed

Christa Reed,
 Editor-in-Chief

Three Sets of Twins Play Collegiate Sports at Florida Tech!

Apparently twins love to play sports at Florida Tech in Melbourne, Florida because their Basketball, Soccer and Track and Field athletic programs each boast a set of twins! Even though they all wear different jersey numbers, both opposing teams and fans get them confused constantly. Other college programs may be lucky to have one set of twins but having three sets is just special. Read more about these athletic sets of twins: <http://www.floridatechsports.com/news/default/185/5905/>



*In Photo: Randy and Melissa Echols, Ashley and Alyson Vezina, and Linus and Hampus Rikardsson (left to right).
Photo by Amanda Stratford Photography*

Celebrate 80 Years with the International Twins Association (ITA) at their annual Convention in Chicago, Illinois August 28-September 1, 2014

It's hard to believe that the ITA has been around for 80 years, providing support and resources for twins, multiples and surviving multiples and they will be celebrating this major milestone in Chicago (the home to Double Mint Gum) over Labor Day weekend (August 28-September 1) at their annual convention. This year's weekend conference will be held at the DoubleTree by Hilton Hotel Chicago North Shore Conference Center in Skokie. The convention is a super fun time for all twins/multiples to come together from all over the world to interact with other sets of multiples for fun adventure and history tours of Chicago, group outings and a very special "Twins Judging Contest". TWINS Magazine is proud to once again be the exclusive "Media Sponsor" for the ITA's annual convention and we hope to see many new faces at their 80th annual event! For more information about the convention and to download the registration form, visit them at www.Intltwins.org

Dear TWINS Editor:

My twins, Stephen & Mark Lehman, are 19 years old and they have an amazing Step Dad. His name is Joseph Dilts. This photo was taken during our Memorial Day program done by our VFW. My husband is one GREAT Step Dad! This man has been more of a REAL dad to my sons for the last 12 years than there Bio dad ever has been. My sons have followed in his footsteps and joined the Indiana Army National Guard just like he did and served for 23 years. My husband retired in July 2012 and by September 2012, my sons were in the junior year of high school when they also joined. They went to drill that whole school year one weekend a month to get ready for basic training. In the summer of their senior year of high school they went to basic training and came back to finish high school. If it was not for my husband I'm not sure where my sons would be right now. Joseph has been the BEST DAD to two sons since we married in 2003. By far, for a man who has no children of his own, he is the BEST dad on earth.

Nicky Dilts, Via Email
Culver, Indiana

Dear TWINS Editor:

My husband, Chad Stephens decided to give up his job and be a stay-at-home dad two months before I went back to work from maternity leave. He's an amazing dad to our twin daughters, Carlyn and Camille age 14-months and he is my rock. We are huge travelers and the twins were conceived while we were on vacation in Peru. We promised each other that when the twins were born we would still keep travel a part of our lives with our girls. For their first birthday we took a family trip to Paris. We both believe that family, culture, and experiencing people of other countries are so important to our own lives and want our daughters to grow-up with that same importance in life.

Thank you!
Cinira Baldi, Arlington, VA

Dear TWINS:

My husband's name is Samuel Falah. Samuel is a USMC Veteran and is happy to have survived an ambush shooting where he was injured in Iraq on his 2nd tour. Dealing with severe PTSD and survival guilt, amongst many other things, he NOW knows the reason God spared his life... Now, nine years later he would be blessed with the angels of his life... his beautiful twin daughters, Soli Kai and Ava Grace, age 14-months. They ADORE him very much!!

Maria Guirado, Via Email
Burbank, CA





In Memoriam

Dear Twins:

When you called for 'Dads & Twins' photos, I just had to send you this photo of first-time dad, Russell Edwards when he was holding our then 4-week-old fraternal twins, Joshua and Karen. Russell has since passed away, but what a wonderful father he was to our twins. He never backed away from the task of parenting twins from the day they were born. He was over the moon when we saw twins on the ultrasound. He literally yelled out "I'm having two babies!" From that moment forward, he faced the challenges of parenting twins head-on. Russell would use his foot to bounce one baby in the bouncy seat while feeding the other and never passed up a moment where he could push the stroller around town and show them off to everyone. You would never guess he was a new dad because he was so comfortable with them and even knew which baby was crying by their different cries. He just had natural parenting instincts. When being alone with the twins scared me,



Russell was there ready to help and was never scared.

Sadly, our beloved Russell passed away suddenly on May 25, 2010 from an undiagnosed heart condition that in turn has saved our son's life. Because the heart condition was hereditary, I had both twins tested and our son was diagnosed with this heart condition as well. Thankfully, surgery has corrected the problem but he will need to use a CPAP machine for the rest of his life, but

I am so grateful he will live and that we caught the diagnosis in time. We truly miss Russell each and every day. Your magazine has been a lifeline full of wonderful information and Russell enjoyed reading it, too! Thank you in advance for including my letter, it will mean a lot to our entire family.

Sincerely,
Melissa Tovar, Via Email
San Antonio, Texas





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Dad of twins
invents new,
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Nothing is worse than a sore neck from sleeping uncomfortably in the back seat of a car. Avoid the dreaded head bob (or if multiple kids are in the back—the head bump) with the Cardiff Booster Seat Headrest. This revolutionary, new device provides support and comfort for a child asleep in a moving vehicle. Its thoughtful design can also accommodate users of all sizes. By attaching to your vehicle's existing headrest with a simple, universal mount, the Booster Seat Headrest provides lateral support to keep a child's head and body upright; comfortably aligned in the seat as they sleep. If the kids catch a good nap while in the car they will be well rested and not cranky! \$49.99 / www.cardiffproducts.com

Other Great Travel Products for Twins:



Baby J Padded Play Mat—This chic padded play mat for babies and toddlers is perfect for use at mommy and me classes, for lying down in the park, and more! Easy and clean diaper changes and playtime anytime, anywhere (the airport is a great example!). The unique play mat is crafted with vibrant and colorful, 100% cotton, designer fabric and super plush minky. It's comfy and cozy for any new baby, and great for tummy time too. The extra large mat is perfect for twins! <http://www.babyj.com>



Baby Elephant Ears—Baby Elephant Ears is a baby headrest support pillow providing spinal/neck alignment and comfort - offered in diverse prints and organics, ethically manufactured, and made with sustainable materials. Winner of the Huggies MomInspired Award! www.babyelephantears.com



PullyPalz—Baby will never drop paci again! PullyPalz are interactive and entertaining pacifier holders designed to be developmentally beneficial and helpful to parents. They hold most pacifiers and attach to baby carriers, bouncers, and more. www.pullypalz.com

San Diego Bebe Eco-Nursing Pillow (for Twins!)—Now mom can breastfeed anytime, anywhere even in the most public place with complete modesty! The mom-invented and multiple-award winning San Diego Bebe® Eco-Nursing Pillow is the healthiest nursing pillow on the market - no toxins. It offers support, comfort, and discretion for mom and baby. Comes with a built-in privacy cover, comfort bolster, and many other features moms love! www.doubleblessings.com

Wee Urban—Jessica Alba's daughter has been spotted in Wee Urban's adorable organic Bamboo cotton signature Giraffe Dress. Wee Urban offers contemporary, eco-friendly gear and apparel for baby and toddler. They combine modern yet practical designs, quality fabrics and ethical practices for a truly unique line that re-defines urban design. They sell packs with multiples so perfect for twins! www.weeurban.com



Other great travel products for twins continued on page 27

by Mike Dikos



A Father's Reflection

of Raising His Twins

"Twins! Are you sure?" Of course he was sure. He's the one they call for the high-risk births at Loyola in Chicago. He couldn't be wrong on something like this. Then, grasping my hand in a congratulatory handshake that I would never forget, spoke the words that are known by everyone, "Stuff (insert French word here) happens!" I'm glad that he was my wife's doctor; he was very good, and his sense of humor helped me with the initial shock of having twins.

Driving home from work, that's all that was on my mind... Two babies! At the same time! We already have a baby, one baby. I didn't realize that you could have more than one at the same time. I knew you could, but that happens to other people. Would I have to work a ton of overtime? Would I have to get a second job? Maybe I would need the second job just to keep my sanity.

Weeks turned into months. My wife's belly turned into this huge thing. I didn't know that the human body could stretch that much. I even thought of calling Sigourney Weaver to ask her how to stop this alien-looking thing from growing. Hmm, what would Ripley do? In space, no one can hear you scream. Well, what about here on Earth?

The comments at work didn't taper off as my wife's pregnancy progressed. I wouldn't say that they were relentless, but more like good-natured to crude. Being an aircraft mechanic, you could probably imagine the remarks from my cohorts. I contributed precision, accuracy, and the proper tooling, all of which are critical in the field of aviation, to the manufacturing of the twins.

Another thought that kept my mind busy was the idea of all the logistics that would soon be involved. Supplies... like diapers, formula, baby wipes. I'm sure it would be far less expensive to have a supply line of rations,

ammo, and fresh water than diapers and formula. I realize now what stocks I should have purchased years ago.

The day finally arrived for the delivery of our twins. My wife was getting pretty sick, and the babies were far enough along. They were going to be delivered by C-section, and I was allowed to be in the delivery room. I likened it to a biology lesson.

The process moved along rather swiftly. An incision was made, and the first baby was removed. The second baby must have been hiding because the doctor's arm disappeared up to the elbow. Out came her sister. Yes, two girls. Identical twins! In the very near future it will feel like triplets because their sister is only fifteen months older than them. Yes, three girls.

The doctor and nurses finished up with my wife. The babies went to the hospital nursery, and I stepped out of the delivery room. Relief and joy finally entered my mind. Everybody was fine. Feeling a hand on my shoulder, I turned around to the outstretched hand of my wife's doctor. "Congratulations", he said.

"You have two car seats don't you?" the nurse asked me. I was told many times that the babies cannot go home unless they are both in a car seat. I remembered that from our first baby. Thankfully, we only had to get one more seat. After strapping them in, we were on our way home for the first time.

That first night home was like many more to come, little to no sleep at all; and all the crying, diaper changing, feeding, walking and pacing the floor. Naturally, there seemed to be some sinister plot involved. When one would finally fall asleep, the other would wake up and the process started again. Maybe twins have the power of telepathy. When one would be ready to doze off, the other would receive telepathic waves to wake

up. I'm not sure how logical my theory was... I'll have to ask Spock.

I can also remember when they first started walking. That is literally a big step for a baby but with two babies walking, two little human beings were going on their own natural path (opposite directions of one another!) Have you ever noticed that when a baby learns to walk, the parents learn to run? I'm sure my wife and I logged many miles, all in the comfort of our own home.

Contrary to all of the scientific research out there, the Cheetah is not the fastest animal on Earth. I'm sure if I had to, I could back up my findings with millions of testimonials. The human infant, having discovered how to walk, is the fastest creature on the planet. When they are working in a pack, the parent has to even be much more wary. Especially when one goes upstairs and the other one heads downstairs. Or when one twin is dashing out the front door to follow mom to work, just far enough apart to make capture extremely difficult! In their previous life, my girls must have fought bravely along side of one of history's greatest military leaders, Julius Caesar. One of his battle plans was to divide and conquer. That's what they did. They divided, and I got conquered.

My advice to all of you just starting out, the years will pass swiftly so enjoy every moment you can. Before long, you will have to deal with two first report cards, two first dates, two first years of college, two first job interviews, and many others. The list will never stop. In fact, this past year, I had to deal with another first for me... my first grandchild.

And YES...it was a girl. ♥

Mike Dikos is a former airplane mechanic

Who's Who?

"Look at that sand castle!" Mom exclaimed. We had finally gathered for an evening watching a family "slideshow," as my parents called it. Dad had finally cobbled together photos from several years of family vacations. We were looking at our trip to Florida back when I was three years old. Classical music played softly in the background. "Oooh, great sunset," mom exclaimed again. How many pictures can a person sit through and come up with something positive and exciting to say for every one of them? I thought.

"Hey, Bill, what are you doing there?" I asked at the next one. He had that five-year-old impish look on his face as he held a bucket of sea water. Had he been thinking of dumping it on my head?

D.B. Zane is a teacher, writer, and mother of three—none of them twins. She grew up admiring her older, identical twin brothers, and prides herself on being able to tell apart nearly ever set of twins she's ever met. ♥

"That's not me," Bill insisted. "That's Chad."

"No, it isn't," Chad protested. "You had the blue Speedos not me."

I didn't really think anything of this remark at the time.

"Hey, how'd that get in there?" Dad asked, feigning innocence. It was a picture of my brothers when they were babies. This was followed by toddler pictures. It looked like Dad had dredged up every picture he'd ever taken. This would take hours.

"Boy, Bill, you sure had long eyelashes when you were a baby," I remarked. "And, Chad, look at that high forehead." "Uh huh," they grunted, noncommittally.

Born weighing different amounts, my brothers looked less identical as babies than when they were older. Still, few twins are completely identical. I always knew who was who, even in those photos taken before I was born.

"Hey, Bill, you're wearing my watch," Chad said, as a photo came on that finally included me. It was of the three of us lying at the top of the stairs, heads propped up on our elbows.

"No I'm not," Bill protested. "I've never worn your watch."

"But look at the photo. That's not me."

"Maybe it's backwards," Dad suggested, flipping it the other way. Backward or forward, it didn't matter to me. "Bill's right. He's not wearing your watch."

"Are you sure? I think it was better the other way around."

Even Bill was skeptical. He flipped the picture again.

We looked at it with Chad on the left; we looked at it with Chad on the right.

My parents and I had no doubts. "That's Bill in the white shirt and Chad in the blue one." "I'm wearing blue?" Chad asked.

"You both had blue shirts like that," Mom told us. "You just didn't like wearing them at the same time." The argument continued through several more slides, my brothers becoming more confused as the images blurred by.

Exasperated by it all, I finally sighed. "Can't you tell yourselves apart?" It had been meant as a rhetorical question. Of course they knew who's who; after all, they were themselves.

They exchanged nervous glances and suddenly my mother laughed. "Of course they can't. They don't have to."

"What are you talking about?" My evening entertainment was being ruined and interrupted. We hadn't even gotten to my baby slides.

"Well, Bill always knows who he is. So whenever he sees someone who looks like him, he knows it's Chad."

"Oh." It had never occurred to me. My brothers couldn't tell themselves apart. It was only a problem when looking at pictures. They took their cues from the clothes. Bill wore blues and greens; Chad wore reds and browns.

I prided myself in being able to tell them—and nearly ever other pair of twins I've ever met—apart, in person, in photos, anywhere. I'd always been envious of my older brothers. They got attention for being twins. They were older so I was forever playing catch up. Here, finally was something I could do that they couldn't.

"Come on, Dad, more slides," I insisted. "Let me teach my brothers who's who." ♥



International Twins Association (ITA)

Come celebrate 80 years with us!



Each year over Labor Day Weekend we come together and celebrate the amazing bond of multiples! This year's 80th Annual ITA Convention will take place **August 28-31, 2014** at Chicago's North Shore Conference Center at the Hilton Doubletree Hotel.

Twins/Multiples of all ages are invited to attend and friends and family are also welcome. We will be touring the Museum of Science & Industry, Downtown Chicago, and a 1920's Gangster tour (*including 1920s themed dinners, DJ, dancing & special entertainment*) and much more!

Proud media sponsor:



The Magazine for Multiples Since 1984!
TWINS

Sign up for our popular TWINS Judging Contest held on Sunday, August 31st @ 1:00 PM where we find the most look alike twins and least look alike twins in every age category! Learn more and register online at:

www.Intltwins.org



Organized by and for twins in 1934, ITA is a non-profit, family-oriented organization dedicated to promoting the spiritual, intellectual and social welfare of twins and multiples throughout the world. ITA is comprised of twins, multiples and surviving multiples of all ages.



CHICAGO





by Betsy McLinda



Photo Credit: Forte Fotos

Fostering a Healthy Pregnancy

Nutrition Recommendations for Moms Carrying Twins or More

Tamara Eberlein, of Ridgefield, Connecticut, thought she was doing everything possible to ensure a healthy pregnancy with twins. However, through no fault of her own, Tamara did not have a healthy pregnancy and ended up delivering her boy/girl twins nine weeks premature.

"When we discovered I was expecting twins, I asked my OB/GYN about additional nutrition guidelines. He told me all I needed to do was gain an extra five (5) pounds," Tamara, co-author of the book: *When you're Expecting Twins, Triplets or Quads* remembers... "That wasn't enough."

Tamara said she wanted to write the book that she wished had been available when she was pregnant. So when Barbara Luke, Sc.D., M/P.H., R.D., offered her the opportunity to co-author a book about pregnancy with multiples, she jumped at the chance. Dr. Luke directed the University of Michigan Multiples Clinic.

"I do a lot of patient education," Dr. Luke says. "I teach them about their bodies, nutrition, and signs and symptoms of early labor." These visits are in addition to regular appointments with the women's OB/GYNs. Her work over the past few years, Dr. Luke has seen a dramatic improvement in the birth weights of babies of patients.

"On average, we can improve birth weight 18% to 20% for twins and 35% for triplets," says Dr. Luke, who sees between 45 and 50 patients a year. "In our program, 70% of our twin moms deliver after 36 weeks, compared to 40% of mothers who don't come to this clinic."

Helen Armer of Ann Arbor, Michigan, was a patient of Dr. Luke's when she was pregnant with triplets. At birth, her triplets were 4 pounds, 11 ounces; 4 pounds 12 ounces; and 5 pounds, 13 ounces. "All multiple births are high risk," Helen says, "You should seek out a specialist as soon as you know you have a multiple birth pregnancy."

EARLY EFFORTS PAY OFF

The patter of weight gain during pregnancy is more important than the total amount of weight gain. The average size woman pregnant with multiples should gain:

- Twins—24 pounds by 24 weeks; 40-50 pounds total
- Triplets—36 pounds by 24 weeks; 50-60 pounds total
- Quadruplets—50 pounds by 24 weeks; 65-80 pounds total

"We don't think of the special nutritional demands for a multiple pregnancy as a burden. Instead, we see them as a means of empowerment," Dr. Luke says.

Stacy Moore of Plymouth, Michigan, went through the program. She says, "The program gave me an element of control over my pregnancy and increased my confidence to carry my twins to term." Her twins, Steven and Brandon, were born at 38 weeks weighing 6 pounds, 11 ounces and 6 pounds, 1 ounce respectfully.

Dr. Luke divides pregnancy into three time periods that differ from trimesters. Weight gain before 20 weeks dramatically affects fetal growth in the middle and late periods. Weight gain during 20 to 28 weeks immediately affects the growth of the fetuses,

Betsy McLinda is an identical twin and resident of Wheat Ridge, Colorado

whereas weight gain from 28 to 36 weeks does not affect the weight of the fetuses as much as the first and second periods.

"Your pregnancy weight is a vital consideration as well," Dr. Luke says. "If you are underweight when you conceive, you should aim to gain the additional amount of weight it would take to bring you to the normal body weight for your height and build. If you are overweight at conception time, you still must gain a reasonable amount of weight from eating the right foods. This is usually about 10 pounds less than our normal recommendations."

"I was underweight when I became pregnant with twins," says Ann Arbor native, Judy Levy, mother of fraternal twin girls who were 6 pounds, 4 ounces and 7 pounds at birth. "Dr. Luke wanted me to gain 40 pounds by 24 weeks, and I did I with her help. She gave me concrete examples of foods to cure my nausea so I could eat what was recommended in the program."

The "salty-and-sweet" approach is among the newest treatments for morning sickness. Judy would eat some potato chips and a glass of lemonade when she felt nauseous. Soon she would feel well enough to eat foods prescribed in the program's diet.

FOOD POWER IS IMPORTANT

Dr. Luke's nutritional guidelines recommend that 40% of a woman's daily diet while

pregnant with multiples come from carbohydrates (breads, cereals, pasta, dairy and fruit); 40% from fat (dairy, nuts and oils); and 20% from protein (meat, seafood, poultry and dairy).

"It's a very balanced diet," Dr. Luke says. "But, my emphasis is on animal protein from meat. It takes protein to build protein."

The recommended daily calories are 3,500 for women carrying twins; 4,000 for triplets and 4,500 for quad mothers. This may seem impossible at first, but can easily be divided into three main meals and four hearty snacks. Examples of good snacks are a bowl of cereal with whole milk and a piece of fruit, or a whole tuna fish sandwich.

Serving sizes are also important. For example, a mother expecting quads is advised to eat 12 1-ounce servings of animal protein a day. This does not mean 12 steaks. It could mean 12 ounces of steak or an 8-ounce steak and a 4-egg omelet. Pregnant women can also get a big boost with nutritional shakes and supplements.

Another important part of the diet is water intake. Women pregnant with multiples are advised to drink at least eight 16-ounce glasses of water each day. A good way to monitor your water intake is to fill four 32-ounce jugs of water each night for the following day. Drinking enough water could help prevent preterm labor since dehydration is often a factor in early labor. "Anytime I slacked off on my water intake, I got dehydrated and started

having contractions---sometimes as many as 12 an hour," says Anne Seifert of Jerome, Michigan, mother of healthy quadruplets.

PROMOTING POSITIVE PREGNANCY OUTCOMES

Dr. Luke sets a multiple's target birth weight at about the 50th percentile of the singleton birth weight, which is about 6 pounds, 3 ounces for the 36th week of gestation. "If the birth weight of your children is as close to their genetic potential as possible, it has a huge ripple effect toward starting their childhood as healthy individuals," she says.

Tamara agrees. "You can make a difference in the outcome of your pregnancy," she says. "It's not your fault if something goes wrong, but there's a lot you can do to stack the odds in your favor." ♥

FINDING HELP

Women pregnant with multiples may want to seek the care of a registered dietitian. Most insurance carriers will pay for this when the patient is referred by her OB/GYN. To find a nutrition specialist, visit the American Dietetic Association's website at www.eatright.org or call toll-free (800) 366-1655

MENU GUIDELINES FOR MOTHERS OF MULTIPLES

*Source: When you're Expecting Twins, Triplets or Quads by Dr. Barbara Luke and Tamara Eberlein

	Non-pregnant	Singleton		Twin		Triplet	
		Pregnancy	Nursing	Pregnancy	Nursing	Pregnancy	Nursing
Calories	2,200	2,500	2,700	3,500	3,200	4,000	3,700
Protein (grams) 20% of calories	110	126	135	176	160	200	185
Carbohydrates (grams) 40% of calories	220	248	270	350	320	400	370
Fat (grams) 40% of calories	98	112	120	155	142	178	164
	Non-pregnant	Singleton		Twin		Triplet	
		Pregnancy	Nursing	Pregnancy	Nursing	Pregnancy	Nursing
Dairy							
8oz (1 cup) milk; or 8 oz (1 cup) ice cream;	4	6	8	8	10	10	12
8 oz (1 cup) cottage cheese;							
1 oz (slice) hard cheese							
Meat , fish, poultry 1 oz	6	6	6	10	6	10	7
Eggs , 1 fresh	1	1	1	2	2	2	2
Vegetables ½ cup cooked or 1 cup fresh	4	4	4	4	4	5	5
Fruits ½ cup or 1 fresh piece	4	4	4	7	5	8	5
Breads and Grains 1 oz; ¾ cup cooked	8	8	8	10	10	12	12
Fats, oils and nuts	4	5	5	6	5	7	5
1 tbsp oil; 1 pat butter; 1 oz nuts							



10 LESSONS LEARNED

in the 1st year
with Twins

by Kevin Zelenka

My wife and I were talking the other day about everything we had to learn the hard way after our twin boys were born last spring. We had plenty of people giving us advice, books to look at, and websites and blogs to scan; however, there are some things that these sources always seem to forget to tell you.

#1 Showers (for parents) are over-rated. (And baths are unheard of!) Don't plan on taking a shower for the first 3 months. Will it matter? Of course not, because first of all, you'll be covered with poop, drool, and spit-up the minute you do and second, you're not going anywhere anyway.

#2 It takes 87 minutes to watch a 30 minute show. This number can vary, but not much. The extra time is spent checking on strange noises your little ones are making if they are under 9 months old or checking to see why they aren't making any noise if they are over 9 months old (this is usually a sign that they are up to no good and are getting into trouble.) If they are under 3 months old and sleeping you shouldn't be watching T.V, you should be sleeping too!



#3 When you have twins their favorite toy will inevitably be the one their sibling has. This is probably true with any kids, not just twins; but, more noticeable with multiples because they are the same age and probably have similar interests...at least for now.

#4 Cold food tastes great. Keep telling yourself this over and over. No matter how many times I tried having dinner ready at a certain time, it was always pushed back because of something going on with the boys. Even fast food turns cold quickly when you have to go change a diaper or plug a pacifier back in. You're going to find times that you are so busy with your double duty that you forget to eat entirely! Sometimes cold food tastes better than none at all.

#5 Baby Radar does exist. What is baby radar? Babies and toddlers have the rare ability to scan, triangulate and locate that one piece of carpet fuzz in a 400 square foot room. They will then find a way to get to it, and stick it in their mouth before you can stop them, and there is nothing you can do about it. You can sweep, mop and vacuum hourly, but for as clean as you think your floors are, they will still locate the one piece you missed. The rule is as long as it's not a choking hazard, it's considered fiber.

The next 5 kind of go together.

#6 If it smells like Poop, It probably is. You are going to learn quickly the 'goos' and 'grunts' of your child. Like a backroom poker player, they all have a 'tell' in the "poop game" and it's your job to study your opponent and learn what that cue is. Once you master this it will be the difference between being able to tell if they have a little spot of gas, or are they brewing up something much worse.

#7 There is only one time you will need the extra clothes in the diaper bag. It's when you didn't bring them. Yes, Murphy wrote most of his laws while he was a new parent. I've set an outfit on the washing machine to toss in the boys' backpack/ diaper bag many times and that's where it is still sitting as we pull out of the driveway. Another great thing to remember is that your children are growing rapidly, and the 3 month-old onesie you remembered to pack 9 months ago isn't going to fit them now that they are a year old.

#8 Any day can be laundry day. I love listening to the new parents who think that they have it all figured out. "Well, Monday we can vacuum, and Tuesday is laundry day, and we'll clean the bathrooms on Wednesday and..." It's a nice thought in theory, but what about when the diaper leaks at naptime and the only reason you're not crying at the sight before you is because you're scared to open your mouth and breathe any of the mess into your lungs? I bet you will wash the crib sheets now instead of waiting a week. And the crib. And the mattress.

#9 When in doubt- Throw it out. There are times when a piece of clothing or bedding is just too far gone. When you ponder how to stop gagging before you can even think about cleaning it, it's time to carefully put it in a plastic bag, seal it up, and put it in the trash. Preferably the one in the garage.

#10 You are going to talk about poop! You will talk about it. Share stories about it. Pass on helpful hints about it. Some people even start

comparing it to other poops and exchanging pictures. You'll talk about color, consistency, and frequency and you'll do it without batting an eye. Why? Because you're a parent, and it's part of parenthood. You won't even know you are doing it until it's too late and your childless friends start excluding you from get-togethers for fear of hearing about Johnny's diarrhea one more time. What those friends don't know is that once potty training starts, you'll actually call them and share the news!

For those of you reading this that have children, I hope it brought back some fond memories and reminded you that the terrible twos may not have been so bad. For those of you who are expecting your first bundle of joy, Please understand that the first year is such a small amount of time in the grand scheme of things and remember what they say- What doesn't kill you makes you stronger! ♥

Kevin Zelenka is a freelance writer and the Stay at Home Dad of fraternal twin toddlers. With his sons he loves reading, working on new words and songs, and taking them to meet-ups with other dads in the area. In what little time he carves out for himself he enjoys golf, cigars and writing on his blog. A strong voice against how fathers are depicted in advertisements and a firm advocate of the importance of Dads in their children's lives he also enjoys cooking, gardening, and spending quality time with his wife both with and without his boys. He can be found at <http://www.doubletroubledaddy.com> or <http://www.facebook.com/doubletrbladdy>

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TODDLERS

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UNDERSTANDING
CHILD NIGHTMARES
& NIGHT TERRORS



by Angelique Millette, Phd

What can you do if your child is waking during the night from a bad dream and refuses to go back to sleep?

What if your child refuses to go to sleep at bedtime due to several nights in a row of bad dreams?

What if your child has been waking inconsolable at night, but you aren't sure if he or she is waking due to a nightmare or a night terror?

Nightmares

All children have nightmares at some point, and as long as children are dreaming regularly, they will most likely also have nightmares consistently. Even infants dream, and according to one landmark study, newborns dream more than any other time in a young person's life.

Nightmares are bad dreams and can happen at any point in a toddler or child's life, especially if a child has just been through a traumatic event or situation. Several different studies have shown that children may have nightmares following surgery, tooth extraction and motor vehicle accidents.

Nightmares can also begin during periods of developmental phases, such as the period between 18-21 months, and again right before a child's third and fourth birthdays. These are periods of individuation, when a child may become more sensitive or emotional as they become more independent.

Nightmares occur during REM (rapid eye movement) sleep cycles, and typically occur in final stages of sleep, later in the night. They can be an important emotional release for young children to express their fears, anxieties, feelings, and day-to-day experiences, and are typically not a sign of emotional or psychological problems. However, some children experiencing nightmares may become so fearful that they may protest going to sleep, or sleeping in their own beds at night.

Tips & Tricks For Helping Your Child Overcome Sleep Fears:

- Comfort and reassure your child when they've had a nightmare
- Write a sleep book with your child, and read it at bedtime
- Leave bedroom lights on and the door open
- Use a nightlight in your child's room
- Avoid talking about scary things before bedtime
- Don't allow your child to see or hear scary movies or TV programs
- Try to keep household stress to a minimum
- After a nightmare, walk your child back to their bed, and continue comforting them in their bedroom
- Make sure your child is getting enough sleep, and maintain a consistent bedtime

- During the bedtime routine, share a happy story that calms your child
- Don't use monster spray or pretend to get rid of the monsters in your child's room
- Play in your child's room during the day
- Provide your child with a snuggly item (or two!)
- Spend one-on-one time with your child during the day and at bedtime

When to Call Your Child's Doctor:

- If nightmares become worse or happen more frequently
- If your child's fears begin to interfere with day-to-day activities

Night Terrors

Night terrors, also called confusional arousals, commonly begin when a child is 2-4 years old. They are considered normal until age 6, and are seen in approximately 3 percent of children. There is often a family history of confusional arousals and night terrors, and they are most common in boys.

Night terrors are often triggered by sleep deprivation, or by a sudden change in the child's schedule in the days preceding, such as vacations, the school year coming to an end, or visiting relatives, and do not have a psychological basis. They can also be triggered by fever and illness, and research shows allergies may even result in night terrors.

Night terrors occur in the transition period between deep non-REM sleep and a lighter sleep stage, whereby the child becomes stuck and is unable to completely emerge from a slow wave sleep. This usually happens within two hours of a child going to sleep.

Night terrors are very different from nightmares, in that a child does not dream during a night terror, and typically won't have any memory of the event afterwards. Once it is over, the child will usually go back to sleep without much problem.

Although night terrors are harmless for children, they can be very upsetting for parents, who may be concerned that their child may hurt themselves. Your child may jolt awake, thrash around, scream or moan, but will be unable to answer you or hear you. Your child's eyes may be open or closed, and your child may look confused and may not recognize you. The duration of a night terror


may be 1-30 minutes, with an average time of 5-10 minutes.

During a night terror, you can prevent your child from injury, but do not try to awaken your child. Make soothing comments and hold your child, but do not shake them or shout to attempt to wake them up. The night terror will pass and they will fall right back to sleep.

Tips & Tricks for Helping Your Child Through Night Terrors:

- During a night terror, stay close to your child and do not awaken him or her
- Reduce the stress in your child's life
- If traveling, stick to your child's normal schedule and bedtime
- Prepare other caregivers (babysitters, grandparents, etc.) for potential episodes
- Try a "scheduled awakening" for several nights. Observe how many minutes it is from the time your child falls asleep until the start of the night terror. Wake your child for a full 5 minutes 15 minutes before the expected time of the night terror. Do this for one week in attempt to fade night terrors. If they return, you can repeat the scheduled awakening as needed.

When to Call Your Child's Doctor:

- If terrors last longer than 30 minutes
- If your child experiences stiffening, jerking or drooling
- If terrors happen during the second half of the night
- If family stress may be a factor 

Angelique Millette (PhD, CLE, PCD/CD [DONA]) is a parent educator, sleep consultant, infant/toddler sleep and postpartum mood disorder researcher, lactation educator, DONA-certified birth and postpartum doula, and infant-child therapist intern. Angelique utilizes "a toolbox" approach when working with families, taking into account family schedule, infant/toddler/child development, temperament and parenting philosophy, all while keeping an eye on sleep deprivation, parental overwhelm, depression and anxiety.



By Christine F. Ridout

Christine Ridout, of Wayland, Massachusetts, is a freelance writer and mother of three boys, including twins.

A SENSITIVE SUBJECT: APPROACHING THE PROBLEM WITH A POSITIVE ATTITUDE

Bed-Wet

Bed-wetting is a difficult subject for any child, but the problem is aggravated in twins if one is dry at night and one isn't. Because multiples often use each other as points of reference, the child who is wetting the bed may feel doubly embarrassed and his self-esteem may be undermined. There is also a chance that the dry twin will tease him, making the situation worse. Experts say that children take their cues from the parents: If mom and dad are relaxed about bedwetting, the kids will be, too.

Children vary enormously in their ability to achieve nighttime dryness. This is particularly true for boy/girl twins because girls typically achieve control earlier than boys. Even same-sex twins show a great deal of variation in their ability to attain nighttime control. According to Dr. Rehka Agrawal, assistant professor of pediatric nephrology at Loyola University, there are two kinds of bed-wetting – continuous and discontinuous. Continuous bed-wetting means a child has never achieved nighttime dryness. It

is most common in boys and can last to the age of 10, sometimes longer.

Most bed-wetter's (80%) are continuous, and the condition is simply a matter of bladder maturation. It also tends to be inherited. Parents of bed wetter's frequently were bed wetter's themselves.

In contrast, discontinuous wetting begins after a child has been dry for a long time. It is usually triggered by stress. However, Dr. Agrawal emphasizes that physical problems, such as urinary tract infections, must first be ruled out. The two types of bed-wetting require different responses, but both must be handled with sensitivity.

IF ONE TWIN HAS NEVER BEEN DRY

Dr. Alexander Goldbin, director of child psychiatry at Cook County Hospital in Chicago, says the best approach to nighttime

wetting is a calm, relaxed attitude that doesn't communicate anxiety and shows confidence in the child's ability to achieve dryness. Never punish shame or compare the child to his twin. If the dry twin is the one who has also achieved other developmental milestones first, parents must be especially sensitive to how this will affect the relationship and the co-twin's self-esteem.

Most children, who are continuous bed-wetter's, stay in diapers at night while they are still young. If one twin is still wetting, put his diapers on quietly and in privacy. If you're really tactful, the dry child may not even be aware that his twin wets at night. However, if the dry twin is aware – and there's no need to deliberately hide it – Dr. Goldbin recommends dealing with it matter-of-factly, explaining that children mature at different rates and that his twin will be dry soon, too. Dr. Goldbin also points out that many twins are extremely supportive of each other and that you can enlist the support of the dry twin.

AS THEY GET OLDER

If your twin does not achieve dryness by the age of 4 or 5, he may begin to resist dia-

- Let him know that if he is wet in the morning, he should change his clothes and strip his bed

Bed-wetting can also create significant social problems for older multiples who are invited to sleepovers or who want to go to camp. Being a multiple, and often participating in the same social group, accentuates the issue and hurts the child who hasn't achieved dryness.

You may have to face the issue of whether one goes and one doesn't. If you require the dry one to stay home, he may feel resentful that he can't go because of his twin. On the other hand, he may be supportive and not feel it's a big deal.

DISCONTINUOUS WETTING

If one twin returns to wetting in response to stress, you should handle the situation much as you would if he were a continuous wetter, with a few variations.

Carefully consider the issue of whether he will return to diapers. This is particularly embarrassing for a child who has been dry a long time and whose twin remains dry.

Express confidence in his ability to achieve dryness again.

By being as low-key as possible, the other twin may not be aware of the problem. If he is, explain what has happened and ask him to be supportive.

If your child returns to wetting, it's important to identify and reduce the stress that may be causing it. Dr. Joan Luby, assistant professor of psychiatry at Washington University School of Medicine in St. Louis; suggests that you ask yourself what was going on just before the wetting began. She also recommends looking for patterns, keeping a log of what happened each day and whether your child was wet that night.

Common childhood problems are frequently accentuated in multiples. This is certainly the case with bedwetting. But all doctors emphasize that as the child matures, the wetting almost invariably stops. Continue to be calm and supportive. However, do seek help if the child is suffering with the problem. Many treatments are available. ♥

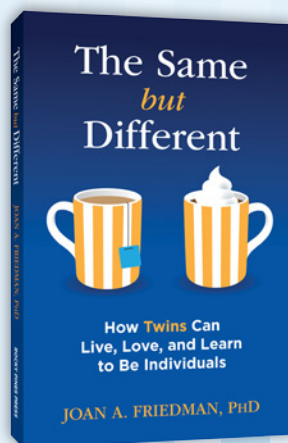
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pers. Both Dr. Goldbin and Dr. Lane Robson, director of pediatric nephrology at Children's Hospital in Greenville, South Carolina, say that a child should not be forced to wear diapers if he finds it humiliating. Let the child make the decision and then deal as best you can with the wet bedding. When diapers do come off, there are ways to minimize the bed-wetting problem:

- Enlist the child's cooperation in solving the problem.
- Make it clear that you will be helpful and supportive.
- If he wakes in the night, he should be able to put on dry clothes and deal with his bedding so he doesn't disturb the family

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*

"Not only is *The Same but Different* a must-read for adult twins, it is an invaluable resource for the parents of younger twins who want to start their same-age children on the road to a healthy relationship in the future."

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When our twin daughters were 3, my husband, Alan and I thought that each might try spending time with each girl individually. So one Saturday morning, I announced "Today, Michaela gets to have special time with Mommy and Talia's going to have special time with Daddy. Won't that be fun?"

Both girls burst into tears. "I want to be with my sister," they sobbed in unison. Alan and I exchanged worried looks, but after explaining to the kids that we'd all be back together soon, I picked up Michaela, gave Talia a hug, and went out the door. As soon as we got into the car, Michaela's tears topped. By the time we had pulled out of the driveway, she had my undivided attention. And for me, though I love both my daughters clearly, going out with just one was amazingly peaceful.

Individual time, when each child spends time alone with one parent, quickly became a favorite family activity. And we're not alone. "It's so easy with one child," says Jennifer Stone, mother of 4-year-old Eric and Elise. "You can really focus on what they're interested in." "There is no fighting!" adds Karen Franks, whose twins, Elisabeth and David, are 5-years-old.

Who has the time?

Many experts stress the importance of encouraging multiples' individual development and spending time with each child one on one can be an important factor. As Jan R Hirschmann writes in "In Search of Self" in *The Twinship Sourcebook*, "While respecting the unique bond that is inherent in the twinship, parents of twins can provide opportunities where each child can grow as an individual."

Yet harried parents ask, "How can I make time to be alone with each twin? I can't manage all I have to do now!" Or, "How can I do that? My twins can't stand to be separated." It was hard at first, admits Jennifer Stone. "They would always want the other twin along," when a separate outing was proposed. Stone found that initially, if both twins couldn't go, they would often choose to stay home rather than be apart.

In their article, "Encouraging Individuality in Twins," authors Patricia Malmstrom and Elinor Davis note that, "If providing outings for one at a time imposes a great financial or logistical hardship on the family, try something simpler, like a five minute special talk-time with each child every morning, or at bedtime."

Rockney Walters, father of 17-year-old identical twins, Lauren and Christi, remembers that he and his wife "would regularly read independently with the girls." Especially when the twins were little, arranging those few minutes of one-on-one time was all the Walters could manage. "It was just survival," he sighs. As his daughters got a little older, Walters says, "Going for ice cream, even running to the hardware store, any reason for leaving the house, I would have one girl ride with me."

Walters also notes, "Our girls really liked each other," and as teenagers, they still choose many of the same activities and shared friends.

"But they've really appreciated time alone with their parents. The communication channel is much less noisy."



Building self-esteem

Malmstrom and Davis write that, “Short periods away from a co-twin give each twin the opportunity to interact directly with an adult or other child, without help, interference or competition from each other. Such experiences can be helpful for the development of language and a sense of individual social competence.”

Victoria Hilkevitch Bedford, associate professor in the department of psychology at the University of Indianapolis, and an identical twin, says she remembers one occasion when she was 5 or 6 years old, her uncle and one of her older cousins took her to the theater all by herself. “It was one of the happiest experiences in my life,” she says “being the only child, the center of attention.”

Bedford explains that multiples get a lot of special attention just for being multiples. She and her sister were “constantly oohed and aahed over” as children. But, she says, that type of attention does nothing to build self-esteem. “I didn’t earn it,” she emphasizes, adding that when twins spend all their time together, “they don’t really get the chance to find out the response they get just for being.”

Support separate and similar interests

As multiples grow, some may choose separate activities, and parents can help their children to learn that it’s okay to do things without their twins. Karen Franks says that her daughter Elisabeth takes gymnastics lessons, while David is about to begin a karate class. During Elisabeth’s sessions at the gym, Franks and her son share a snack and take the opportunity to spend some time together.

Bedford cautions that many twins naturally gravitate to the same pursuits, and parents must walk a fine line in encouraging differences. Although, Bedford’s parents didn’t emphasize one-on-one time with her or her sister, she says, “My mother went overboard in encouraging separate interests,” labeling her the scientist and her sister the artist. “When I finally took an art class and loved it, I didn’t tell anyone,” Bedford laughs.

Special together, special apart

Sometimes, unique family circumstances can create memorable opportunities for individual time. When Franks and her family moved back to the Midwest after spending a year in Connecticut, they had two cars to move. Franks drove with Elisabeth, while her husband traveled with David and their older daughter.

“Elisabeth got to live out her lifelong fantasy of being an only child!” her mother remarks. When she and Elisabeth stopped for lunch en route, her daughter looked around and said, “No one here knows I have a twin brother,” Franks says, “She felt she was in disguise as a singleton.”

In a recent conversation, I asked my daughters to explain why they enjoy individual time. Michaela immediately answered, “We learn things that the other doesn’t know, so we can teach each other.” Talia agreed and then paused thoughtfully before giving her own reply, “We learn to be separate.” While multiples enjoy a unique bond, ultimately their special relationship becomes even stronger when their parents help them learn to be both together and apart. ♥

Carolyn B Heller of Cambridge, Massachusetts, is a freelance writer and the mother of twin girls.



Making Time

- **Turn errands into a one-on-one adventure**—You have to go to the market or the hardware store anyway, so take one child with you while the other(s) stay with your partner. Keep trying even if they protest at first. Eventually you may be surprised at how eager they are to help choose the lettuce!
- **Encourage play dates for one**—Let other parents know that it’s ok to invite only one of your multiples. Help your kids understand that they can sometimes play together and sometimes apart. Find something special to do with the one who stays home.
- **If relatives offer to help, let them**—Take one twin to the park while your sister stays with the other. Or as your multiples get older, let them visit grandparents independently. They’ll build relationships with their extended family, while enjoying individual time with you. Support, but don’t force, independent interests.
- **Encourage unique ideas**—Many multiples naturally select the same activities, but encourage them to make their own choices. Even the little things count. If you can spend five minutes a day alone with each child—perhaps reading a story, folding the laundry or just sitting and talking—that seemingly ordinary time will come to be very special.



"Okay, kids. We've got half an hour. Let's see the Louvre."
—Clark W. Griswald, *National Lampoon's European Vacation*

Bill McGee of Denver, Colorado, is a freelance writer and the father of twin girls now age 16.

Somehow that goofy Chevy Chase comment makes more sense to me every time we travel with our 4-year-old twin daughters. While Katie and Sara invariably have a great time, my wife, Lisa and I agree there should be three airline categories: First Class, Coach and With Twins.

The trips get more enjoyable as the kids get older, but we're still learning the logistics. For example, experience has imbued Lisa with two ironclad travel rules: 1) If you don't get on the plane by noon, don't go that day, and 2) If you don't get where you're going by dinnertime, get a hotel room.

TOO MUCH OF A GOOD THING

Ending up with four rooms, however, is probably over doing it. We always book two adjoining rooms so the girls can take naps or go to bed early, while Lisa and I do what consenting adults on vacation in a hotel room do best—hold hands and watch TV. We like the suite-type accommodations where you get a living room in addition to your bedroom, so we booked two of these on a recent excursion to Phoenix, Arizona.

Unfortunately, the bedrooms were at the opposite ends of our four room setup. That meant if the girls needed something at night or we wanted to check on them, we had to travel from our bedroom through the living room in our suite and through the living room in their suite before we could get to their bedroom. Sometimes a little distance from your children is a good thing, but I've taken shorter hikes with the Colorado Mountain Club.

Needless to say, after two nights of this (at \$256.00 a pop) we downsized to a single suite, with a pullout suite sofa bed and a rollaway.

We also learned in Phoenix to never count on the weather. Seduced by travel brochures, we were looking forward to sunny days and temperatures at least in the high 70s. To our chagrin it rained three of the five days we were there. Maybe it's true that Phoenix only gets about 7 inches of rainfall annually, but what they don't tell you is they get all of that in one week.

DINNER AND A SHOW

Another high point of our Phoenix trip was the, "Oh we'll just find someplace along that street with all the restaurants" dinner. On day

four, the kids were doing a lot of coughing and sneezing, so to be safe we took them to the doctor. Since we were from out of town, our appointment wasn't until 5:00 pm, which meant we got out of the doctor's office after 6:00 pm, tired, crabby and hungry.

Bleary-eyed, we searched for a restaurant, but encountered long waiting lines. We drove up to one place and—I'm not making this up—I was sure the neon sign read: "Tonto's: A Native American Brewery," Surmising that the cuisine in an Indian brewpub would be a little exotic for our provincial tastes, we forged on. Later we went back and noticed that the sign really read, "Tony's: An Italian American Eatery."

Finally, we found a chain steakhouse that shall remain unnamed except for its similarity "Lone Star Beer" without the "Beer" part. Evaluating our hunger and fatigue, we decided this should work fine.

Not until we sat down did we discover that every table was bombarded with country music at the volume you'd experience in the front row of the Grand Ole Opry. Our helpful, but apparently deaf waiter assured us that he would bring KID-SIZED lemonades AFTER he served the meal. Two minutes later he proudly showed up with two lemonades (\$3.50 each) in heavy crystal glasses about the height of our children.

SHALL WE DANCE?

Too tired to argue, Lisa and I pitifully slumped in our seats. We were jolted out of respective comas when they decided to turn up the music REALLY LOUD and all the restaurant employees stepped into the aisles to do a Texas line dance.

Lisa and I heaved a collective groan, but then we noticed the kids were rocking away with ear-to-ear grins. Sara excitedly said, "Mom, Dad, get up and dance!" At least our children were having fun.

With the rain putting the kibosh on our outdoor activities, we decided to take the kids to their first movie in a theater. We all enjoyed the movie, especially Katie and Sara who, thrilled at the number of seating options, managed to sit in virtually every empty seat in three rows.

Fortunately, most of the other movie patrons also had small children which probably explained why several of them as we were leaving pointed out the advantages of in-home movie viewing and even gave us directions to a nearby video store.

Which brings me to my ironclad travel rule: If your children are going to annoy people, do it as far away from your hometown as possible. ♡

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by Christina Baglivi-Tinglof



The Classroom Placement Decision

A TALE OF TWO SETS OF TWINS

For many parents of twins, deciding upon classroom placement for their school-bound twins is difficult. The process is often filled with a bit of uncertainty, strong emotions, and loads of questions. But what if you could hear how two families, each with an opposite approach, made their decisions? What follows is a tale of two families, each with a set of twins who recently finished kindergarten. Both families took a different road—one choosing to keep their twins together; the other deciding that separation was best. The good news is that at the end of the year, both families were confident that their choices worked best for their children. Read their stories and perhaps their experiences will inspire you.

MAKING THE DECISION

“When the girls were infants and probably up to age two, I thought I’d never separate them in school,” says Pamella Attuso of her six-year-old fraternal twin daughters, Allie and Laney. “I just couldn’t imagine them missing their sibling so much as they were together all the time. I

felt that it would somehow keep or make their bond stronger as twins if they were together.”

But all that changed for this Ft. Meyers, Florida mom when she attended a panel discussion consisting of older twins and sponsored by her local Mothers of Multiples club. Varying in age, gender and zygosity, the panel fielded a host of questions from club members but the evening turned even more interesting when the topic of classroom placement came up. “It was amazing but everyone on the panel suggested separation,” explains Attuso. The group universally agreed that twins had a much better opportunity to shine on their own academically and socially if they were in separate classes. “This really hit home with me,” remembers Attuso. “It was refreshing to hear directly from people who had lived it. I was totally swayed and changed my mind.” It was after that evening that she and her husband decided that Allie and Laney would start kindergarten in separate classes.

When deciding on kindergarten placement for her six-year-old identical twin boys, Andrew and Jacob, Linda Scotto also focused on her twins’ strong bond. “I always knew I wanted to keep them

together in kindergarten and grade school as they're close buddies and would transition best with each other to depend on," she says. But Scotto's also quick to point out that her sons are neither dependent on each other nor needy. For instance, they never answer questions for each other. "They're just close brothers and complement one another," explains the Castaic, California mom. Like Attuso, Scotto worried that if her twins were separated they wouldn't open up as easily to their classmates because they'd be wondering what the other twin was doing. "I wanted them to have each other as they started a new school experience."

Even a group of teachers who are friends with Scotto couldn't convince her to separate her twins. "They said that my sons needed to develop individually, which I've heard a thousand times," she says. "But I knew that they had been developing independently. They look very much alike but have very distinct personalities." Her friends also warned her that the boys' teacher would have a hard time telling them apart, or worse, compare her boys academically especially if one did better in a subject than another. Scotto didn't buy those excuses either noting that it's a teacher's responsibility to appreciate each child's individual qualities. "It's a teacher's job to learn about each child in her class, to discover each child's unique traits and characteristics."

Although Scotto and her husband were confident in their decision to keep their boys together, their school district wasn't as they routinely separate all twins. It was just one more hurdle for Scotto to cross but she handled that confidently as well. She called the principal right before the start of the school year and asked to meet with her to discuss their concerns. "I came very prepared with research articles under my arm and the determination of a mama cub," she says. After Scotto calmly explained her position, the principal agreed to keep the boys together as long as Scotto was open to separation if the teacher had any problems. Done! Andrew and Jacob would be together for kindergarten.

A POSITIVE YEAR FOR ALL

The school year didn't disappoint for the Scotto twins as each interacted easily with their fellow classmates. Throughout the year, Scotto explains, each boy had a group of buddies separate from his cotwin but also

played together at various times. "If you'd ask them who was their best friend, each would name two or three kids before naming his brother," Scotto adds. Furthermore, Andrew and Jacob's teacher never had an issue or concern with both boys being together. She did, however, often confuse one for the other and finally requested that Scotto dress them differently (she did).

Allie and Laney each thrived in their separate classrooms, too, both getting on the school's honor roll and receiving individual awards for different achievements. "Laney was recognized for fitness from the PE teacher and Allie was chosen for exemplary art," says Pamella Attuso. "Each girl made her own friends and had her own experiences." Attuso also believes that having her daughters in separate classes has made them even closer to one another as sibling competition was greatly lessened. "I think that they were at a time in their very young lives that they wanted things of their own, even if it was an experience and not a toy that they had to share," she says.

But the Attuso girls had plenty of opportunity to see each other during the school day, too. "They'd always tell me about seeing each other in the halls or at special functions at school," says Attuso. "They've never expressed sadness about not being together nor have they asked to be in the same class."

HOW THEY HANDLED HOMEWORK

One of the biggest advantages of having your twins share a classroom is that they have the same homework assignments, and for the Scotto family, that was a definite plus. Furthermore, Linda Scotto liked the idea of having just one set of rules to follow. "In talking with my neighbors," she says, "I learned that each teacher has a totally different style of teaching and homework expectations."

Yet Pamella Attuso used her girls' different homework assignments as a way to bond with her daughters individually and tackled their nightly tasks separately. "One would stay in the playroom watching TV or playing with Dad while the other did homework with me. Then we'd switch," she says. "It's a commitment from the parent to set aside that time every night and it's not always easy. But because of this one-on-one time, I really felt in tune with each academically."

Both families did have their homework challenges, however. For instance, when Linda Scotto's boys did their homework side by side, occasionally one would give answers to his cotwin but Scotto got wise and separated the two when it was time to work.

On the other hand, Pamella Attuso often heard, "Why do I have more homework than she does?" but tried to keep the evening upbeat and fun. "I just tried to tell them that each teacher has a different way of teaching the same things," Attuso says. To help curb the whining though, she alternated who did their homework first by keeping tabs on a "Who's First?" calendar. "This started when they were little with who would brush their teeth first. The concept has expanded to who gets to do homework first, and who gets to shower first. This way Mom doesn't have to remember!"

LOOKING TO THE FUTURE

Both families feel no need to change their classroom placement strategy for first grade, although Linda Scotto thinks she may find herself battling her school district once again. For the time being, however, both families are basking in the glow of a successful year in kindergarten and each is reflective about their individual choices.

"It's very easy to lump twins together because they're always side by side," says Pamella Attuso. "But can you imagine if every milestone you hit had to be shared with a sibling? I feel that as they each hit milestone in school, they can celebrate those achievements alone without the comparison to a sibling."

Linda Scotto has a different take on it all. "I know that they would be fine separated but I do believe they're great buddies and look out for each other," she says. "Why not have your best buddy on your side? How special and unique is that?" ♥

Christina Baglivi Tinglof lives in Southern California and is the mother of three sons, including fraternal twins and singleton. She's also the author of *Parenting School-Age Twins and Multiples* and *Double Duty: The Parents' Guide to Raising Twins*, both available from the TWINS Parenting Bookshelf. Christina's website is www.talk-about-twins.com.

Around the CAMPFIRE



by Tracy Salcedo

Helpful hints for families camping with multiples

The light of the campfire danced in 6-month-old Cruz's eyes. He should have been asleep, like his twin brother Jesse, who was snug in a tiny sleeping bag in the tent. But Cruz was blissfully content and so was I, knowing we were maintaining a family tradition that had given both my husband and me great joy as kids.

When you go camping with multiples, put your expectations aside. Let your multiples dictate that parameters of your camping trips. They'll let you know how many nights to spend away from home, how far you can drive before you must stop to camp, what kinds of activities you will participate in once you're at the campground—and when they've reached their limits.

If you are a veteran camper, like Nancy Walker of Keswick, Ontario, Canada, draw on your experience to smooth the way. Confident and well-outlined, she and her husband, Ray, took their boy/girl twins, James and Nicole, camping for a week in Algonquin Provincial Park when they were just 8-months-old.

"Camping is ingrained in me," Nancy said, adding that the first trip was so successful that the family plans another trip to Algonquin this summer. "I've been going there for years."

YOUR FIRST CAMPING TRIP

For Cathryn Charette of Glen Ellen, California, mother of 5-year-old twin girls Claire and Camille, camping was a new experience. Even though she was unsure of what to expect, she took her girls and ventured to nearby Sugar Loaf Ridge State Park for an overnight outing with a group of mothers and children. She recommends that those who have never camped before "go with someone who knows what

they are doing---friends, or other couples. The more adults around to help you the easier it is."

There are some basic guidelines you may want to follow on your first outing. Until your twins are good hikers and strong enough to carry backpacks, stick with car camping. The advantages are obvious: simply load all the stuff you need into the trunk and you've got a 'home' on wheels. You also can make a quick escape if necessary. Car camping opens a world of opportunities, but begin by staying close to home. A long drive can mean long naps: mix rested twins with tired parents and you've brewed a nocturnal nightmare.

Stick with campgrounds that are recommended by friends or the parks department or ones you have previously visited. Make sure the camp has potable water and if your twins are toilet trained, clean restroom facilities. There is nothing wrong with a pit toilet, provided it is well maintained and your children are old enough to understand how it differs from the one at home.

Limit the duration of your first trip to one or two nights. Extend the duration of trips once your family is accustomed to the rigors of outdoor adventures.

KEEP THEM SAFE AND TEACH THEM WELL

Camping with infants is relatively safe and easy. Bring sturdy backpack-style child carriers so that you and your partner can carry your babies while hiking or puttering about camp. Nancy noted that packs with many pockets made it easy to carry around "all those baby essentials." Child seats or car seats are perfect for a lounge time. A tarp or ground cover makes a wonderful playground for wee ones who are not yet crawling.

Once your children become mobile, a variety of challenges ensue. Vigilance is the key to safety. George Meyers and his wife, Merrill Wilson, of Evergreen, Colorado has camped with their twin girls, 13-year-old Emily and Louisa, for many years.

“You want to let them explore, but that can be dangerous,” George said. “You want to make sure they don’t fall off rocks or fall into creeks. You have to watch them all the time.”

This necessary vigilance can be difficult when setting up and taking down camp. The best answer: engage your multiples in chores. Have them hand you tent poles as you erect the tent, wash the carrot sticks while you fix dinner, find kindling while you build the campfire. You’ll learn they are more than eager to help.

Be sure to model campground safety and etiquette for your children. Remind them to respect the privacy of other campers. Teach them how to behave around a campfire, and how best to extinguish it. Many campgrounds have hosts or rangers who are willing to talk with youngsters about safety and environmental issues, imparting authority to even the most mundane admonition, like not littering.

Maintaining a clean campsite is perhaps the most important safety issue to observe. Store food and toiletries in cars or bear-proof containers and make sure you and your children are wearing clean clothing when you retire for the night. Don’t use any scented lotions or perfumes. Never bring food into your tent. These precautions will help ensure that critters don’t ravage the camp.

RESOURCES

National Parks and the U.S. Forest Service generally maintain well-outfitted campgrounds. Try www.nps.gov or www.recreation.gov or you can call Park-Net toll-free at 877-444-6777. Additionally, some state parks also have safe, clean campgrounds. Your state parks department has more information.

For additional camping information try: www.camping-usa.com
www.kidscamping.com
www.campsforkids.org

There are also a number of books on camping with children. Check out camping and family recreation sections at your local bookstore.

GEAR UP FOR COMFORTABLE FUN

The most important item you’ll need is a good, comfortable tent. Forget the little two-man number you used before you had children—at a minimum, you will need a six to eight man tent to comfortably accommodate your family and all gear.

For infants and toddlers, portable cribs are great for sleeping, naps and safe play areas. By the time my boys were three, it was difficult to get them settled in the tent, so I took to making a family nest with sleeping bags and air mattresses. That way, we could curl up together for the night. Here are some other camping items you should consider:

- Lighting—the traditional white-gas fueled camp lamp is the obvious choice, but flashlight-style lanterns and handle lanterns are quiet and provide gentler illumination. Pack several flashlights and plenty of batteries.
- A good cook stove and fuel. Make sure it has at least two burners and is easy to light and maintain and plan one-pot meals to minimize both cooking and clean-up time.
- Dining tent—these are great for keeping bugs at bay.
- A ‘kiddie corral’ or portable fence—use this to cordon off part of the campsite for a safe, contained play area.
- Clothing—be sure to pack a minimum of two changes of clothes per child per day. Include warm jackets, hats and gloves for cold mornings and evenings.

LOOKING FOR SOMETHING TO DO?

- Take a hike. For older children, bring “adventure packs” with field guides, binoculars and magnifying glasses so that they can explore the world of nature.
- Fish, swim, wade, or throw rocks in the water.
- Observe wildlife around your campsite. Have your children draw pictures of the creatures they see.
- Visit the park’s ranger section or visitor center.
- Use road or topographical maps to locate the campground, home and nearby places of interests
- Enchant your children with tales of your own camping experiences.
- Roast marshmallows and make s’mores (marshmallow and chocolate between graham crackers).
- Play simple card games

- A first-aid kit—this should include over-the-counter pain relievers, bandages, anti-bacterial ointments, sunscreen and insect repellent.

Whether singletons, twins or higher order multiples, camping with children is a challenging meld of fun and work. A bit of improvisation and a generous amount of flexibility will go a long way toward making every camping vacation a wellspring of happy memories for you and your kids. ♥

Tracy Salcedo of Glen Ellen, California, is a writer, editor and the mother of three, including fraternal twin boys.





Backyard Babies

FROM BOUNCY SEATS TO BABY BOUNDARIES, TIPS FOR SAFE FUN IN THE SUMMER SUN

by Jill Klinge

Summer is here and families everywhere are making a mad dash to the backyard. A generation ago, this simply meant that parents of babies set up a playpen in the shade. Today's parents face a multitude of new products on the market meant to entertain infants while keeping them confined to a protected area. The choices can be overwhelming and parents of multiples face an additional dilemma—finding adequate accommodations for more than one child, without breaking the bank.

PLAY YARDS AND BEYOND

In the past several years, variations on the playpen have become available. Mesh-sided play yards that fold down into small, portable cases are commonplace. Now new and improved models fold into pouches about 18 inches in diameter, small enough to fit into a diaper bag or a suitcase. Manufacturers are also recognizing the need for play spaces to be fully enclosed. Mesh or fabric coverings prevent older children from climbing out and keep insects from coming in. Luckily for parents of multiples, many play yards now fit two or more children comfortably, yet still fold up into small, flat pouches.

The biggest downside of the play yard is that, sooner or later, your multiples will grow tired of the confinement and want to explore. As soon as my twins, Naomi and Nathan, were able to walk, they saw their play yard as an unbearable prison. I was able to prolong the playpen stage for several months with a used Super yard, a six-panel gate that forms a large ring, creating a play area much bigger than a standard play yard. The ring can be made as large as you like by purchasing extensions. My twins could feel the grass or sand under their toes, and they didn't seem to feel as trapped as in a playpen. When they grew out of the Super yard, I used the panels to gate off dangerous areas,

such as the barbeque. During the rainy season, I moved four panels inside and gated off the fireplace.

Stationary activity centers, such as the Exersaucer, are also extremely popular. Infants who can support their heads can rock and spin in their seat, play with attachable toys, and eat out of the tray. Swings are now battery-powered, and can be purchased with seats that recline, or bassinets to lay babies flat. Bouncy seats are great entertainment for very young infants who can bounce themselves with their own movement. You can find bouncers that fit two infants side by side for added entertainment and interaction.

BUYING SMART

A great money saver for parents of multiples is to buy single products that have many uses. Bouncy seats, for example, can be used for feeding infants too small for high chairs. They also make comfortable napping spots as well. Some swings have detachable seats that act as an infant carrier and feeder. Parents of multiples are often tempted to buy two of everything. But before doubling up on a particular item, be sure that both babies will use it regularly. Tanya Keene of Lutz, Florida, found that her twins Emily and Ryan, now 17-months, had very different tastes when it came to entertainment. "I only had one Exersaucer," she says. "My little girl would only last about five minutes before she started screaming to get out. My boy could stay in it forever." The activity gym, however, was a different story. "I only had one, but my son didn't care too much for it anyway. My daughter couldn't get enough of it."

Shannon Pitton of Seattle, Washington, also learned that not every product struck both her twins' fancies. For her fraternal sons, Andre and Thierry, "we found the Exersaucers useful year round. We started

with one, and then got another because they were so great at keeping the boys entertained and in one spot." On the other hand, "we rarely used the bouncy seats we had," she says.

Even when a product is a hit with both twins, you will probably want to alternate your babies between activities every 20 minutes or so to prevent boredom. Only when you determine that both twins will benefit from the activity simultaneously, on a regular basis, should you consider buying a second.

BUYING SAFE

Another way for parents of multiples to save money is to buy equipment second hand. Most baby equipment can be found at garage sales in good condition for a fraction of the new price. But parents need to be aware of safety issues that arise when buying older equipment or accepting hand-me-downs.

As popular as portable cribs, playpens and play yards are, they are also a huge safety concern. Since 1995, the Consumer Product Safety Commission (CPSC) has announced the recall of more than 11 million products. In about 1.5 million, the support rails can collapse, entrapping and suffocating a child. Another 10 million have protruding rivets around the rails which can create a strangulation hazard.

According to Nychelle Fleming, spokesperson for the CPSC, 13 children have died in the United States from getting their heads caught in collapsing side rails. Another eight have died from getting clothing or pacifier strings caught on protruding rivets. Fleming urges parents to check for recalls before buying used portable cribs, playpens and play yards. "Parents should check our website (www.cpsc.gov) at least once a month to stay up to date," she asserts.

Second hand purchasers are not the only ones who should be conscientious about recalls. Linda Ginzel, cofounder of Kids in Danger, a non-profit organization dedicated to protecting children from defective products, warns that, "You are not 'safe' just because you don't buy second hand. Many people think that if they buy new, they don't have to worry about recalls. But a product you buy new can be recalled the day after you purchase it." Linda suggests calling the CPSC hotline or calling the manufacturer directly to check for current recalls. Most major manufacturers have toll-free numbers and websites on the box. "The CPSC can take

products off the shelves, but they can't get into your home," Linda cautions. "The only way you're going to know if you're using a recalled product is if you check yourself."

KEEPING IT IN PERSPECTIVE

Though the new products on the market are fun and enticing, beware of going overboard. Determine which items are necessities and go easy on the rest. After all, this time next year you'll be starting all over again with wading pools, wagons and scooters.

Jill Klinge, is an attorney, freelance writer and the mother of three, including boy/girl twins now age 12.

BUYER'S CHECKLIST

Before deciding which products to buy this summer, ask yourself the following questions:

Is the product portable?

Can you use it indoors when the weather turns cooler?

Can you easily transport it to the park, the beach or other places you frequent during the summer?

Does it have more than one use?

Can you borrow one from a friend first to see if your children are entertained by it beyond the first day?

BEWARE OF OVER-EXPOSURE

Excessive exposure to the sun in childhood may increase the risk of skin cancer later in life. Manufacturers are responding to this concern by creating more products with canopies or sunshades. Some are coated with a UV treatment to offer maximum protection. Children over 6-months old should also be protected by a sunscreen.

SAFETY FIRST

Information on product recalls is available 24 hours a day from the Consumer Product Safety Commission. Call the CPSC Hotline at (800) 638-2772 or visit their website at: www.cpsc.gov.

Other great travel products for twins continued from page 6

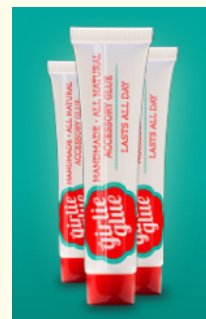
Punkin Wrap—With twins you have double the bulk so this is a must-have to save time, money and space all at once! The 7-in-1 Punkin Wrap is a must have for modern moms on the go. Reduce the bulk and get rid of overflowing diapers bags! Punkin Wrap is the only wrap purposefully designed to function safely and easily as a nursing cover, stroller blanker, sunshade, car seat cover, changing pad, chest carrier wrap and tummy time mat...oh, and a shield from nosy strangers! www.punkin-wrap.com



ZizzyBee Bags—ZizzyBee Bags are handy, compact, reusable, washable storage bags convenient for every part of your life. With such cute designs, these see-through bags help you store and organize just about anything! Perfect for summer and for travel; use for snacks on the go, purse clutter, hair accessories, make-up, sports gear, bathing suits (and even better, wet bathing suits), toiletries, arts & craft supplies, toys (especially cool for travel-only toy bags that come out only in the car or on the plane), and so much more. www.zizzybeebags.com

Zippyz—Diaper changes with twins is a challenge - or can be! Zippyz are footed pajamas that make diaper changes quick and easy without having to expose your baby's little body. With a patented zipper from foot to belly, mom can change diapers in record time while baby stays warm and cozy. www.littletrendyz.com

Girlie Glue—Want to dress twins alike but still have a way to tell them apart? How about adding a different bow in their hair? Girlie Glue is a hair accessory glue—no hair necessary! Fancy possibilities are endless with a dab of girlie glue. Now cute bows and other hair accessories will stay in place. Girlie glue is 100% natural made with agave nectar and other natural ingredients. www.girlieglue.com



Having Twins Changed My Life & My Career

by Alexis Viswanathan



Alexis Viswanathan is mum to twin boys age 3, is from Glasgow, and is co-founder of *Alphabet Babies*—language, literacy, and communication programmes for nurseries.

Who knew that having twins would completely change my life? I had a feeling it would change my ability to go out and have a social life but what I didn't realize was that it would also change my career.

I had twin boys at 36 weeks at the end of November 2010. It was during the time of the dreadful snow when the army were having to help motorists stuck on the motorways. So my first few days of being a mother were devoid of visitors and even the breastfeeding consultant refused to come out to help.

Once home I had plenty of family support and every gadget going (thank goodness for cheeky wipes, cuddledry towels, nappy bins and slings!). However, as an English teacher I had decided to take a year off on maternity and had envisaged it full of lovely bonding motherly moments. Instead I struggled with the complete transformation of my life and found it very lonely. I was never able to drink a cup of coffee at mum and baby meet-ups as I was always having to hold two babies on my lap and never had a free hand, and the classes available to attend were just too stressful trying to ensure each baby got the opportunity to experience the activities. Instead I kept my mind active reading up on my passion - books and literacy. I loved going to the library or perusing the local book store for great books for the boys and began to read the research on literacy development in the early years.

What I discovered was interesting. Boys can often have lower levels of literacy than girls and twin boys in particular can be behind in this area. There is no research able to confirm why for definite but various

theories include parents simply not being able to give enough one-to-one time, or twins playing together from age three so not learning as much new vocabulary from adults, or current children's literature not appealing to boys' love of the grisly details, or not necessarily having a male role-model reading in the house. That gave me lots of food for thought and I was fortunate that my own mum was a former primary and nursery head teacher, head of early years education and had specialist qualifications in the early years, so we were able to discuss all things literacy.

I ended up inviting parents and babies to my house to explore literacy. We read great books for babies, sang songs, played literacy games and did plenty of talking. I loved this so much that it became an on-going three times a week event. Of course, time flies, and before long it was time for people to go back to work (including myself). Parents suggested I adapt the literacy ideas for use in nurseries so with the help of my mum we started writing the ideas into programmes and trialled them in local nurseries. That's how my business, *Alphabet Babies*, came about. I took a two-year career break to do this and it was a perfect combination of working on something I was so passionate about and being able to be at home with my boys.

So where am I now? Well I still have a limited social life (but it's slowly improving!) and I gave up teaching to concentrate on the business. The boys are now three and in nursery in the morning. As for their literacy - well, their vocabulary is amazing, they love books, and they never stop talking so I'd say I've achieved my initial aim. Thanks to them I now know that secondary teachers are not the most important in the world and it's actually parents and early years staff who lay the foundations for future success. . ♥

We received hundreds and hundreds of adorable photos for our "Mommy & Multiples" photo contest we held the week of Mother's Day! It warmed our hearts to see all the amazing and beautiful pictures that were submitted by moms from all over the world.

After narrowing our favorites all the way down to our Top 5... We then asked our fans to help us select our winner of a \$100.00 Gift Card to Toys-R-Us! We received over 6,000 votes and it was very, very close but we do have our winner... Anna Brittain!

Meet Anna Brittain our 1st Place Photo Contest Winner!

"I found out I was having twins around April Fool's Day and I thought my OB/GYN was playing a trick on me. We already had an 18 month old at the time, and when

he said he was giving out the buy one, get one free special I thought he was playing a trick on us! But no, he turned the screen and I saw what looked like two eyes staring back at me: Two little floating white blobs encased in their own little sacs. Fraternal twins! My pregnancy was uneventful but wholly uncomfortable as per usual, and at my 38-week appointment I was already 3cm dilated and registering pretty significant contractions on the TOCO monitor. I had been planning for another med-free birth and it was important that he be the one to deliver my babies since my baby B was breech, so he stripped my membranes and sent me home in hopes I'd be back at the hospital

Congratulations to Our Recent Photo Contest

“Mommy & Multiples”

Top 5 Favorite Photos!



Anna Brittain our 1st Place Photo Contest Winner.

that afternoon.

I labored throughout the day, and when we arrived at the hospital at 11:30 that night I was already 5cm dilated! Things happened quickly at that point, and within the hour I was in transition. My doula rubbed my back and my husband breathed with me; I prayed with every contraction to make it to the next. Finally at 1:45am I was ready to push and we were on our way to the operating room! My doctor had already completed his shift when I was rolled back, so the on call doctor met us in

- the OR and my Rhys (baby on the right in the photo) was born at 2:01!
- My contractions slowed down and I had a few minutes to rest, then
- my contractions sped back up a lot faster than we were expecting. My
- doctor still hadn't made it back to the hospital and the on call doctor
- began to panic, calling for ultrasound equipment and planning to
- attempt an external version. My doctor strolled in behind one of the
- nurses a few long minutes later, popped on a glove up to his shoulder,
- and my Parker (baby on the left) was born after two pushes at 2:18!
- They weighed 6lb 1oz and 5lb 14oz respectively and went home with
- us when I was discharged two days later!" ♥

Meet Our Runner-Ups



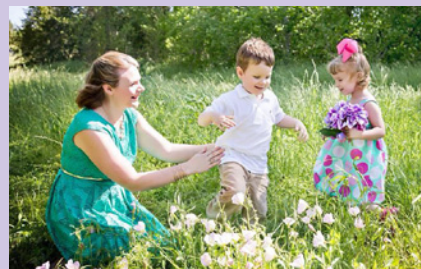
This photo submitted by Brandi Sampson Rosenberg was our close 2nd and Runner-Up!



Natalie Paige Martin



Deborah Wooten Tinsley



Jessica Sanders Ringley



A Basket Full of Raspberries

By Jacqueline Davidson Kopito



It was the second week of day camp and I was going on a field trip without my twin sister, Amy. I couldn't believe that out of all days, today my twinny didn't feel well. I felt terrible that she was missing the trip to the raspberry field where our bunk of eight year old girls was going to pick raspberries for the day.

The minute I arrived at camp, the girls and I gathered our baskets and we all quickly got on the yellow bus for the half hour drive. Usually, Amy and I would sit on the bus together so I was feeling a little sad that she wasn't with me, but one of my good friends sat with me so I was ok.

During the bus ride, one of the girls shouted, "Where's Amy?" I shouted back that Amy was home sick. All the girls felt bad that she was going to miss a fun day and hoped she felt better. I made a mental note to tell Amy of the well wishes when I got home.

When I got off the bus, the sun was shining brightly and I saw the magical rows and rows of raspberry bushes. I was so excited to pick the raspberries. All the girls and I quickly gathered our baskets and started running through the field to start picking.

After awhile, the sun was beating down on me and my basket was filled to the top with raspberries when the counselor called everyone for lunch. We all placed our baskets on the picnic table and sat down and were handed our brown bag lunches. While I was eating my lunch, I noticed how my baskets were filled to the tippy top while some of the other girls only had half their baskets full. I was so happy that my basket was full and that Amy and I would have plenty of raspberries to eat. I couldn't wait to get home and tell Amy about the day.

As I was finishing my lunch, all of a sudden one of the girls started screaming, a bee was near her. She started waving her arms to shoo it away when all of a sudden, she knocked my basket over. All the raspberries that I picked all morning fell to the ground! I stood there in disbelief, trying to hold back my tears, but I couldn't. The tears just kept flowing. Once the bee was gone, all the girls stared at me and told me it was going to be alright. I couldn't even listen, I was so sad. Then one of the girls told me that she would give me some of hers. This made me feel a little better. Before I knew it, the whole bunk offered a scoop or two from their baskets. "Wow!" Now my basket was filled to the top again! I was very happy and thankful that everyone chipped in and told all the girls that I really appreciated their generosity, and Amy would say the same thing if she was here.

I skipped back onto the bus with my full basket of raspberries and sang along to the song that the girls were belting out. I gazed at the raspberry field and quietly said goodbye and wished next time that twinny would be with me, but for today I would tell her my own camp story. ♡



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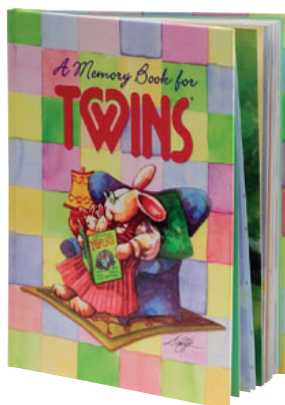
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Boy / Girl Twin Story Packet



Double Takes



1

Dad John Paul Marini, George & Anthony
Age 4-ID
Ansonia, CT



2

Dad Gene Keplinger, Paisley & Emerson
Age 2-FR
Phoenix, AZ



3

Dad Andrew Moore, Bria & Ella
Age 9 1/2 mos-ID
Grafton, WV



4

Dad Kyle Coots, Gwendolyn & Evelyn
Age 2 1/2-ID
Carbondale, IL



5

Dad John Marancsik-Kostar, Irelyn & Evalyn
Age 1-FR
Fort Campbell, KY



6

Dad Jeremiah Hughes, Zoey & Ellie
Age 9-mos-ID
West Jordan, Utah



7

Dad Bo Brown, Brantley & Beckham
Age 2-FR
Pensacola, FL

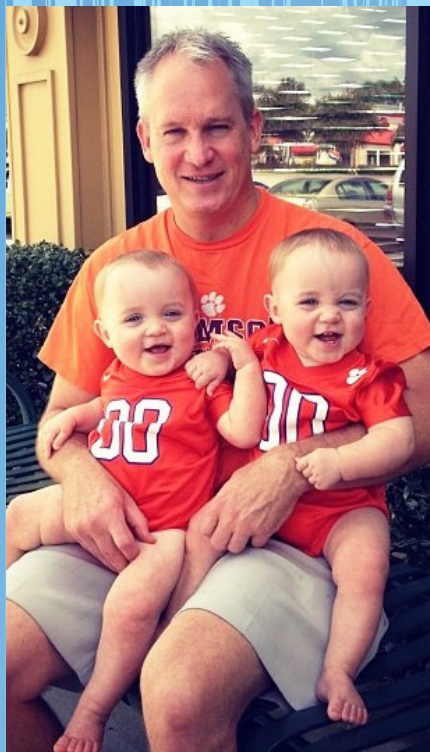


8

Dad Adolfo de Caso, Olivia & Patrick
Age 8-mos-FR
Chicago, IL



May/June 2014



9

Dad Gary Gaffney, Ian & Rory,
Age 9-mos- ID
Myrtle Beach, SC



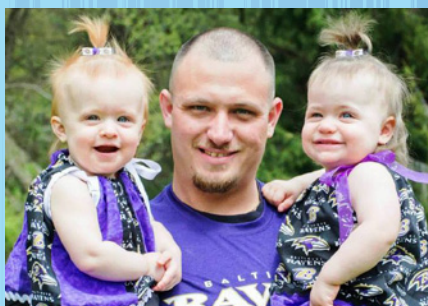
10

Dad Craig Meitner, Dax & Kane
Age 2 1/2 - FR
Lenexa, KS



11

Dad Ken Williams, Sutton & Knox
Age 19-mos-FR
Redding, CA



12

Dad Mike Kunkel, Mya & Kailyn FR,
Age 17-mos-FR
Hampstead, Maryland



13

Dad Chandresh Kedhambadi
Arya & Surya
Age 4-FR
Alberta, Canada



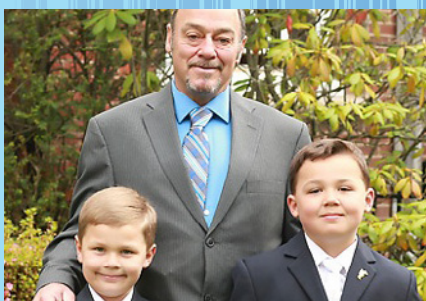
14

Dad Jim Steben, Matthew & Marissa
Age 8-FR
Plainfield, Illinois



15

Dad Samuel Guy, Sloane & Reese
Age 3-FR
Lexington, KY



16

Dad Bill O'Neill, William Jr. & Patrick
Age 7-FR
Lindenhurst, New York



17

Dad Jeff Meek, Caleb & Charlotte
Age 11 mos-FR
Hagerstown, MD



18

Dad Mouin Ajam, Maya & Amira, ID
live in Lebanon but we were born in
Sacramento, CA



19

Dad Brian White, brother-Emerson,
age 5, Nolan & Keegan, Age 3-FR
Finley & Cortley Age 3-weeks-FR
Berkley, Michigan

Double Takes



20

Dad Ernesto Morales, Ernesto & Aleksander, Age 5- FR & Amiliah & Dalilah, Age 2 ½-ID
Yuma, AZ



21

Dad Kyle, Georgia & Daisy
Age 2- FR
New Brunswick, Canada



24

Dad Ali Bravo, Ali & Adrian, Age 7-FR & Alora, Abram, Amelia, Age 2- FR Triplets
Hillside, NJ



22

Dad Daniel Myers, Kyler & Korbyn
Age 2- FR
Orangevale, CA



23

Dad Vaughan Stemmett Brenton & Katherine
Age 1 ½- FR
Brisbane, Queensland, Australia



25

Dad Chris Regan, Luke & Logan
Age 4-FR
& Charlie & Chris, Age 21-mos-ID
Mine Hill, NJ



26

Dad Aaron Sooter, Adalyn & Paxton-
Age 18-mos-FR
St. Peters, MO



27

Dad Scott Craig, Brooke & Brianna
Age 8- ID
Clearwater, FL



28

Dad LCDR Dave Walston (United States Navy) Hunter & Hayley
Age 6-weeks-FR
Jacksonville, FL



29

Dad Albert (Ajai) Jones II, Jordan & Logan
Age 7-mos-FR
Cheltenham, Maryland



30

Dad Aaron Gallegos, Anjelicia & Aaliyah
Age 18-mos-FR
Laramie Wyoming

May/June 2014



31 Dad David Balduvino, brother Santiago, Damian & Sebastian, Age 10-months-FR, Little Elm, TX



32 Dad Wyatt Owen, Abbie & Lottie, Age 1 1/2-FR, New Berlin TX



33 Dad Dusty Bailey, Chloe & Maddie, Age 3-FR, Texarkana, Arkansas



34 Dad Thomas Brockenberry, David & Joshua, Age 4-ID, White Plains, MD



35 Dad Sergio Cepeda, Osiel & Evailany, Age 3-mos-FR, Wyoming, Michigan



36 Dad David Elliott, Sienna & Sidney, Age 3 1/2-FR, Fargo, ND



37 Dad Dean Rudolph, Declan & Jax, Age 16-mos-FR, Victoria, BC Canada



38 Dad Darrin Bartolotta, Davin & Kenzie, Age 5-FR, Canandaigua, NY



39 Dad Dale Rhoads, Ashlyn & Shyla, Age 3-FR, West Palm Beach, FL



40 Dad Mark Murray, Nate & Ben, Age 18-mos-ID, Erie, PA



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