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**Do Your Twins
Speak a Secret
Language?**

**Toddler Twin
Feeding
Issues!**

**Tips on
Taming
Night Terrors**

May/June 2016

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Introducing proud mom Erin Frampton with her adorable 15-month-old fraternal twin boys, Brennan and Klayton from Richmond, Texas.

Cover Photos Taken By:

Captured Simplicity (photography by Amy Leigh)
<https://www.facebook.com/CapturedSimplicity/>

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Volume 33 Number 3
May/June 2016
Founded in 1984

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May/June 2016**

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www.TwinsMagazine.com

Owned and Published by:

Sterling Investments I, LLC dba:
TWINS™ Magazine



Making Memories & Reaching Milestones...

When your kids are young, you always think you will have all the time in the world to teach them everything they need to know before becoming adults. Then, life happens and your days are filled with constant activities, homework, school projects, sports and basically the day-to-day running around that happens to anyone with active and busy kids! Suddenly, time is flying by and you find yourself planning their high school graduation festivities and wondering how it all happened so fast?

My twin boys recently graduated from high school. I tried very hard to keep it together most of the year. I made it through senior photos, senior recognition nights, concerts, and one of my twins was the lead in the school musical! However, I think it was around spring break and after receiving their college acceptance letters when it all started to really hit me hard. All I could think was that my twins are 18 and are heading off to college in the fall. This is where every little thing would make me weepy and sad when looking at all the old photos and memories of their youth and knowing how much I will miss them. I would go to my youngest son's elementary school program and tear up because it just seemed like yesterday my twin boys were singing in their 2nd grade talent show! (sniff-sniff)

Soon after that, I read an article from a mom who wrote an open letter to parents who are sobbing at their child's high school graduation and it was like she wrote it just for me. It explained how she cried through her daughter's entire senior year lamenting about how she felt sad about all the things they never got to do together and how fast the time went by. The author was more focused on her own feelings of loss than the excitement her daughter was feeling about her own accomplishments and achievements. It wasn't until she sent her daughter off to college and saw first-hand how much she grew she was amazed at her maturity and independence and then realized that she was looking at her daughter's graduation all wrong and wouldn't do the same thing to her son who was getting ready to graduate from high school this year. She would celebrate WITH her son and enjoy every single moment. It's hard to soak it all in when you can't understand what the commencement speakers are saying because you

are sobbing so hard.

So, that is exactly what I did! Instead of constantly crying and feeling sad, I was happy to celebrate with both of my boys and so proud of all of their accomplishments. Instead of focusing on how much I will miss them, I started focusing on how excited I will be to see where their life will take them throughout college and it will be great to see them grow into strong, smart, successful men.

So, in the words of my favorite children's author Dr. Seuss... *"Don't Cry Because It's Over, Smile Because It Happened!"* These are words to live by!

We hope you enjoy our May/June edition packed with a ton of fantastic articles and information we know you will enjoy like: Exploring whether your twins have a secret language; How to help your singleton understand you are having twins; Ways to make life easier when you bring home your babies; Toddler feeding issues, Tips on taming night terrors and more! Be sure to read our feature on ways parents of multiples are earning an income from home plus, we introduce our NEW TWINS Magazine Marketplace and just in time for summer we include a First Aid for Common Injuries checklist! Also inside this issue we feature 40 beautiful and amazing MoMs and their twins/multiples in our special "Double-Takes" section!

We hope you enjoy all the fun that summer can bring and be sure to make lots of memories through all their milestones...



Sincerely,
Christa D Reed
Christa Reed,, Editor-in-Chief
twinseditor@twinsmagazine.com

Four-fifths of the Carbone quintuplets, believed to be the first quintets born on Long Island, graduate from Quinnipiac, Marist University!

It was a busy couple of days for Lou and Denise Carbone of Old Brookville, New York. Four of the Carbone's quintuplets, including Quinnipiac University students Austin and Brandon, earned diplomas this weekend. In addition to the Bobcat brothers, sisters Brianna and Marissa graduated from Marist College on May 21, while Francesca continues her studies after transferring to Adelphi University.

The Carbone children, who will celebrate their 23rd birthdays on Sept. 8, are believed to be the first quintuplets from Long Island. Austin is the oldest, while Brandon arrived fourth. The entire family attended the Quinnipiac graduation. Austin, a pre-med major, and Brandon, a business management major, graduated during their ceremonies at 9 a.m. and 1 p.m., respectively, on May 21. Because Brianna and Marissa were also scheduled to graduate on that date, Quinnipiac allowed the brothers to also participate in the School of Nursing ceremony on May 22 at 1 p.m. so family members could be there.

"Graduation kind of freaked my mom out," Brandon said. "She's been trying to figure out since sophomore year when the graduations were going to be. She didn't want them to fall on the same day, but it did. We're making the best of it."

Denise Carbone was certainly appreciative. "It meant the world to us," Mrs. Carbone said. "It is not something a parent would ever want to miss. Quinnipiac was unbelievable to even offer this opportunity. The university went above and beyond the call of duty. They had the most wonderful experience at Quinnipiac and this is the grand finale.

"I cannot even tell you what this meant to the entire family. It was more magical and special than I could have ever imaged because we could all be here." Austin and Brandon have been roommates or suitemates since their sophomore year. Brandon plans to pursue his MBA at Quinnipiac following graduation, while



Austin will take a gap year before applying to medical schools. It will mark the first time the brothers have truly been apart.

"We're very close, but we're not attached at the hip," Austin said. "We'll be fine." The university awarded 192 degrees during the School of Nursing ceremony. During the weekend, a total of 1,775 undergraduate degrees were awarded in five ceremonies.

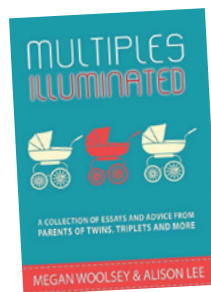
90-year-old Twins Take Time Out to Pose with 10-year-old Twins!

Submitted by Jodi Rucinski.

This photo was recently taken at a convent for retired nuns. The photo is of identical twin Sisters Lillian and Christina Martell, age 90 along with identical twin girls, Cameron and Madison Rucinski, age 10. After talking to these dynamic ladies, they both thought it would be neat to see their photo inside TWINS Magazine. The sisters have literally been by each other's side for 90 years. They sit side by side every single day at mass, at meals, and in a room they share keeping up on their reading. I smile every time I witness this. The sisters enjoy visits from my daughters, as well.



NEW—Anthology Multiples Illuminated: A Collection of Stories and Advice From Parents of Twins, Triplets and More is now available!



Multiples Illuminated is a compelling collection of stories from writers and parents of multiples, as well as expert advice that is a must-have for all parents and grandparents of multiples. It dives deep into the world of raising multiples with beautiful stories and helpful advice. In it, you will find essays on infertility help and hope; finding out and coping with a multiples pregnancy; stories of labor and delivery; stories from the NICU; breastfeeding best practices for multiples; and surviving the infant and toddler stages. Multiples Illuminated: A Collection of Essays and Advice from Parents with Twins, Triplets and More is an anthology that brings together the world of multiples through shared experiences. Megan Woolsey and Alison Lee, who are both writers and mothers of multiples, along with 20 guest writers have contributed personal essays and advice on their experience with infertility, pregnancy and the first couple of years raising multiples.

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First Aid for Common Injuries

Regardless of how safety-conscious we are; everyone suffers that occasional boo-boo. Children, while active and playing outdoors can be particularly susceptible to such incidents. Minor wounds, such as cuts, scrapes, lacerations, and blisters, can be treated at home following these first aid procedures. Keep in mind that any wound that continues to bleed becomes red, swollen, painful, or hot should be seen by a nurse or doctor.

INJURY

Cuts—Cuts are rips or tears in the skin, caused by a sharp object or even by a piece of paper.

TREATMENT

Cuts—If the cut is bleeding, apply pressure until it stops. Rinse with water and clean with soap or an antiseptic solution. Apply an adhesive bandage. Change the bandage daily until the cut heals. Estimated healing time: 7-14 days.

INJURY

Scrapes and Abrasions—Scrapes and abrasions occur when the skin is rubbed against a hard surface. The skin is slightly damaged and small blood vessels are broken. The large surface areas are easily contaminated by dirt and germs.

TREATMENT

Scrapes and Abrasions—If the wound is bleeding, apply pressure until it stops. Rinse with water and clean with an antiseptic solution to remove dirt and foreign objects. Apply antibiotic ointment; cover with adhesive bandage daily until the cut heals. Estimated healing time: 7-14 days

INJURY

Lacerations—Lacerations are deeper than cuts and are a more serious injury to the skin. They can be caused by contact with a sharp object such as a nail, a rock, or glass.

TREATMENT

Lacerations—If the laceration is bleeding, apply pressure until it stops. If the bleeding continues or tissue is exposed, seek medical attention. When the bleeding stops, rinse with water and clean with soap or an antiseptic solution. Apply a butterfly closure (a bandage that draws the two sides of a laceration together) to close the wound. Apply antibiotic ointment and cover with an adhesive bandage. Change the bandage when pad is saturated, or twice daily, until healed. Remove butterfly closure when wound is healed. Estimated healing time: 7-14 days.

INJURY

Blisters—Blisters can be caused by excessive rubbing of exposed skin, such as when a shoe rubs against a foot. Blisters also can be caused by a burn or sunburn.

TREATMENT

Blisters—Do not break or pop the blister. Cover with a protective, absorbent cushion, such as a bandage, in order to minimize re-injury. Change the bandage daily. Estimated healing time: 5-10 days.

INJURY

Splinters—Splinters are thin pieces of wood, glass, or metal objects that lodge under the flesh.

TREATMENT

Splinters—Remove with sterilized tweezers. If necessary, gently loosen skin over end of splinter with a sterilized needle. Lift splinter end with needle, remove with tweezers. Clean with water and soap; cover with adhesive bandage.

INJURY

Bruises and Black Eyes—These are injuries to the skin usually from a blow or fall that breaks small vessels under the skin and causes discoloration without breaking the skin surface.

TREATMENT

Bruises and Black Eyes—Apply ice pack or cold compress about 10 minutes to reduce swelling and pain. If a black eye is accompanying by visual disturbance or a bruise does not fade or disappear in 10 to 14 days, seek medical attention.

INJURY

Insect Bites and Stings—These wounds to the skin are caused by mosquitoes, bees, fleas and other insects.

TREATMENT

Insect Bites and Stings—Need to clean with cold water and soap. Remove any stinger using a gentle scraping motion with a fingernail or tweezers (do not squeeze). Apply ice or a cold compress. If there is an allergic reaction, *seek medical attention.

*Symptoms of allergic reaction to an insect sting/bite include: swelling of the eyes, lips, and tongue; wheezing/coughing; dizziness; stomach cramps, nausea and vomiting; breathing difficulty; loss of consciousness; and hives. Seek medical help immediately.

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The NEW T-fal Electric Pressure Cooker



Features 25 cooking programs - 12 of which are automatic functions - and it even has a Baby Food Function! An ideal appliance for new and busy parent, the product is designed so

that users can simply add the ingredients and press a button to begin the cooking process. With an easy-to-use LCD display screen, a timer that can be set anywhere from 5 minutes - 12 hours (with a 24 hour delayed start) and an automatic keep warm, this appliance takes the guess work out of pressure cooking! T-fal Electric Pressure Cooker (\$99.99 at Walmart)

Gameday Leggings Rally Spirit On and Off the Playing Field



Spice up your jerseys this season with a fashion forward collection of leggings designed with your team colors in mind. At Gameday Leggings, they believe the ultimate fan deserves the ultimate ensemble, which is why they've created a line of signature leggings that shout team spirit while looking runway ready. Every year sports fans flock to stadiums, friends' and neighbors' living rooms, and their own couches decked out in their team's colors. Thanks to Gameday Leggings, they can pair their favorite t-shirts and jerseys with stylish leggings that will turn heads while bringing on the cheer. Their eye-catching creations are: soft yet durable, breathable and lightweight, extra-long for even more style options, versatile with 5 different wearing options,

comfortable for working out, thin enough to slip under jeans, and chic enough to be worn on their own, as capris, or under skirts. For more information, check them out at: www.gamedayleggings.com, Facebook, Twitter and Instagram.

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IRRATIONAL Behavior

Bill was the heaviest of my eighteen-month-old triplets, a stocky boy with brown hair, brown eyes and a wicked twinkle in his eyes. The pediatrician said “he could lose a few, but no worries, he’ll slim down as he grows up.”

On this particular Sunday, I sat on the floor of his bedroom folding laundry. Sun warmed the room. All three sons played near me, stacking cubes, throwing light plastic balls, daintily placing stickers in a book.

Then Bill’s eyes flashed with a wild and crazy expression that I prayed would never appear on a poster for the FBI’s “Most Wanted.” He laughed, knocked down a pile of neatly stacked blocks, and with a mighty wriggle ran into the adjoining bathroom, where he promptly locked the door behind him.

Jack and Stuart continued to play nicely, piling blocks in colorful stacks up to the windowsill, as I frantically called Bill’s name. No answer. Oh my God. What if he fell headfirst into the toilet? I’d read about these things; children toppling into their mother’s cleaning buckets and drowning in soapy suds. Had I removed all the poisonous fluids from underneath the sink? Would my child die from drinking isopropyl alcohol?

I ran to the phone and with a shaky hand dialed ‘911.’

“My eighteen-month-old is locked in the bathroom!” I said.

“Stay calm,” the operator said. “The firemen will be right there.”

In less than two minutes, sirens blared on our block. “We’re coming, Bill,” I yelled. Jack and Stuart dropped their blocks. I took the stairs in twos, my sons on my tail. Breathless, I opened the front door to four hunky guys who smiled benevolently and then bounded up my stairs past us; their big strong bodies filled the space.

My, these were manly men, I couldn’t help but think. When I joined them at the bathroom door, I expected to see a firefighter wielding an axe to battle his way in, but instead one produced a small key, and voilà: The door was open.

On the other side of the door, smiling shyly, was Bill. He hung his head. His blue T-shirt had become askew and was poking out of his red corduroy jumpsuit; the tiny stool used to reach the bathroom sink, upturned. A lump formed in my throat and tears brimmed. I gathered him in my arms and squeezed him tight.

The firemen smiled again. The one who looked like a young Robert Redford said “Ah, gee. This happens all the time.” They were trying not to laugh.

“I’ve wasted your time,” I said.

“Happy to do our job,” the one with linebacker’s shoulders said. They all nodded with gentlemanly approbation.

I took a deep breath. “Look boys,” I said. “These are firemen. See their red jackets and big plastic boots? Do you want to see the fire engine?” My sons nodded, dumbstruck, and we went downstairs and outside, where the firemen gamely showed the boys their truck.

Bill touched the tires’ rims and ran his fingers along the shiny red exterior. When everyone finished exploring I gathered them close and bending to their level, said softly, “Say thank you.”

“Thank you,” they whispered.

The firemen tipped their hats, leapt aboard, and roared away.

My sons and I filed back into the house.

Everyone was hungry. I mustered my energy to make their favorite Stouffers macaroni and cheese and allowed myself the treat of eating everything they didn’t. They clamored for TV, so I put on a Sesame Street rerun. We sprawled on the couch. Bill sat on my lap, Jack and Stuart on either side—three tousled heads close to mine, breathing softly. With gratitude, I watched Ernie belt out “dee-dee-dee” with Cookie Monster, then closed my eyes to rest.

After putting the boys to bed I sat in a yellow armchair in my bedroom and read from *Your One-Year-Old*, written by the Gesell Institute, my favorite scholars of childhood development. The authors wrote that eighteen months was the age of irrationality and unreason. I closed the book. Irrational behavior! Hah! The writers had no idea what I was up against! I had a household of eighteen-month-olds! I put the book on my nightstand and nestled in the chair. The Serenity Prayer wafted through my consciousness.

God, grant me Serenity to accept the things I cannot change,
Courage to change the things I can, and
Wisdom to know the difference.

Breathe through the chaos, I thought, buoyed by the prayer’s quiet strength. I sank deeper into reverie, feeling like a sage, and then I bolted upright. No! There was one thing I could change. I grabbed the yellow-lined notepad next to the chair, and in bold letters wrote a giant to-do note for myself: Buy a little key that opens any lock. ♡

Susan Moldaw’s writing has appeared in *Brain*, *Child Magazine*, *Lilith*, *Literary Mama*, *Narrative*, and the anthology *tell me again*. A story about her triplet sons is included in the new anthology entitled *Multiples Illuminated: A Collection of Stories and Advice from Parents with Twins, Triplets and More*.





What No One Tells You About Parenting Twins

by Susan Gelles

Susan Gelles is a writer, lawyer and musician who lives in the Bronx with her husband and twin boys.

1. When they're babies, they start crying at the same time on purpose. With twins, there's no such thing as a coincidence.
2. Their first complete sentence will be uttered in unison and directed toward each other: "Go away!" Okay, so maybe that's their tenth sentence, or their hundredth, but it's the first one that's uttered with real passion. "Me want juicie" will never be spoken with such vehemence.
3. They keep being twins. One will never get more mature or more insightful than the other. Nonetheless, each will claim, privately, that they are the superior child. One boy will stomp out of the room, and the other will murmur, "He's got anger issues." Later the supposedly calm one will slam shut the bedroom door, and his brother will remark, "I can't help it if I already finished my homework, and he hasn't. It was easy! Easy for me, anyway."
4. No matter how much the twins resent each other, never think for a moment that you enjoy a protected status. Know that when you leave the room, they stare into each other's eyes and intone, "Parents are the real enemy."
5. Wrestling will no longer be a sport that you refuse to watch on pay-per-view. Instead, it will become a way of life that occurs in your living room, your bathroom, and at the festively decorated kitchen table that bears a birthday cake with two names inscribed on it. After you get tired of yelling "Stop!" for ten years, you will reflect that lion cubs wrestle, and probably baby gorillas do, too. Everyone in the animal kingdom wrestles! And yes, you are raising a couple of animals. You pray that no one finds out.
6. Just when you are convinced that the best thing would be to have a huge house, so that each boy could come and go without ever having to see the other, you will hear them laughing and playing in their shared bedroom. My God, they love each other! You give thanks that, at least, each is the other's best friend. But know this: they alternate displays of animosity and friendship only because they are trying to mess with you. And it's working, isn't it? Doesn't the world feel terribly unstable?
7. Other people's children will acquire a saintly glow. You will imagine them gently helping a younger sibling. Maybe the older children even read books to the little ones! At home, your kids never glow. They certainly don't read to each other. Instead they hunch over devices and yell things like, "I beg of you, do not use that avatar! It's - fine, use it. But don't do the water level! It's too hard! Fine, do it. But don't take the short-cut! It's cheating! Fine, do it. Cheater."
8. They will want to watch different TV shows. They will want different foods for dinner. But they will always want to play with the same toys or the same devices at the exact same time.
9. No matter how old they get, one of them will never cease preening about being an entire minute older than the other.
10. Asking the twins how school went will inspire one of two arguments. The first consists of the alternating phrases: "I get to tell!" "No, I get to tell!" The second consists of: "I told you not to tell!" "But I want to tell!" Happily, though, once you pick them up from their afterschool program on Friday and hear these arguments for the fifth day in a row, you are allowed to go home and eat an entire party-sized bag of potato chips.
11. They will effortlessly use the Jedi mind trick upon each other, often without realizing it. Beware when you ask them what homework is due for the next day, and one of them quickly shouts, "There is no homework!" Watch the eyes of the other twin glaze over as he slowly repeats, "Yeah, there is no homework." He will believe his own words. You should not.
12. Time becomes ever more elastic with twins. Observe how, if you want them to start studying at six o'clock in the evening, one of them will suddenly have to go to the bathroom. When he returns, the other one will have to blow his nose. Where is that pesky box of tissues? Let's everybody go look! Then the first one wants a drink of water. Before you know it, it's eight-thirty, and homework isn't done, and no one has taken a shower yet. You will wonder why you hear yourself screaming like a maniac.
13. Things will go missing. You will wonder if you are going crazy. Where are the keys to the apartment? That book you were reading? Your MetroCard? You will discover that the secret mission of children is to repurpose the necessary items of your life, and twins are a slick, effective conspiracy of two at accomplishing that end.
14. They will grow up and move away. You will wish you could endure the early years of their twinship all over again. ♡





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PREGNANCY

by Dr. Charles Bowers

The Extra Precautions Pregnant With Multiples

Dr. Charles Bowers worked in the medical field for over 30 years and is a OB/GYN who now works as a medical forensic evaluator at Ross Feller Casey, LLP. Dr. Bowers has previous experience with multiple pregnancies and births.



You always want to take safety precautions when you're pregnant, especially when you're pregnant with multiples. Because of the specific needs and risks associated with carrying more than one child, there are several extra precautions that expecting moms should take. What are those extra steps? How do you know if you're doing (or not doing) everything you should? To help answer these questions, here is a look at some of the best protective measures you can take when expecting multiples.

1. Eat More: Women carrying multiples typically require more calories than women who are carrying just one baby. So if you're feeling hungry, eat! A good rule of thumb is to add 300 calories a day for each baby, says Baby Center. For the greatest health benefits, focus on nutrient-dense foods that can fuel your babies' growth — dairy products, meat, nuts, oils, eggs, fruits and vegetables, as well as whole grains.

2. Rest a Lot: Everyone knows pregnant women should rest, but this is especially true for pregnant women carrying multiples. Carrying additional children means additional work for your body, so it will need additional rest to keep working well. Make time for naps and listen to your body when it's tired.

Focus on Gentle Exercise: If you have the green light from your care provider, exercising during pregnancy with multiples can be beneficial. Make sure you stick to gentle exercises that don't put pressure on your cervix and don't raise your body temperature too high. Good options are walking, swimming, prenatal yoga and riding a recumbent bicycle.

3. Get Extra Iron: Women who are carrying multiples may be at a higher risk for anemia, so along with taking prenatal vitamins and any required medications, be sure to get iron-rich foods in your diet. Eat lots of salads, leafy vegetables and other foods that are naturally rich in iron to help your body and your babies grow as they should.

4. Research: One of the best ways to protect your growing children is by being informed. Read books about carrying/expecting multiples, and ask your care provider questions about what you can expect throughout pregnancy and delivery. The more you know, the better you can prepare — and the less intimidating the entire process becomes.

5. Expect More Medical Appointments: Typically speaking, women who are pregnant with multiples will spend more time visiting their doctors than women expecting single children. There often will be more ultrasounds, more checkups and more risk evaluation throughout your pregnancy. Welcome this extra care as a way to monitor your babies carefully and protect them from harm.

6. Pay Close Attention to Complications: Warning signs such as bleeding, vaginal discharge, early contractions or pelvis pressure are all reasons to talk to your care provider, even more so when you're pregnant with multiples. Because the risks are higher in your pregnancy, it's vital that you communicate quickly about any potential problems that arise.

7. Ask for Help: When carrying multiple babies, you will likely require even more help than the typical pregnant woman, and that's true both during pregnancy and after the babies arrive. Reach out to family and friends about ways they can help, and don't be afraid to delegate! Your body has enough to handle with the little ones inside.

In addition to the tips above, be sure to follow the standard guidelines for all healthy pregnancies, such as drinking plenty of water, avoiding toxins and eating a well-balanced diet. By taking the right steps during pregnancy, you give your babies a jump-start on health even before they are born. ♥

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Welcome Home



WAYS TO MAKE LIFE A LITTLE EASIER FOR YOU AND YOUR TWINS!

by *Melanie Bowden*

Bringing home twins marks the start of a new lifestyle... double the questions, challenges and of course double the joy! When you first gaze upon your tiny newborn's faces, you see the most beautiful, wonderfully made miracles in the entire world. They've spent months preparing for their big debut. Researchers now know that brain development begins in utero. Before birth, babies are sensitive to light, sounds and temperature changes—and they've been sucking their thumbs for weeks. The twin bond actually begins in utero. Ultrasounds have shown them with limbs entwined, hugging each other and communicating inside the womb. Caring

for infant twins in the first few days can be overwhelming, exhausting and stressful. You could even say you experience a bit of 'twinshock'. Don't worry; we all have gone through the ups and downs of post-partum pressures and hormonal imbalances when you first bring those little bundles of yours home so here are some tips that may help you during this stressful yet joyful and exciting time.

YOUR POSTPARTUM PLAN

Develop a postpartum plan in writing. Think of contingencies and alternative solutions. In the fog of sleep-deprivation

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

CLEAN AND ORGANIZE

Do as much as you can in advance of the births of your babies to reduce household workload. Freeze meals—casseroles are good. Other easy meals: salads, soups, sandwiches or pancakes for dinner work great. Have your local grocery store and restaurant delivery phone numbers handy. Along with baby gifts, ask for meals for your freezer or a gift certificate for housecleaning, postpartum massages or donations for doula services are excellent alternatives to the 'usual' gifts people give new moms. Stock up on nonperishables: paper plates, cups, plastic utensils for a break from dishwashing. Lower your housecleaning standards when you bring the twins home. Getting rest and cuddling/nurturing your twins should be much more of a priority than making sure your dishes are done. Clean out the clutter. Organize your house so items are near where you use them. Use a laundry system that allows you to sort dirty clothes when you take them off. Wash all new baby clothes in advance (they can contain some chemicals that irritate baby's skin), but don't wash everything. You probably have cuter outfits than your babies will actually ever wear, so set some aside to exchange for bigger sizes or store credit (so leave the tags on!) Also, there are numerous twins clubs across the US that host club garage sales where you can sell and buy gently used clothes since you go through them so fast anyway. Set up diaper-changing and baby-feeding areas on every floor of your house so you're not running up and down the stairs all day. Each area needs burp cloths, a water bottle, and a breastfeeding pillow for nursing moms, books, a journal and whatever other comforts you need while feeding your twins.

PLAN TO SLEEP

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

breastfeeding is well established and you are able to pump and preserve your milk or if you are formula feeding, consider letting someone else handle some of the nighttime feedings. Start looking for ways each parent can get at least five-hour chunks of sleep—the amount required to get your body into a restful state. Maybe you and your partner can split the night in half, depending on your work schedules. Some couples even trade off whole nights. Sure, when it's your night it's exhausting, but at least you know that half the time you'll get a full night's sleep.

LIMIT VISITORS

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

ASK YOUR FAMILY & FRIENDS TO HELP BY:

- Washing/Sterilizing bottles and feeding implements
- Feeding babies—especially at night and in the early morning shifts
- Bathe the babies
- Play with and bathe your older children
- Do the grocery shopping
- Prepare some ready-to-heat and eat meals for your family
- Wash dishes and clean the kitchen
- Clean the house
- Take older children to school or after school activities
- Run errands
- Wash laundry and help with folding clothes
- Watch babies while you rest or take a shower
- Helping to take babies to their doctor's appointments



TODDLERS

Shelly Vaziri Flais, M.D., F.A.A.P. is a board-certified pediatrician raising four children including identical twin boys along with her husband in the Chicago suburbs.



Toddler Twins

Feeding Issues

by Shelly Vaziri Flais, M.D., F.A.A.P.

"All done! All done!" One of your 20 month old twins is not interested in her pasta tonight. Her twin brother is gobbling it up like a horse. You're thinking, "Hmm, she did eat a lot of chicken nuggets earlier at lunch. But he's still eating the pasta, so she needs to eat more too, right?" Busy parents of twins can make these feeding decisions more easily when armed with the right information about toddler twins' feeding patterns.

After the first birthday healthy twins can safely transition from breast milk or formula to Vitamin D whole milk. This will be a lot easier on your pocketbook as well as on your daily schedule; no more mixing of powders for all those bottles! Your twins should drink whole milk from 12 months until they turn two years old, since whole milk has a higher fat content than 2% or skim, which is important for their still-developing brain and spinal cord. Whole milk, and all regular cows' milk is a known poor source of iron, and many kids have been known to "fill up" on milk and have a smaller appetite for nutrient-dense table foods. Keep track of how much milk your toddler twins are drinking each day. Your target maximum of milk is 16-18 ounces a day

[definitely never over 24 ounces in a day, which increases the risk of iron-deficiency anemia].

Feeding toddler twins is tough enough—don't make mealtime a "battle." If one twin is indicating that she is finished with her meal, end her meal. She may say "no," she may shove the spoon away, she may throw her sippy cup—these are all signs that you should end her meal. Do not be tempted to keep feeding with tactics such as airplane spoons looking for a runway, or dancing spouses behind your head. Don't worry if her twin is still eating! Trust each of your twins' "satiety centers" which tells them that their tummy is full.

Parents of twins always have a twin available for comparison—you need to remind yourself that everyone is an individual. Just because one of your kids happens to be hungry that day, do not feel the need to force-feed the twin who has a normal appetite! All too often we as parents don't feel that we're doing a good job if our kids aren't eating three perfect square meals each day, but when you have toddlers, relax. In the long run, you want to avoid recurring power struggles at mealtimes. Don't stress too much over one individual meal at a time; a meal may not have enough vegetables, for example,



but the goal is healthful eating over two or three days taken as a whole.

Appropriate portion sizes at mealtime can be surprising to parents. A proper meal is a lot smaller than one may think, especially compared to the overly abundant meals served at restaurants today. A serving of fruit or vegetable is one tablespoon per year of the child's age. A serving of protein [chicken, meats] is about the same size as your child's fist.

When you're feeding toddler twins day in, day out, remember to relax and keep your 'poker face' on. If your kids see that they can get a rise out of you, whether it's a positive or negative reaction, they'll try again to get that reaction out of you! Are you still concerned that your kids aren't eating well enough? Ask yourself these three questions: 1] are the twins growing appropriately, as measured at their well child checkups? 2] Are they having regular bowel movements, ideally once a day, but at least

once every 2-3 days? 3] Do the kids urinate regularly? Most likely you would say yes to these three questions. So here's the bottom line: if your twins are peeing well, pooping well, and growing well, trust that they are eating well enough. Relax at mealtimes, help your twins learn to feed themselves, and continue to offer healthy choices for meals and snacks.

No discussion of feeding would be complete without a reminder to avoid choking hazards: hot dogs, raw baby carrots, nuts, and whole grapes, for example. Make sure you slice these items lengthwise into small pieces so they do not block your child's airway if accidentally inhaled.

You'll notice that your twins drink less milk after their first birthday. This is normal, and happens for three reasons:

- Your twins are eating more solid foods, and are more interested in table foods. They are beginning to form taste preferences, and may prefer the

excitement of a new table food to the 'same-old' milk that they always drink. Your twins are also mastering the art of self-feeding. The focus should be placed on their increasing independence, not their total caloric intake.

- Your twins are more active and interested in the world around them. They are working on developing their fine motor skills and examining microscopic pieces of fuzz. They'd rather walk and run now that they've finally learned how! This can all be a lot more fun than eating or drinking!
- Your twins, and all children this age, are starting to slow down their rate of growth. The rate of growth in the first year of life is astounding, and if the child kept that up for a few more years, they would soon be nine feet tall! Since the child is not growing quite so quickly, he simply won't have the desire to eat as much as he did a couple months earlier.

I encourage you to begin having mealtimes as a family, even when your twins are toddlers! To simplify our lives, we often feed our young twins earlier in the evening, and the grownups eat later on. And let's face it, some days can be crazy and you have to do what it takes to survive the week! However, a family meal at least twice a week will show your twins how the rest of the world eats a meal. Your toddler twins learn a lot by mimicking. It may seem like more work initially, but you'll see that the twins will learn a lot from sitting with their families at mealtimes. Your twins find you more fascinating than you would ever imagine.

Family meals can teach your twins how to enjoy mealtimes and about the social interaction of the experience. I can hear you laughing from here at the idea of a peaceful family meal with toddler twins—I didn't say that it would be a quiet meal! But your toddler twins can slowly learn how they are supposed to behave at the table. And now that you've given special consideration to toddler twin feeding issues, you can put away the unwanted pasta and go play with your twins with confidence in your parenting skills! ■



PRE-SCHOOL

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



by Patricia Edmister

Monsters Hiding

in their Closet or Under their Bed? Tips on Taming Night Terrors...

Pat and Jim Jones had always been very pleased that their twins, Jill and Tommy, so readily complied with the well-structured bedtime routine that they had established. Thus, they were very surprised when first Tommy, then Jill, became very reluctant to "finish" the routine with the turning out of the lights in their bedroom. What Pat and Jim discovered was that seemingly overnight, the twins, now 3-years-old, had developed a fear of the dark.

What Causes Fear of the Dark?

Many theories have been proposed about what causes such fears in young children, but the most widely accepted one claim that at about three years of age, children's memories and imaginations are reaching a new developmental stage. Prior to this stage, children will usually only react with fear to something scary going on in their immediate environment and at the moment it occurs.

When they progress to this new stage, their improved memory, more advanced imaginary abilities and increasingly complex thinking processes make it possible for them to remember or enhance situations long after the original cause of the fear has disappeared. Fear of the dark seems to occur when children's increasing abilities allow them to mentally store away scary thoughts until they come back to mind in the quiet and darkness of their bedrooms.

In many cases, the youngsters seem unable to distinguish between reality and fantasy, due in large part to their being in a developmental stage in which they have incomplete insight; they find something like a large shadow on the wall or a strange sound outside their window scary, and they can't imagine a more realistic interpretation of the frightening sight or sound.

Why do Some Children React More Intensely than Others?

Some children seem to be more sensitive to scary things than others. While all young children seem to go through periods where they are afraid of something—strangers, the toilet flushing, being sucked down the bathroom drain, large animals—some children respond with only mild expressions of concern while others experience full-blown bouts of terror.

Parents of twins may observe these varying degrees of fearfulness in their children's responses to fear-provoking situations, when one child reacts much more intensely than his co-twin. Often twins exhibit a sort of "copy-cat" phenomenon, where one twin will struggle to learn a new skill and the other, after observing his co-twin's struggle, then seems to grasp the skill with little or no trial and error time needed himself.

With fears, twins exhibit a similar phenomenon. While one child may experience a fear intensely, the other is much calmer, almost as if the hysteria or fearfulness of the one alleviates the tension of the other.

Research has shown, that in some cases, the way children have been treated by others seems to make a significant difference in their fearfulness. For example, some studies have found that children who sleep with their parents in the same room or bed are more likely to experience excessive fears. Other research has shown that children, who are exposed to parents' fighting, whether with words or blows, are more fearful, especially if the fighting seems to be about the children or their care.

Interestingly, research has also found that children who are not disciplined or whose lives are not structured by guidelines and limits experience more fears. Two other strong factors contributing to both general fears and specifically fear of the dark are parents who themselves are afraid of the dark and model that behavior for their children, and scary programs on television. In regard to TV, it is important to recognize that children may not appear to be frightened at the time of viewing or be able to verbalize that what they are seeing is not actually real. However, they may later react fearfully in the solitude and darkness of their bedroom; conjuring up the monsters and creatures of the program or movie.

Sometimes children take their fear of the dark beyond the bedroom. They may be afraid to go upstairs once darkness has fallen, or be afraid to go into a darkened house without a parent. In most cases, this can be traced to fears generated by watching movies or other TV programs with violent content. In some cases, evening news broadcasts generate such fears, especially for children living in large cities with reports of nighttime urban violence.

Although most children outgrow bedtime-related fears by the age of four or five, some parents may find that their child has not, or that the intensity of the fear, the number of fears, or the frequency of associated behaviors such as nightmares seems to be extreme. If so, they may want to discuss their concerns with a mental health professional or their children's pediatrician. ❤️

HOW CAN PARENTS HELP?

- The first thing you can do to help your children through this stage is to remain calm, patient and reassuring. Realizing that this is a very normal stage of development will help you control your own anxiety—which will only contribute to your children's fear.
- Give plenty of hugs and affection and let your children know you'll come back if they need some extra reassurance. Be careful, however, that this doesn't turn into manipulative nighttime behavior aimed at postponing bedtime.
- Use a night light and/or leave the door open so that shadows don't seem so scary and the children don't feel so isolated.
- Check out the room to allay your children's fears. Look in the closet and under the beds with the children before they get into bed so that they know there is nothing there that shouldn't be.
- Monitor news programs by watching them with your children so that frightening events can be discussed and put in proper context.
- Avoid scary bedtime stories for your children in this developmental stage.

HELPFUL "DON'TS"

- Don't threaten your children with the bogeyman or other things that might "get them" if they misbehave. You'll be creating your own monster.
- Don't tell your children not to be afraid, and don't make fun of them for expressing fear. They can't help themselves.
- Don't allow viewing of scary movies on TV, especially before bedtime.
- Don't compare your twins to each other when one seems fearless and the other fearful—it can only hurt the self-esteem of the fearful child and it can establish the unrealistic and unhealthy expectation that both twins will experience life identically.

Check out this BRAND NEW Product created to help cure night terrors called **Lully Sleep Guardian**.

Dr. Andy Rink, the creator, is a young San Francisco physician who has a family history of night terrors. He decided to invent an app and a smart device while to fix the problem for young kids, and he turned it into a tech start-up.
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THE BEST of BOTH WORLDS

HOW PARENTS OF MULTIPLES RUN SUCCESSFUL HOME-BASED BUSINESSES!

by Christa D. Reed

Have you ever wondered how you could stay home with your twins/multiples while still having a career? In this fluctuating economy, many families struggle to make ends meet. We also know how expensive raising twins and higher order multiples can be and expenses can often double and triple for a family. How are parents getting more creative on ways they can stay at home with their kiddos while also earning income for their family? We asked our readers/followers to send us their success stories of ways they have made it work for their family and here are just a few examples of parents that are living the dream while staying home to care for their twins/multiples...

We asked each of these parents the following questions:

- 1 What do you do?
- 2 How many hours on average do you work?
- 3 How often do you get paid?
- 4 How did you get started or learn about this opportunity?
- 5 What are some additional pros and cons?
- 6 What is your best advice for other parents hoping to work from home?

ALLISON SMITH WITH LULAROE CLOTHING

- 1 Sell Clothing! Help woman feel wonderful! We carry clothing from size 2t all the way to woman's size 22. Leggings, Dresses, Skirts and shirts!
- 2 As much as I want to, I can put a ton of hours into working, or just as many hours as I can manage with twin toddlers and a teenager!
- 3 I get paid when I sell my inventory, sometimes it takes a few days to process through the site when credit or debit cards are used, but really there is no waiting period.
- 4 I had an awesome triplet mom friend of mine schedule an online pop up, I took a chance and purchased a pair of leggings, then I started buying more and more, became a "LuLaAddict" and decided maybe I should join, I had so many reasons why I should, and being a Mom of Twins it made a ton of sense, I get to get out of the house (if I want, I don't even have to leave my house to sell LuLaRoe) or I can work from home on the computer!
- 5 Pros: Your Income is what you want it to be. The sisterhood of LuLaRoe consultants are super awesome! The Company is beyond amazing in so many ways, they just sent us birthday leggings for their birthday! Everyone needs clothing, so it's easy to get your friends to shop from you, plus it's not like what you find in Target, or the mall! Your Schedule is flexible, I work a lot after the family is in bed, which works well for us! LuLaRoe is changing lives and helping woman (and men) reach goals and go after their dreams
Cons: I have yet to find any really, unless you consider the fact that I can't keep enough inventory for the demands I have! I sell it faster than I can order! I am however working on that and building inventory!
- 6 Set a schedule. Treat your business like a business and be professional.

Facebook business page: <https://www.facebook.com/LuLaRoeAllisonSmith/>

Facebook shopping page: <https://www.facebook.com/groups/lularoeallisonsmith/>

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WHAT IS LULAROE

Lulalroe is known for their high quality, unique fabrics, and flattering clothing designs for women and girls. Our clothing line consists of Dresses, Skirts, Tops, Work Out Bottoms, and Leggings in a wide variety of lengths and unique prints. What makes Lulalroe so unique? Lulalroe only produces 1000 pieces of clothing in a particular print. If you find a print you love, get it! Once it is gone you may never see it again. You may actually own a piece of clothing that no one else in your state owns. With Lulalroe all of our prints are exclusive to Lulalroe and there are 1,000 of prints and 1,000 of new products produced daily. All Lulalroe's products are high quality and manufactured within the United States to the specifications of our in house designer, Patrick.

WHERE TO BUY?

Lulalroe clothing is sold through independent Fashion Consultants at Lulalroe pop-up boutiques! As a Pop-Up guest come, try on clothes with their friends, laugh, and have a great time. People love the variety of products we carry and the way the different products fit. Unlike other direct sales company, you get to take your items home with you that day. No Catalogue, No Shipping fees. Lulalroe is also sold in private shopping groups on facebook. Each consultant has the option to create a Private VIP page for their clientele. For more information or to host a pop-up contact your fashion consultant.

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Kelly Bamm with Your Inspiration at Home

- 1 I educate and share my knowledge of cooking with different flavors from around the world with all natural spices, dukkahs, chocolate powder, oils and balsamic vinegars that contain no preservatives, no msg, no added gluten and no fillers. As a close friend that works in Direct Sales put it "You fit it into the nooks and crannies of your everyday life" I could not agree more! As a blended family with ten children my husband and I are consistently busy. Especially since we have one-week old identical twin boys! But a direct sales company allows me the flexibility to work from wherever and whenever.
- 2 You get paid into your e-wallet right away and then it is direct deposited into your checking account once a month.
- 3 We have nine boys and one girl, so need I say more that our boys are consistently eating. It was so easy years ago to buy processed food, but the health benefits were nonexistent. So I really started to eliminate that from our diets, but as we started to eat cleaner I found that I could only eat bland food so much. That is when I started looking for recipes and came across an established company, Your Inspiration at Home, that was launching in the United States. After researching production methods, talking with the CEO on her vision, and trying the products, I was hooked!
- 4 When researching companies Your Inspiration at Home was a HUGE opportunity that had not oversaturated the market. It was a company with a strong CEO that had a passion to help others. She even flew in from Australia to meet and launch our team! She visits the all the countries regularly and takes a true interest in her representatives. The company has been rapidly expanding and launching in new countries. This tremendous growth really sets a strong foundation for a Direct Sales Representative who is willing to put the work into it. Remember, Direct Sales isn't always for everyone. A representative has to be willing to think out of the box, communicate with strangers and educate them on what you provide. This must all be done while usually maintaining a household, errands, kids' events, etc. Do not stress out if you are more introverted and do not like doing home parties or trade shows. Another pro to many direct sales companies is the opportunity to do a lot of marketing on social media! Last, when jumping into a direct sales company make sure you sit down and talk with the leader you are going to work with. Will they provide you with strong leadership, allow you to flourish at your own pace, but assist with getting you to think outside the box?
- 5 Have an open conversation with your partner about why you want to work, what changes would need to be made to work from home, and what you think would be a great company to work for. A supportive partner is worth its weight in gold, but do not get discouraged if your partner is not on board right away. Talk with your leader and come up with a game plan that you can show your partner so they understand that even if they are skeptical they will support this endeavor for a short period to see if you produce.
- 6 Other advice would be to research companies that look interesting to you. Evaluate the company structure, the history and passion of the founder, the product (including how they are produced), compensation plan, back system to ordering and growth opportunity. When you find that company that fits, sign up and hit the ground running!

<http://yourinspirationathome.com.au/> • Kellybamm@gmail.com

Dewayne Harper Owner of Twin Peaks Coolers



- 1 We are in the business of the ever popular tumblers and coolers that seems to be the rage today. We offer a dealer program so others may sell our product from home or a store front.
- 2 On average having the business enables me to work 15-20 hours a week freeing up time to chase my twin boys around.
- 3 Being mostly web based I am able to get paid daily which also makes it attractive to prospective dealers.
- 4 After dealing with another company that sold these type products with less than par customer service I decided to research and took a chance. It has given me the free time to spend more time with family and friends which today is rare.
- 5 I would have to say that the only down fall to this is I don't get the chance to meet the dealers face to face but have and always will be the one to communicate with them.
- 6 If I could give one word of advice it would be to dream and build a legacy for your children

www.facebook.com/Twincoolers/

The advertisement features the Advocare logo at the top. Below it is a blue banner with the name "Jennifer Eason" and the text "Advocare Distributor & Mom of Twins!". The main text asks "Are You Up for the Challenge?" and provides the website "http://www.advocare.com/H062484" and the phone number "(361) 290-9088". At the bottom, there are images of various Advocare products, including a box of MNS 3, a box of Fiber, and a box of 24 Day Challenge.

HEATHER KARPINSKY OWNER OF Baby A & Baby B Clothing



- 1 I spent time developing and launching a brand new product from scratch over the last two years. I have been focused on product development, packaging, sourcing, and developing product awareness through marketing, public relations, customer service, and networking. I am now analyzing marketing approaches to see what strategies work and which do not. Baby A & Baby B is an organization where the buck starts and stops with me.
- 2 Every day is different. My work day can be anywhere from 3 to 10 hours depending on the day and its requirements.
- 3 My business is still very new, so paying myself is done when possible. Most of our profits go straight back into growing the business.
- 4 Baby A & Baby B started in 2013 when my boys were just 6 months old and I struggled to feed them pureed foods. I always felt so silly juggling separate bowls and spoons while frantically trying to feed them. When my son Gavin developed a food allergy to apples (his twin brother's favorite puree) it added a new challenge to feeding time. It was a stressful experience and I hated making them wait so long in between bites. I searched online to try to find something that would make the process easier, but was unable to locate anything, so I started looking into doing it myself. It was important that we created a product that would stop the spread of germs, keep foods separated, and make the process easier. We started using the first model of the twin feeding set for my boys when they were 7 months old and we tested out the product for 6 months before we thought about selling them online. The twin feeding set has enabled my twins to eat their favorite foods at every meal. It was a dream come true for us because it turned a stressful time into an enjoyable time for everyone.

- 5 Starting my own business has given me the best of both worlds. It enables me to be at home with my boys while letting me use my experience in customer service to help others. My new role has helped me grow personally and professionally while connecting me with parents of twins from around the world. This role has also taught me lessons in prioritizing. The hardest part of working at home is taking a moment for yourself, which as a parent of twins is not too often.



- 6 Look for a position that will be a good fit for you and your family. When I graduated from Albright College in 2002 I started working at MBNA, a bank based in Wilmington, DE. I took a position in customer service that taught me to "think of yourself as a customer" and "success is finding a better method." When MBNA was sold, I took a new role in development at the University of Delaware. I helped to raise money for scholarships, programs, and research. The birth of my twins altered my plans and going back to work was not possible. My salary did not cover the cost of daycare and coupled with my husband's hectic career as a helicopter pilot we agreed it was best for me to stay at home with my boys. My focus was on nurturing and caring for my twins, however part of me missed working. When I discovered how simple changes to the products I already used every day would make parenting twins a little easier my journey as an entrepreneur began.

Baby A & Baby B LLC • Phone: 610-880-1172
Email: babyababyllc@gmail.com
Website: www.babya-babyb.com

JENNIFER EASON WITH ADVOCARE

- 1 Advocare gives you hope and energy! With Advocare I'm able to give us busy moms and dads some much needed energy to chase our multiples. I've never heard a Parent of multiples say I've got so much energy since having these babies. Yes they are miracles and absolute joy but it's hard to appreciate and function on 3-4 hours of sleep.
- 2 I work an average 20-25 hours' week
- 3 I get paid every 2 weeks but can get paid instantly if you have your account set up that way.
- 4 I had taken the product a few years ago and felt fantastic. I met my boyfriend who is my husband now and just stopped taking care of myself. I completely fell in love and lost the gym. Fast forward to having twins we were in desperate need of some energy and mental focus.

- 5 There are more pros than cons, Advocare has given me an opportunity to help people which is my passion. The people in the company truly work together as a team and will help in any way possible. As a distributor you have the opportunity to a variety of supplements and amazing discounts that will stay with you forever. You don't have a sales goal to reach every month in order to keep your discount, you don't have a reoccurring order every month in order to be a valued customer. You pay the \$79 plus tax to become a distributor and then an annual fee of \$50. That's it!
- 6 Make a schedule and stick to it. Ask yourself why am I doing this? What is my purpose and goals? It's all a trial and error process, celebrate your losses as well as your victories! Spouses encourage each other or select a friend or mentor who will encourage and motivate you.

<http://www.advocare.com/140624841>
Jennifer Eason / 361-290-9088

Holly Wood-Glasgow with PURE ROMANCE by HollyWood

PURE ROMANCE by Holly Wood

1 As a Consultant, I help you to keep the fun in your relationship or bring it back and you get to hang out with your girlfriends while I do it. The perfect products for relaxation and romance, education you crave but can't get elsewhere, and a unique opportunity to free yourself from the workplace. Ladies (only) host parties in their home & I bring the fun and products to them.

2 Including time at parties (average of 3 per week) 20-25 hours

3 I get paid at EVERY PARTY! I do not wait for a paycheck from the Corporate office.

4 I got started by attending a party with a friend. It was fun, the products offered were only acquired by going to a yucky store (even "nice" ones are) to get normally. Plus you got the products that night, NO WAITING.

5 PROS-I truly work for myself. I decide when to work, what to show at my presentations, how much money I keep in my pocket. Each consultant makes the decision of how much you want to make there is no cap or glass ceiling. CONS-I truly work for myself, which means I don't have anyone telling me to work. If I don't work, I don't make money. Some say a con would be because we carry inventory, but that is a benefit & helps you

6 make more money.

There are a lot of Direct Sales companies to choose from, look at the products offered, your buying discount/commission, and corporate requirements to active in business. Then set a schedule, this is for you & your family, nothing worse than a Mommy or Daddy who works all the time (no dinner, outing, vacation without business calls). When you are at work you are working whether in another room or office you need to focus and when done you turn off the lights & close the door (sometimes figuratively)!

I have not only been able to help make ends meet (groceries, kids sports, taking a day off from the FT job, etc.) but also made it to where we did extra things we never would have been able to do having no income on my part or a job (travel, camping). It's not just the money (which is awesome) it's the time I've bought myself. In the grand scheme, you only have your kids for a small amount of time (some of us less than others) spend it wisely. Direct sales give you the opportunity for the little time away from kids & spouse to keep you sane. Remember it's a balance that you control.

Website: www.PureRomancebyHollyWood.com

Facebook: www.facebook.com/COHollyWood

www.facebook.com/PureRomancebyHollyWood

Twitter: [COHllywd](https://twitter.com/COHllywd)

AMANDA CLARK WITH STEEPED TEA

1 Being a Steeped Tea consultant, I do in-home and online (Facebook) tea parties. Steeped Tea has a variety of over 100 teas, including one of the trendy 'foods' now (Matcha!) and also sells accessories (tea pots, infusers, mugs, travel tumblers, etc.), as well as baking mixes and spices.



2 On average, I put an hour per day into my business and I do one to two parties per week, each lasting 1-2 hours.

3 As consultants, we are paid monthly and enjoy a generous discount, incentives, and low sales quotas (the requirement is only selling \$100 every 6 months!! This is a major PRO) My three older children love drinking the teas iced and unsweetened which means much less juice in our household!

4 I learned about the Steeped Tea opportunity 3 months after my first son was born. I was trying to find a direct sales company that I would enjoy and mentioned to my husband that it would be great if I could find one that did tea parties (consumable product = return customers!). Sure enough, I came across Steeped Tea and became the first consultant in my community of approximately 20,000 people.

5 Additional pros to this business... showing people that the teas can be made iced, and alcohol can be incorporated for those "tipsy tea parties", low sales minimums, super tasty products to sell, easy to fit around my husband's work schedule, kids' naptimes/school times, gluten free options, etc. Trips and incentives are easily attained. The kit cost is low (\$99!), and the company was started by an Ontario mom of three with a very supportive husband. Steeped Tea is the biggest success story to come out of the Dragon's Den (Canadian version of Shark Tank). Steeped Tea also donates a portion of sales from the three fruit teas named after the founder's children to the Juvenile Diabetes Research Foundation! Cons... the people that don't believe tea can be fun! (Iced, used with alcohol, in cooking or baking) and think tea is just for granies. Or claim they are strictly coffee people and don't give the tea or other products a chance.

6 Best advice for other parents hoping to work from home - go for it! Often the startup cost is low and can be earned back quickly. Especially with having multiples, people are supportive and will support your business. Have your kids help if they are able, my 3.5-year-old loves opening shipments and helping me sort orders. For many consultants it becomes a family business.

amanda.822@hotmail.com

www.mysteeptedtea.com/amandaclark

www.facebook.com/steepedteabowvalley

[instagram.com/mandy822](https://www.instagram.com/mandy822) • [pinterest.com/mandy.822](https://www.pinterest.com/mandy.822)

www.twitter.com/SteepedAmandaC

KARI WILLIS WITH ITWORKS! Global

- 1 ItWorks Global is a growing network marketing business. We share health and beauty products with everyone! We guide business owners to helping as many people as possible gain the health and wealth they desire! We are all about 3 things: Friendship, Fun and Freedom!
- 2 Aside from my regular teaching job, I try and devote 2-3 hours a day to ItWorks! I would like to be able to devote more, but this is what is working for my family at this time! I am able to grow my business this way. Some days, I devote 5+ hours a day!
- 3 This is another reason I love ItWorks! I could get paid daily! We get our commission check once a month, bonus checks on Friday's and the possibility of making quick cash EVERY day!
- 4 My sister's roommate in college started posting about ItWorks on facebook. I immediately wanted to get healthier for my family. Once I looked into ItWorks, I realized this could be a way to make an extra income! I just knew from the beginning that this business was meant for me! I have always worked a 2nd job, but once I had my twins, that was no longer going to work for us. Now, I could earn an extra income while being home with my girls!
- 5 Pros: Helping others gain health and wealth. Getting emails daily about how much the product has helped someone, is so motivating. Those moments overpower any negative Nancies out there! Cons: Negativity from people who do not understand the product or the business. Once they realize they, too, could get healthy and wealthy, their theory changes!
- 6 Do not let your 'why' become your 'excuse'! Why do you need this business? For your family? For you? To pay off debt? To build a bigger college fund for your children? Do not let your 'why' take away from your business. You must know that YOU and your family are worth it!

Website: kariwillis2.myitworks.com
 email: kariwillis.itworks@gmail.com

 It Works!
HAVE YOU TRIED THAT CRAZY WRAP THING?

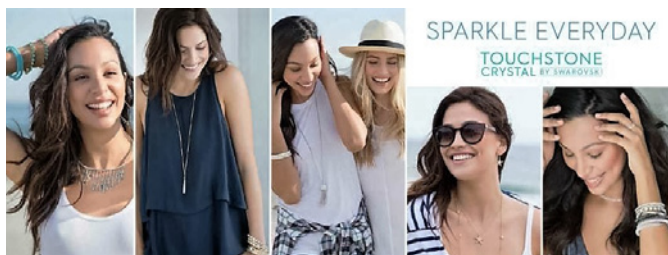


MARYBETH EVANS WITH TOUCHSTONE CRYSTAL by SWAROVSKI



- 1 Make Ladies SPARKLE!
- 2 20 hrs a week
- 3 Weekly
- 4 I went to a party and decided this is for me, and signed on as a consultant!
- 5 This company is great for meeting new friends, and enjoying unlimited girls' day outs or Girls nights!! This company gives you the mommy time that any mom needs while you are making money!! It adds Sparkle to your life!
- 6 I recommend it! I love being able to work in the pockets of my time and watching my little ones grow as I am making money!

www.touchstonecrystal.com/marybethandkate
Facebook- www.facebook.com/touchstonecrystal



KNOW THE FACTS BEFORE YOU Sign-Up!

My advice regarding Mary Kay and other direct sale companies is to use critical thinking skills. A red flag for me was at a "skin care class." The recruiter stated she was able to work her business because her husband made \$80,000/year. I thought that was strange, and I didn't need to know her husband's salary. A year later, she claimed SHE made \$80,000/year with Mary Kay, and her husband will retire in his 30's. The change in her story, plus her recruiting my sister, made me research this company. Cars are not won; they can only be kept if unit production is made. When the company boasts billions in sales, it is the wholesale purchases made by consultants.... consultants are the customers. I have asked my sister how much money she has made, and she said it doesn't matter because she is "investing." The prizes won are for ordering, not selling. I could share more, but the internet provides sufficient information if researched before becoming brainwashed. I recommend you check out pinktruth.com and do the research BEFORE you sign-up!

—Kelly Fought, mom to 11yr-old b/g twins



DOUBLE

TALK

DO YOUR TWINS SPEAK IN A SECRET LANGUAGE?

by Christina Baglivi Tinglof

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

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

THE DIFFERENCE BETWEEN PRIVATE LANGUAGE AND SHARED UNDERSTANDING

"The confusion comes because in twin children we observe two phenomena that are defined by parents as the single phenomenon known as twin language, secret language, or autonomous language," explains Karen Thorpe, Ph.D., Professor, School of Psychology at Queensland School of Technology in Australia, and the co-author of several research studies on this intriguing topic. To clear up the confusion, Thorpe calls the first type of twin language

private language, a rare form of communication used exclusively between the pair and not with anyone else. It usually occurs in twins that live in somewhat isolated conditions, perhaps in homes with little social interaction or verbal stimulation. Researchers also suggest that poor cognitive functioning can play a part in twins who use private language.

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

WHY DOES IT HAPPEN?

Some reports suggest that nearly 40 percent of twins engage in some form of "twin talk." But why is there such a high number? One explanation is the close relationship that many multiples share. Twins are naturally "high access" siblings, spending much more time with each other than say, two singleton siblings born years apart.

Thorpe says that twins are at an advantage since they have much more knowledge of each other and the circumstances surrounding their relationship. “The children are able to understand each other’s immature or imperfect speech because they know each other, share a social world and history,” Thorpe says. “It’s not anything out of the ordinary or different in twins. It’s much like married adults who are better able to understand each other because they are close.”

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

CAN A TWIN LANGUAGE LEAD TO SPEECH DELAY?

Although shared understanding with typical patterns of immature speech shouldn’t be a cause of concern, Thorpe cautions parents to pay attention and monitor their children’s language

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

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

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

And there lies the distinction according to Thorpe. “Some children have a communication together but also are competent speakers to others,” she says. “If children are playing with language together, understand each other well, and talk to people other than their co-twin in a way consistent with developmental norms, there would not appear to be a problem.”

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

Double play date, anyone? 

Christina Baglivi Tinglof lives in Southern California and is the mother of three sons including fraternal twins. She’s also the author of *Parenting School-Age Twins and Multiples* and the revised, second-edition of *Double Duty: The Parents’ Guide to Raising Twins*. Christina’s website is www.talk-about-twins.com.



We're Having TWINS!

HELPING SINGLETONS UNDERSTAND THE ARRIVAL OF TWO NEW BABIES

by Susan R. Cohen, M.D.

I was the happy mother of a nearly 2-year-old boy when we were told that I was carrying twins. My initial reaction was panic, even though, as a mother and pediatrician, I'd had a fairly extensive education to prepare me for the experience. My thoughts quickly raced from the practical, "How will I fit them all in my car?" and "How will I ever have everyone ready in the morning so I can get to work on time?" to the emotional, "What will they mean to Adam?"

Our son, Adam, a bright and personable little boy, was the center of our busy household. He easily answered such questions as "Who is the best boy?" ("Me!") and had the high self esteem that comes with being the one and only. He knew soon enough that something was happening to disrupt our household—Mommy was often sick and had to go to the doctor. Mommy

didn't chase him around quite as often as she used to. He responded to this in stride, giving me kisses and empathetic hugs, watching my belly expand.

OUR GROWING FAMILY

Adam's education began to incorporate his future siblings. He learned the concept of two fairly quickly. He could count two cribs in the nursery, two swings that appeared in our den, two homecoming outfits purchased ahead of time. He recited with pride that the neighborhood kids had mommies with one baby in their bellies, while his mother had two. He learned the concepts of big and little while comparing his old baby socks that I sorted through to his current "big boy" pairs. He clearly knew his colors, able to tell me which of the new outfits were to be his (blue) vs.

his forthcoming sisters' (pink). Adam was prepared for Daddy doing more and more with the use of five plastic toy elephants. During bathtub play, the "daddy" elephant got lunch for the "big boy" elephant while the "mommy" elephant rested and waited for the two baby elephants to come play. We played out what life might be like with a larger family, using our 2-year-old's favorite stuffed animals. We became keenly aware of and pointed out references to twin in our household. Bambi has twins at the end of our abridged Disney book and a bear has stork-delivered twins in the beginning of Dumbo. Adam didn't know how to ask questions about what was to be. We were fortunate in having the time to introduce the concept in a framework he could understand. Quietly, and over several months, the idea of the two new sisters became part of Adam's daily existence.

AWAITING THE BIG DAY

He also had other major life changes unfolding for him. Suddenly, moving him out of his crib and into his big-boy room became important to us. We did not want him to feel evicted by the twins. We chose bed linens and wall decorations he liked and rewarded any attempts on his part to stay in the bed—even if only to have a story read to him. We encouraged his increasing self reliance, realizing he was not a baby anymore. He perceived we were treating him with respect for his emerging skills and grinned with pride when we let him do little "chores" around the house.

As a full-time working mom, I yearned to spend more special, never-to-be-available-again, singleton mothering time with my boy. My husband, parents and I took vacation time with Adam a few months before my due date. Although it was difficult to be



told to leave work due to medical problems in the pregnancy, I used my time at home to read to Adam, watch him and reassure him. I found myself mourning the future loss of this special time with my son even as I anxiously awaited the birth of my twins.

I told Adam stories of what would happen when the twins wanted to come out. He seemed nonplussed to wake up to his auntie and uncle in our house when I was taken to the hospital for the first time. He simply accepted our explanation, “babies not here yet,” when I came home empty handed later that day. It was more difficult when I was hospitalized for preeclampsia four days prior to my delivery. Adam expected me to arrive as usual from my doctor appointment and cried when I didn’t come home to tuck him into bed. He slept in our bed that night. My husband tried to maintain his usual routine, which did help, but Adam was unsure and upset when visiting me at the hospital. I was happy I had purchased and gift wrapped some stickers and a small car for him and kept them in my overnight bag. Those things and his interest in my hospital bed control panel helped ease the situation. He was able to leave me at the hospital that night without tears.

BIG BROTHER STATUS

Our identical twins, Emily and Elizabeth, were born on Father’s Day. They arrived with much excitement. One of them had apnea and a resultant NICU stay. Adam met the girls and began playing with my bed’s control panel. Yet another little present—a stuffed animal “gift from the babies”—helped him to realize that they were a good presence in his life. Adam learned to kiss and hug his new sisters. He understood quickly that if they were sleeping, his parents were able to spend more time with him. We tried to attribute good things to the girls’ arrival. He was now a big brother entitled to big-brother benefits. We praised him often, especially for being good with the girls. Frequent small things, such as a pack of jumbo crayons, reinforced good behavior. Of course, spending time with Adam alone was still important to my husband and me. A trip to the store, a few minutes on the swing set, a bedtime story all fit the bill. Family members helped us find time for this.

Adam began to learn more about taking turns when the babies arrived. He understood that each child needed Mommy’s attention. I found myself telling the babies so Adam could hear, “It’s now your turn for a new diaper and then it’s Adam’s turn.” I enlisted Adam’s “help” in minding the babies in the car, asking him to tell me if they were sleeping or if the sun was on their faces. I was careful not to overdo this and make him feel like a servant. We are the most fortunate in having Adam’s grandparents, aunt, baby-sitter and others take turns reinforcing how special our little boy still is to us.

TIME AND EFFORT WELL-SPENT

Children need time to adjust to a new situation. We did the best we could in introducing the concept of twins slowly and in play situations to help our toddler understand the events associated with the birth of his sisters. We had familiar people picking up the slack

when I became less physically able to do things at home. We really strived to preserve a routine.

Now that I am back to work full-time, our lives are settling into a happy, if sometimes hectic pattern. Adam, Emily and Elizabeth seem always to have been part of our lives. I’m not sure any of us really remembers life without them. But one thing we are sure of is that taking the time to prepare Adam for the arrival of our twins was time well spent. It helped him to accept the changes in our family with ease and joy. ♥

Susan R. Cohen, M.D., of Sharon, Massachusetts, is a pediatrician in the city of Stoughton. She is the mother of three, including identical twins girls.

ADDITIONAL TIPS TO PREPARE YOUR SINGLETON

“Allowing our 2-year-old and 5-year-old to visit our newborn preemie twins in the NICU helped them get used to the idea of having them around before they had to share their living space with them.”

**Andy Kushner, father of four, including twins
Sharon, Massachusetts**

“What worked for us was minimizing the disruption in the family. I came home before the babies, which gave me time to re-equilibrate with the two older children. We all worked together to make a “welcome home” banner for when the babies joined us.”

**Linda Kushner, mother of four, including twins
Sharon, Massachusetts**

“Let siblings know the reason mom’s belly is expanding, is because babies are growing inside and getting ready to come out and meet the family. Get them involved and interested in the event before the babies arrive.”

**Debbie Dennis-Johnson, M.D., OB/GYN
Pasadena, California**

“Helping a child adjust from the role of only child to older sibling of twins is best considered part of the prenatal plan. Working to help an older child understand the impending birth of twin siblings and the resulting changes as positive and complementary to their relationship with their parents is an important inoculation for future sibling rivalry and conflict.”

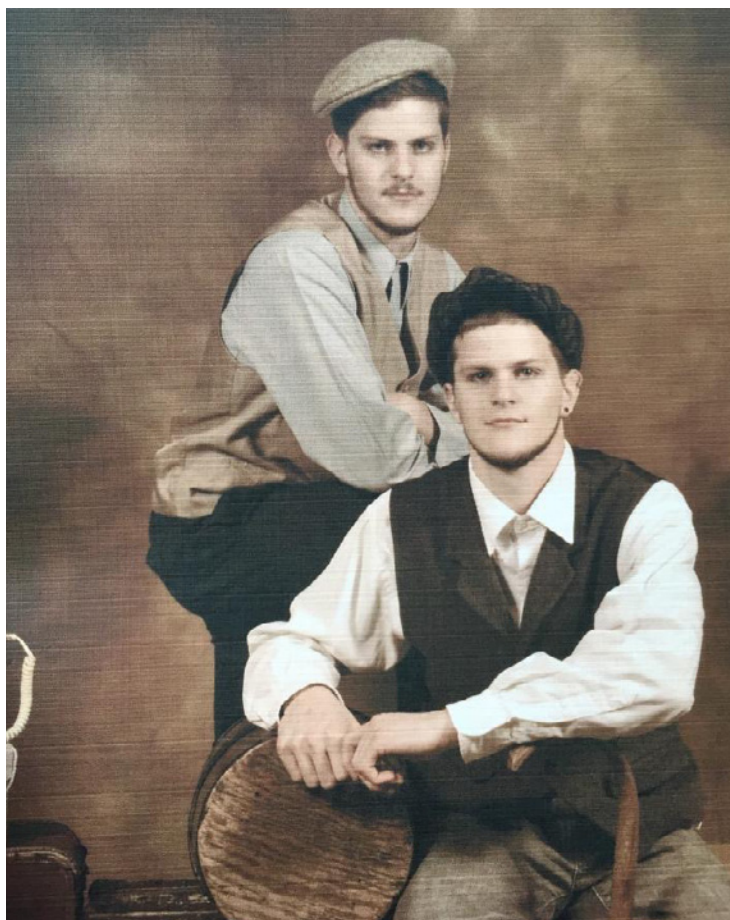
**Michael A. Goldberg, Ph.D.
Director, Child and Family Psychological Services, Inc.
Norwood, Massachusetts**



Even If We BEG

Bari Diane Adelman is a writer of personal essays, and a content developer for a marketing/PR agency. Her greatest thrill comes from helping people and companies delve beneath the surface to uncover their unique stories, which she then shares with the world. She's the mom of three great 'kids' in their twenties — a daughter, and identical twin boys. Website: bybari.wix.com/portfolio.

by Bari Diane Adelman



“Mom, please don't let us go to the same college—even if we beg!”

So implored my 18-year-old identical twin sons, Kevin and Corey, when college was just a glimmer in their identical sparkling blue eyes. They're 24 now, and college is well behind us.

Their request caught me off guard, as this was the first time the boys had ever spoken of the difficulty of navigating the yin-yang, push-pull of their relationship. They had never before acknowledged how hard it was to reconcile their conflicting desires to be together — yet apart. Close — but not too close.

Now, as college loomed, they were asking their loving mom to be their referee. Clearly, they didn't think attending the same school was the best idea, but somehow feared that when push came to shove, they might not be able to resist the urge.

I found myself getting nervous as the time grew closer. Would I have the guts to intervene, or the heart to separate them?

I had long been astounded by the closeness of their bond. From early infancy on I had watched them, wondering what was it like to grow up looking into the face of a brother who looked exactly like your own reflection in the mirror. I'd pondered what it might feel like to have a twin with the same genetic makeup you did.

I read a book by an identical twin who describes the daunting challenge twins face in having to hammer out differentiated and distinct senses of selves—despite their extreme intimacy.

As the mom of identical twins, I can assure you the extremeness of this intimacy is not exaggerated. I have marveled at it often, and caught glimpses of the psychological work involved in working through its intricacies.





cies. Watching my sons navigate their closeness, while attempting to carve out their own unique identities, has been endlessly fascinating.

But passive observation has been just half the story. The other half has featured me in the starring role of a mom actively attempting to parent her twins into two strong independent human beings. I was fiercely determined to do it well, afraid that if I didn't, the boys might become too attached at the hip, afraid to separate as they grew up.

Decisions needed to be made from an early age. When asked if I wanted to put them in the same nursery class or separate them, I decided to follow the prevailing wisdom of the time, which said it was best to keep them together in nursery school and separate them in kindergarten.

When the first day of kindergarten arrived, I was a wreck. How would the boys handle their big separation? In fact, they handled it like champs and managed being apart for six hours a day without a glitch. I breathed what would be the first, of many, sighs of relief.

Perhaps this journey would not be as difficult as I had anticipated. I turned my worry to academic performance. How would they handle their emotions if one or the other did better in school? Once again, my anxiety was for naught. Their grades were

almost identical — on both homework and standardized tests.

I graduated to fretting about their social lives. How terrible it would be if one were more popular than the other. They stole my thunder again. Highly sociable, they had no problem finding friends. Interestingly, they often shared friendships, as they naturally gravitated toward the same kids.

As the years passed, the desire to differentiate themselves from each other grew more intense. Although their interests were eerily similar, they managed to find ways to strike out on their own. While neither liked traditional sports, they took a liking to more 'extreme sports' — and, rather creatively, Kevin became a skateboarder, while Corey took up roller-blading.

When the adolescent need to assert independence through appearance hit, Kevin grew his hair long and Corey pierced his ear. (I survived). Both boys discovered a love of music, so Kevin took up guitar and Corey mastered the drums.

Finally, it was time to apply to college, and the big decision loomed large. But here, where the story might have taken a dramatic turn, it veers off in a surprising direction.

Kevin and Corey never begged to go to the same school. Somehow, when the time to choose schools arrived, both boys seemed to know from a place deep in their hearts, that it was time to forge their own

ways. Although they applied to many of the same schools, they ended up choosing universities that were one hour apart from each other. They wanted to be able to visit each other easily, and often.

Life went on and both boys attended college, even studying abroad in different countries. Separation seemed to come a bit more easily. Following graduation, Corey made the biggest leap yet, deciding to move cross-country for a unique job opportunity.

Fast-forward one year. Although Corey loved life in Wyoming, he felt strong pangs of separation. He called one day to say he was heading back East to join his brother in upstate New York. He moved next door to Kevin and the boys switched their career focus in unison. They are now training to be chefs! Their passion for food — and each other — has taken them in a direction neither they, nor I, could have foreseen.

Their grand plan? To open a restaurant together someday. Dual chefs — they've already trademarked a name, and spend their free time reading cookbooks, buying kitchen tools, and testing new recipes out on their friends.

For me, it's been a long, twisted road to learning that this was Kevin and Corey's journey all along. That my actions were never as powerful as their own, and that no one knew this better than they did.

Now that I've watched my boys work their way in and out of each other's lives over many years, I've come to understand that the challenge of negotiating their twinness was theirs all along. When I look back at the tremendous energy I put into trying to get it right, I realize I took on an unnecessary burden.

I've come to believe the greatest gift we can give our children is to take a step back and watch them forge their own paths into adulthood. Our most important responsibility may just be to give them the space and encouragement they need to grow into the adults they're meant to be—room to bloom, if you will. And then, of course, to stay out of their way. ♥



by Julie Blair

The Good Enough Parent

When Mrs. C., one of our favorite pre-school teachers, learned we were adding a third child to our family, she congratulated my husband and I with hugs. Then, she made an observation that made me do a double take.

“Three children are the perfect number of children,” she said, you won’t have any room for perfection.”

As a highly regarded 16-year veteran of our school’s staff and the mother of five successful children, Mrs. C. seems to perceive the notion as highly problematic for everyone. Striving to be the best that you can be is the right path, she argues, but perfection does not allow the natural failings that builds our negotiating and coping skills—keys to true lifelong success and happiness.

How I wish I’d had this sage wisdom when my twins were born.

At the time, I approached parenting with the philosophy that the harder you tried, the better things would turn out. Such an outlook served me well professionally but I learned quickly it was downright silly when it came to rearing babies and managing what evolved into a busy family life.

No matter how perfect I tried to be, I could not force my charges to conform. Oh, I tried—I even called in reinforcements—but in the end, I ended up exhausted and defeated—with unhappy babies.

Five years into my parenting experience, I know better. Thanks to trial-and-error, I’ve learned that being a Good Enough Parent is much more fulfilling—and much more fun—than being a Perfect Parent.

HERE’S WHAT I’VE LEARNED IN BRIEF:

- Sleep when the babies (and toddlers) sleep. If you’re exhausted, you’re no good to anyone.
- Try breastfeeding, ask for help from a lactation consultant if you struggle, but don’t feel ashamed or even bummed out if it doesn’t work out with twins. Plenty of formula-fed people grow up to do amazing things.
- Keep everyone on the same schedule. To do otherwise is to sacrifice your own sleep and, thus, your well-being. Again, you can’t help others if you are a mess.



- Find a sleep book you like to offer strategies and stick to it for three months. Without a routine, your wakeful nights could continue for years.
- Call all those people who offered to help you before the babies were born and give them specific tasks you'd like them to help you with, ie. "ironing," or "cleaning out the fridge." Don't worry, in a few years you'll be in the position to give back.
- If you run out of people to call and still need aid, raid the savings to hire good help. Low-interest college loans are readily available in the future but you'll never forgive yourself if you fail to enjoy your babies and young children due to complete exhaustion.
- Fast food is no longer a sin and downright imperative if you want to eat more than PB&J during your first two (or three) years of twin parenthood. Try the Dinner Station which assembles homemade frozen entrees for you, the prepared aisle of the grocery store, or chains like Baja Fresh which go beyond burgers and fries.
- Give up the spotless house—your kids won't remember it anyhow. Instead, give yourself two twenty-minute windows

of "house homework" per day. Work on hygiene—the bathrooms, the kitchen, the laundry. (If your mother-in-law is coming, spray some Lysol in the air just prior for that just-cleaned scent.)

- Take the children out of the house once per day, even if you're just going around the block in the buggy.
- Call one girlfriend from your previous life every couple of days even if you can only talk for eight minutes. If you neglect them, you won't have anyone to go to coffee with when the kids start preschool.
- Make new momma friends at the public library, the park and the swimming pool. These women know exactly where you are in life and can offer strategies on how to make more of your mothering experience.
- Invite your husband to join you in the bedroom for more than "Jeopardy." He won't mind your new cooking and housekeeping techniques if "dessert" is served regularly.
- Find a reliable grown-up babysitter and teach her to put your kids to bed. This will free up your evenings throughout

- elementary school while ensuring your children get the rest they need.
 - Find three inexpensive tween babysitters who live nearby and can jog over at a moment's notice to keep your kids busy while you take down the Christmas decorations, clean out the garage, bake a truffle. These girls will soon move on to boyfriends and play practice, so invest in several people.
 - Find a discipline strategy that is reasonable for both you and your spouse. Aim for consistency.
 - Remember that even if you have a bad afternoon—or day—you can start over the following day. Remind yourself that kids don't remember much before the age of five.
 - Don't stress over potty training. Few teenagers go to college in Pampers.
 - Don't stress over pacifiers. Your twins might end up with horizontal teeth, but they'll fall out eventually.
 - Do check out what appear to be developmental delays. Your pediatrician, day care provider and schoolteachers will be able to guide you to service providers who can offer more detailed assessments. Tackle any issues with super-human strength.
 - Take lots of photographs and keep a journal or calendar to load up with memories. The days—and years—blur together quickly.
 - Carve out family time and family rituals—even small things like lunchbox notes build lifelong relationships.
 - Make birthdays a huge deal. You don't have to spend a lot of money to do this and your kids will long remember being cherished above all else.
 - Trust your instincts. You're usually right.
 - Take your birth control pills unless you're absolutely, positively ready to add another family member to your clan.
- Savor the good times, learn from the bad and know that life only happens once. ♥

Julie Blair is a freelance journalist who lives in the Dallas area with her twins and husband. She aims to follow her own advice.

Double Takes



Mom– Sam Wassel; Oliver & Trystan
Age 3, FR
Bargersville, IN



Mom– Stephanie Beelner; Harlow & Preslee
Age 2, FR
Kingsley, Iowa



Mom– Heather Stanford
Cadence & Emersyn, Age 5, ID
Nashville, TN



Mom– Michelle Robinson; Ian & Zane
Age 4 (in photo), FR
Fort Riley, Kansas



Mom– Katie Behringer; James & Audrey
Age: 17 days, FR
Drexel Hill, PA



Mom– Betsy Duncan; Abby & Alex
Age 9, FR
Orange Beach, AL



Mom– Tracy Koski; Noah & Nathan
Age 6, FR
Marysville, OH



Mom– Safora Bravo; Ali & Adrian, Age 9, FR
Alora, Abram, & Amelia, Age 3, FR Triplets
Hillside, NJ

May/June 2016



8

Mom- Erika Conner; Rory & Brody
Age 4 months in photo, FR
Vernon Hill, VA



10

Mom- Kathryn Brensinger
Kaitlyn & Kendall, Age 3, ID
Southlake, Texas



11

Mom- Cassandra Flottum
Grace & Landon, Age 5, FR
Cumberland, WI



12

Mom- Joanne Cooney
Lily & Luna, Age: 4-months, ID
Arbroath, Scotland, UK



13

Mom- Stephanie Jackson
Remy & Royal, Age 2 1/2, FR
Lompoc, California



14

Mom- Katie King
Logan & Levi Age 6, ID AND
Audrey & Violet, Age 1, ID
Fort Worth, Texas



15

Mom- Alexandra Endicott
Addison & Alaena
Age 11-months, FR
Columbus Ohio



16

Mom- Adelisa David
Alonzo & Lorenzo, Age 1, FR
Clinton, MA



17

Mom- Mary Sheridan
Liam & Teagan, Age 7-months, FR
Tillson, NY



18

Mom- Elizabeth Mark
Rebecca & Sierra, Age 3, FR
Military stationed in Chinhae,
South Korea



19

Mom- Gretchen Tilman
Tucker & Tate, Age 7-months, FR
Kirkville, Missouri

Double Takes



20 Mom- Nancy Fernandez Taylor
Dylan & Layla, Age: 10-months, FR
Bayside, New York



21 Mom- Grace Appiagyei
Arianna & Audrey, Age: 14-months, ID
Old bridge, NJ



24 Mom- Nomitha Cansdale
Barton & Benjamin, Age 4, FR
Shalimar, Florida



22 Mom- Jaime Patterson Kolton
& Kyler, Age 4, FR
Lawrence, KS



23 Mom- Jen Kleemeier; Calvin & Cece
Age 2-months in photo, FR
Cincinnati, OH



25 Mom-Dawn Antis, Gracie & Charlie,
Age 20-months, FR
Irvine, CA



26 Mom-Nikki Free
Gavyn & Dawson, Age: 3, ID
Falkville, Alabama



27 Mom- Kim Olson
Maddison & Emmaleigh
Age 15-months, FR
King George, VA



28 Mom- Julia Arcand
Benjamin & Patrick, Age 1-week, ID
Londonderry, NH



29 Mom- Erica Resar
Jackson & Caitlyn, Age 7, FR
Brunswick, OH



30 Mom- Stacy Odom
Skylar & Brielle, Age 13, ID
Houston, Texas

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31

Mom- Deborah Pan
Grant & Lauren, Age 4-months, FR
Guilford, Connecticut



32

Mom- Jennifer Parks
James & Caroline, Age 3-1/2, FR
Woodside, NY USA



33

Mom- Gemma Gardner
Katelyn & Isabelle, Age 5, FR
South Wales, UK



34

Mom- Kelly Alvarez
Joey & Ritchie, Age 2, ID
East Petersburg, PA



35

Mom- Alexandria Toth
Sophia & Daniel, Age 3, FR
Port Saint Lucie, Florida



36

Mom- Ranez Henderson (Ray)
Douglas III & Hazel, 1 years old, FR
Compton, CA



37

Mom- Karen Ovenden
Theo & Thomas, Age 19-months, ID
South West London, England, UK



38

Moms- Judith Gacofano
& Jamie Lanzara;
Anthony & Julia, Age 8-months,
FR Jackson NJ



39

Mom- Iris Glover; Chloe & Lily
Age: 21-months, FR
Orlando, Florida



40

Mom- Kirby Duyns
Cadee & Taylor, Age 3, FR
Calgary, Alberta, Canada



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