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TWINS™

Coping with
night terrors

Are you a
helicopter
parent?

Get crafty this
HALLOWEEN

Is your life
too hectic?
Define your focus
and take control

“It’s not fair”
How to assign
twins chores

Toddler
Twins &
Tantrums

September/October 2017
www.twinsmagazine.com



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A NOTE FROM THE EDITOR

This is Halloween, everybody make a scene...

The lead up to Halloween is my favorite time of year. The weather turns colder, and I can finally dig out my warm coat and scarf. Pumpkins are suddenly available everywhere, and the world takes on a sudden orange hue as the leaves start to fall from the trees.

Of course this time of year can also be dangerous; every year there are news stories of things going wrong while out Trick or Treating, or of youngsters getting a little too carried away with the spirit of the season. That's why I've included some top tips to keep your little ones safe while out Trick or Treating (26).

If the Halloween season becomes a bit too much for your twins, then we've also included advice for dealing with night terrors (22), and the rules for assigning twins chores (18) — just in case they need a bit of a distraction!

We've also got some big news about the magazine... for the first time ever, we're giving it away FREE! See page 23 for more information about how to claim your free subscription.

Finally, the team here at TWINS™ Magazine would like to wish you a very spooky Halloween. Enjoy the longer nights — it'll be Christmas before you know it!



Sincerely,

Laura Cunningham

Laura Cunningham,
Editor-in-Chief

TWINS IN THE NEWS

Identical twin sisters gave birth just hours apart in the same hospital – while their partners, who are both called William, were at their side.

Rachel McGeoch and Beccy Pistone, 34, had their deliveries in adjacent wards at Mount Auburn Hospital, in Massachusetts.

Ms Pistone had earlier travelled to the clinic with her husband William 'Todd' Pistone to comfort her sister Ms McGeoch as she went into labour – and then went into labour herself.

She was put into a room next door to Ms McGeoch, who was with her fiancé William Bubenicek – but still managed to celebrate when Ms McGeoch gave birth hours later.



The world's oldest twins celebrated their 105th birthday on 23 September. Raymonde Saumade and Lucienne Grare were born and raised in France, and have always led active lives.

They credit their longevity to indulging in their favorite tipples: Raymonde enjoys Pastis, while Lucienne favors whiskey.

The French newspaper *Sud Ouest* reported the sisters enjoy socialising with their "young" friends, some of whom are barely 98.

Andrew and Elad Dvash-Banks are embroiled in a legal battle to get US passports for both of their one-year-old twins, Aidan and Ethan.

Andrew, who has dual Canadian-American citizenship and Israeli-born Elad got married in Canada in 2011, and decided they both wanted a child genetically related to them. With the help of a type of science called assisted reproductive technology (ART), the couple used an anonymous egg donor, a gestational surrogate and both of their sperm to create their twin boys.

They were born last year and the Canadian authorities recognised both dads as legal parents, naming both of them on the twins' birth certificates. However, when the couple decided to move from Toronto to the US they were told by the State Department: "if the child does not have a biological connection to a US citizen parent, the child will not be a US citizen at birth."

They were told to submit a DNA sample to determine which, if any, of their twins could be granted citizenship. Andrew can either sponsor his son as his "step-son" for a green card, or attempt to adopt him, despite already being on his birth certificate as the boy's father.

"My son without US citizenship is legally considered my step-son...insane! I'm on his birth certificate! We hope to challenge this unfair law so that both my twin boys will be legally recognized as my children and be US citizens."



Coming next issue...

It's our annual Holiday issue featuring insightful articles and information all about tackling the festive season with twins.

We're now accepting your "Holiday-themed" photos of your twins/multiples to run in our Double Takes section.

Simply go to

twinsmagazine.com/double-takes

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FIVE OREOS NO MORE

by Kelly Sargent



When I entered the world, a reflection accompanied me. My twin sister, Renee, acted as a living mirror to me. As I grew into childhood, she looked like me in every way, right down to the same goofy grin. She pulled to the left when she walked, like me. She tossed her hair over her right shoulder, like me. She absentmindedly brushed bangs over her eyebrows, like me. But it would be years before I realized this “mirror” had not only been a fun novelty, but had also served as a means to see, shape, define, and, ultimately, know myself.

For many years, I thought that just because Renee and I were physically identical, it meant that we also had to behave identically. If one of us had an interest, the other had to hold the same curiosity. Renee liked to play basketball; so, I had to practice my dribbling. My twin cried when our mother scolded her for spilling grape juice on the carpet; so, it was my twinly duty to shed tears. When she wanted five Oreo cookies because “5” was her favorite number, I was compelled to ask for five Oreos as well.

Any differences between us, our parents imposed. To tell us apart, from day one, Renee wore red or pink, while I wore blue or yellow. Clothing, shoes, and birthday cakes were all identical in pattern and style, except for their colors. We grew up with identical pink and yellow bassinets, red and blue flowered sundresses, and pink

and blue striped birthday candles. Each one’s colors were banned from the other too. When I wanted a cherry sucker at the candy store, my sister snatched it from my hand and replaced it with a lemon one, insisting, “Red is my color.”

Somewhere in my teen hood, though, I realized that I hated basketball, my favorite number was 3, and I didn’t even like Oreos. And I knew these things because of – perhaps even in spite of – my twin. The day came during middle school when we needed to define ourselves as separate from each other. Sure, identical twins we were; yet, identical people we needn’t be. My sister joined the basketball team, and I joined the Drama club. She started jogging on weekends, while I spent my time reading teen novels. We learned to define ourselves by drawing lines between ourselves. Sports became her domain, and academics became mine. I secretly desired playing field hockey, but didn’t pursue it because sports – all sports – were reserved for her. I found out years later that in high school, Renee had had the opportunity to play the leading role in a school play, but she didn’t undertake it for the same reason.

By high school, family and relatives, as well as friends, had come to deem us as either the “strong twin” or the “smart twin.” Renee and I compared ourselves mercilessly, deepening the imposed line between us. We gradually accepted that I also held the exclusive claim to “niceness,” while she solely possessed the trait of “assertiveness.” Renee grew to become more outspoken, as I developed a more unassuming and gentle demeanor.



TALES FROM TWINS

We succeeded in coming to “know” ourselves by comparison and contrast to each other; but, we had done so to such an extreme that Renee didn’t know that she was still smart, and I didn’t realize that I was also strong. I carried into adulthood this illusion of myself, and tried to reinforce it through choices I made. I played the “nice girl” early in a romantic relationship where, for many years, I tolerated behavior that was unkind. When my anger did flash, I told myself, “This isn’t you. Be nice.”

It got old, though.

I began to question what I thought I knew; I began to question who I am. My journey led me to a realization that being nice didn’t mean that I couldn’t be assertive; being kind didn’t mean that I couldn’t be outspoken about mistreatment. I had known my twin to be the one who was strong and in charge in our relationship, but that didn’t mean that I wasn’t also strong and couldn’t be in charge of my own destiny. I began to know myself deeper as I contrasted myself against my significant other. I came to realize that my beliefs differed from his on multiple levels. In examining my differences in expectations and personal values from those of his, I learned more about who I really am. I could not have further defined myself if I had not had him against whom to contrast myself. This process of compare-and-contrast that my twin and I had developed during our teenhood, later served in adulthood to open a window through which I was able to see the real me; and this gift, I credit to my twinhood. Throughout the process of separation and living on my own, I have discovered that I am nice and strong. I enjoy academia and physical activity. I’m awesome at reciting poetry and practicing yoga.

What I know today is that I play tennis well, eat chocolate chip cookies with gusto, and don’t have a blue piece of clothing hanging in my closet. Renee and I have plans to hike this weekend and take in a play. This is a fine place to be. ♡



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THE 'Oliver Twist' METHOD

by Carolyn Blodgett

Being the mother of twin boys has made me become quite creative. I have learned to think fast and lie even faster (a necessity!) They work as a team and I am on my own most of the time.

Adam and Andrew are notorious for being contrary. Dinner was always especially trying for this very reason. When they were around the age of three it was an especially difficult time in our lives. One of the boys likes peanut butter and dislikes jam; the other guy is all about the jam and just forgets the peanut butter. These are minor incidents but really just help to accentuate the struggle. If they are problematical with peanut butter and jam what happens when you add more components... more ingredients and more silverware?

Adam had gotten into the habit of not wanting anything that was presented to him...ever! This got old extremely quick and I truly had enough. One evening while I was preparing dinner, I got out place settings for four members of my family of five. I then filled the plates of Adam's twin brother Andrew and my oldest son Alex while my husband and I had the last two plates.

Adam was looking at me bewildered. I paid no attention to him but waited for him to speak. "Where's mine?" that sweet little voice asked. I gave him a questioning look myself and replied that he wasn't having dinner tonight. He looked around the table at everyone else and then said that he wanted to eat. I told him, quite matter-of-factly, that he could have dinner tomorrow night but that tonight he was just going to skip it.

I was not mean-spirited about it, I was not telling him he could starve but were merely conversational. He started to get a little indignant with me but I kept my cool and kept enjoying my dinner and talking to the rest of my family.

I was surprised and grateful that my other sons stayed out of this and didn't try to intercede on Adam's behalf. Andrew normally would've sat and argued with me about Adam's need to eat. Twins do have a habit, thankfully, of sticking up for each other; however tonight was not that night. This had to be all Adam's doing for it to really work.

Finally Adam spoke again letting me know he was unhappy with this arrangement and that he wanted to eat. I

told him that I assumed that since he was often so unhappy about what we were having for dinner that this meant that he would be relieved to skip it. He started to insist that he wanted to eat, that he liked my cooking, that it wasn't fair that his brothers were eating and he wasn't allowed to.

I gave a sigh and relented. I got his plate and fed him and he ate every bite in what I can only imagine was a show of will, that he was getting his way and had won the argument. I was fine with that considering that he ate and we didn't have our usual dinnertime dialogue of "I don't like this" or "Can I have something else?"

Sometimes both the twins are difficult when it comes to meals. They've requested ice cream or candy or Happy Meals instead of what I have prepared because they really like those things. In the end they must know that this is never going to happen but still, they try to wear me down.

There are many things I will negotiate with them like corn in place of peas; carrots instead of cauliflower, etc. Not dinner as a whole though. If I know for a fact that there is something that they have tried and don't like I, of course, don't push it on them but the rule is that we try new things.

I am like almost every mother out there by keeping a mental tally of what my kids have tried and liked or have tried and spit out. I started off with the trying of new things early with the twins. I was afraid that if they got older and started to try different things that they would be predisposed to what they were used to and shun the new things I was trying to introduce to them. However, if one of them liked something and the other hated it they would sometimes side together and both decide to not eat it. These are real situations with twins, the solidarity is wonderful but not with everything. I had to remember that even though they were twins it did not mean they were the same. It did not mean they would both like or dislike the same things and this can be easy to overlook.

It has gotten much easier over the years. We still have struggles, naturally, but I am so used to dealing with my twins that I can handle it. Thankfully I've never again had to resort to my 'Oliver Twist' method, it has effectively been retired and I have moved on to other ways of coercion. Ah, the things mothers do to accomplish even the simplest of goals. ♡

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by Dr. Charles Bowers

The
Extra Precautions
to take while
Pregnant
with
Multiples



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.

3 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.


4 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.

5 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.

6 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.

7 PAY CLOSE ATTENTION TO COMPLICATIONS: Warning signs such as bleeding, vaginal discharge, early contractions or pelvic 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.

8 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. 

EASY FOODS FOR INFANT TWINS

by Carrie Kartman

When my twins were five months old, I was thrilled to give them their first spoonfuls of rice cereal. I was breastfeeding, so this was a milestone in my liberation from being a full-time mommy milk machine. The future glowed before me. Anything was possible and they looked mighty cute with cereal all over their chins.



When they were six months old, I began worrying about what other foods they could eat, and by seven months I was practically stopping any stranger I saw pushing a stroller down the street to ask, "What do you feed your baby?" For many months the hot topic at our twins playgroup, and whenever two or more parents of the "under 1-year-old-gang" found themselves crossing paths, seemed to be what to feed our young ones. The need to find safe nutritious foods that didn't eat up our virtually nonexistent free moments with preparation was essential.

Of course there is always commercial baby food in jars. It's safe, sometimes palatable, and very convenient. Did I mention expensive? I opened far more pricey little jars than I ever thought I would because the five seconds it took to open a jar was precisely how much time I had to prepare the next meal for my ravenous duo. Sound familiar? And dry baby cereals such as rice and oatmeal are lifesavers, but you can't rely on those for absolutely every meal.

UNSOLICITED ADVICE

A well-meaning relative (my mother) gave me a cookbook of recipes for healthy baby meals filled with directions to "poach this, dice that and gently sauté the other," as

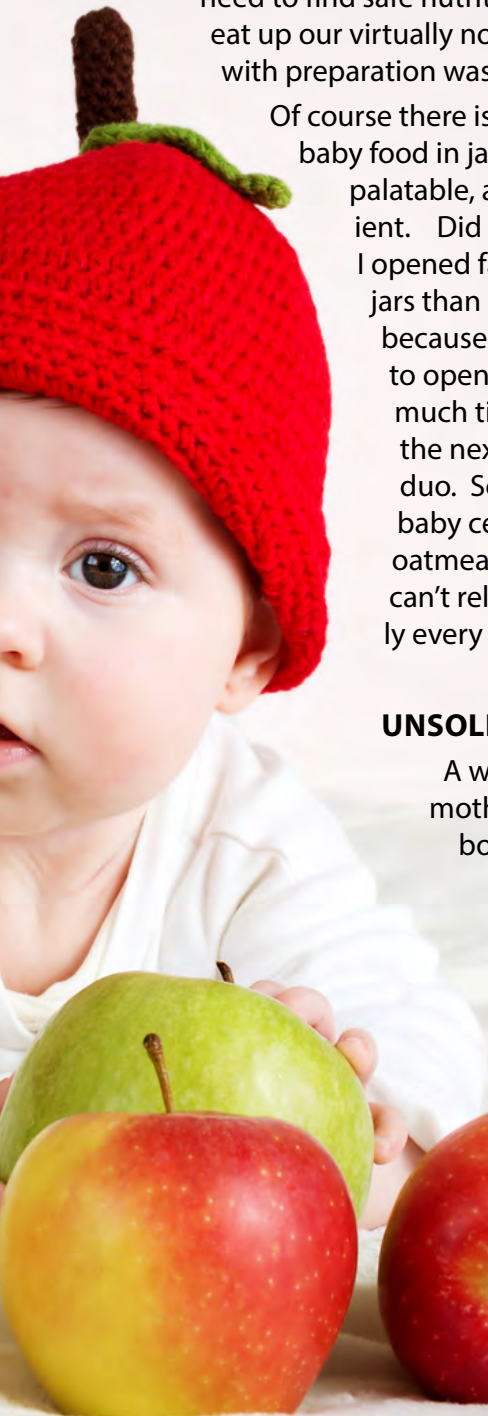
though such culinary feats could be fathomed, much less accomplished, with my schedule. Friends who were raising and feeding a singleton baby told me in chipper tones of their exploits with fresh vegetables, a food processor, plastic baggies and the resulting neatly packaged and frozen-for-rainy day homemade baby food. Just the thought of it tired me out. Through trial and error, talking to scores of other parents and a lot of label reading in the grocery store aisle, I eventually found an array of foods that with little or no preparation safely nourished my twins through their first year of life.

INTRODUCING NEW TASTES

Be careful when introducing a new food. Watch to see that your young ones can handle the texture and firmness without choking. Integrate new foods slowly—about one per week—to check for allergic reactions such as rashes, vomiting or diarrhea. Also, remember that a month or two may make a big difference in the foods your babies like and can manage.

Foods for babies from six months of age on: canned pumpkin; unsweetened applesauce, mashed bananas or melon; tofu (mine like the Japanese style 'silken' kind); yogurt; cottage cheese; unsalted crackers; breadsticks; mini rice cakes; cheerios, couscous, mashed pasta like macaroni or tortellini; and thoroughly steamed zucchini or carrots cut into quarters lengthwise (big favorites with my kids!)

Foods for babies nine months of age on: shredded cheese or string cheese pulled apart into thin strips; canned refried



WATCH FOR YOUR BABIES' CUES:

During the first year, there will be significant changes to your babies' diet. They will go from breast milk or formula exclusively to solid foods:

- When babies eat by pressing food against the tops of their mouths with their tongues and then swallowing, the food given should be extremely mushy.
- When babies start to eat with more of grinding motion, it's okay to add more thickness and texture to their diets.
- When babies' pincer grasp (thumb and forefinger) is well developed, they are ready to pick up more bite-sized pieces of food.

Although you might think baby food is bland tasting, do not season the food. Introducing salt or sugar does not allow your little ones to experience the natural goodness of the food.

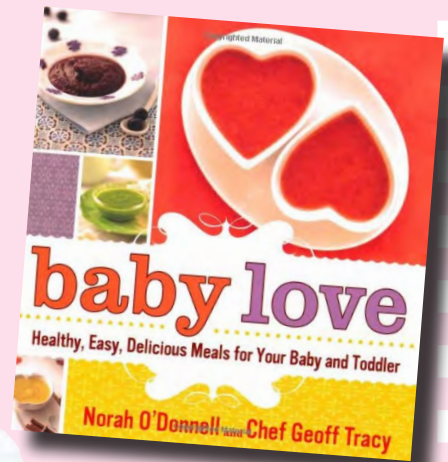
Source: The Mayo Clinic Complete Book of Pregnancy & Baby's First Year

beans (skip the lard and get low fat or vegetarian); toast with melted cheese or butter; bite-size shredded wheat well soaked in breast milk or formula (do not use cow's milk until after 12 months of age); cooked and well shopped spinach or peas; canned tuna with or without mayonnaise; matzo balls; soft polenta; and hardboiled egg whites. Finally, if you open a baby food jar now and then, you're in good company. Enjoy your babies now, cook later! ♡

YOU CAN DO IT!

Check out this fantastic book called "Baby Love: Healthy, Easy, Delicious Meals for Your Baby and Toddler" by Norah O'Donnell and Chef Geoff Tracy. Together they have three children (including a set of boy/girl twins) and these recipes are tried and true.

Now a cookbook that actually makes life EASIER for busy families today that have multiples and more! If you ever thought it was too hard to make your own baby food for your twins, you won't after reading this fab book.





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Twins & TANTRUMS

by Marinell James

TAMING TWIN TANTRUMS

What's louder, wilder and harder to stop than one toddler throwing a tantrum?

Ask Christy Pierce, whose 23-month-old twins, Malena and Marley, throw double-team tantrums. "Malena will become excessively clingy, then Marley will fight for my attention," says Pierce. "If I'm holding them, they'll try to shove each other off my lap."

Whether the screamfest is synchronized or serial, tantruming twins are far more challenging than singletons. To cope with the double whammy of twin tantrums, it helps to understand the twin dynamic and use strategies specifically tailored for two.

TARGET THE TRIGGERS

Twins have distinct temperaments, so parents must adjust their responses to tantrums accordingly, advises Carrie Kartman. When her twins, Caleb and Christopher, threw tantrums as toddlers, cuddling always soothed one. But for the other, hugging and holding was

unwelcome interference. Parents may have to "split the difference," says Noelle Cochran, PsyD and co-founder of Symbio, which offers behavioral and psychological services for families with young children. "It's a total balancing act. Calm down one and he'll be less likely to set off the other."

Between the ages of 18 and 36 months, twins, like singletons, are trying to figure out how much power and control they have and how to get more, says LeLe Diamond, MFT and Symbio cofounder. The stress of dealing with an ever-present "competitor" for parental attention, toys and other resources can be a tantrum trigger.

When Kartman's twins were toddlers, they struggled over toys: "Even if I got two of the same thing, they'd want the same one. It was totally about one having what his brother had." This is common among twins, says Cochran. "For a toddler to feel like they possess something, they actually have to be in contact with it. That's why it doesn't matter if you have two of the same thing. We see this with twins even when they're quite young. It's not about sharing, it's about possession."

To help her three-year-old identical twins, Ava and Olivia, be less "territorial," Terri DeCort writes their names on everything. Sometimes, even this strategy



fails – once her husband filled two “Ava” cups by mistake. The twins made sure he paid for his error.

Cups and what they contained were also a bone of contention for Kartman’s twins. “They always checked to see who had more. I had to use cups that weren’t transparent, so they couldn’t measure.” When Pierce reads to Malena and Marley, the girls fight over who gets to hold the book and turn the pages, and a tantrum sometimes results.

To resolve control issues between twins, Cochran suggests teaching behaviors such as counting, using timers and taking turns. Such cooperation is a critical part of helping twins manage their twinship, she notes. If these strategies fail, you can do what Kartman did – put the disputed object in “time-out” for 24 hours.

Transitions are another time when twins may feel they lack control and therefore throw a tantrum. “Try making it more gradual, by saying, ‘Is there anything else you want to do before we leave in five minutes?’ rather than, ‘We’re leaving in five minutes,’” suggests Heather Ditillo, MSW, Manager of Program Development and Training for the OneKindWord Program, which provides support to families with young children.

DEFUSE THE BOMB

Despite your best efforts, at times it’s impossible to prevent tantrums. Here are some do’s and don’ts for effective damage control:

DO:

Stay calm. “Children need to borrow our control when they’re out of control,” says Hedda Sharapan, director of early childhood initiatives for Family Communications

Inc., producers of Mister Rogers’ Neighborhood.

Try distraction. Pierce finds that taking Malena and Marley outside or giving them a bath soothes them.

Give the child space. DeCort has Ava sit on her Dora the Explorer couch until she calms down.

Reconnect. As the tantrum subsides, “hug them and let them know you love them, no matter what,” says Ditillo. “We all make mistakes. They need to learn that you come back afterward and make things right.”

Talk it over. When everyone is calm, talk about the tantrum and how things could be different next time. “Do it with the twins together,” advises Cochran. “Twins experience themselves as a unit. The one who didn’t have a tantrum is still part of the reconnection, and needs to see that mom isn’t mad at their sibling.”

Get support. Join a group specifically for mothers of twins. “If you’re around families with singletons, you feel like you’re underperforming,” says Kartman. “Any mom can pick up one screaming kid and get out of the park, but what do you do with two?”

DON’T:

Ask questions during a tantrum. “You’re asking them to think when they can’t,” says Cochran. “It will only make them fall apart more.”

Lecture. “Kids are not teachable when they’re having a tantrum or heading toward it,” says Diamond. Save the speeches for when they simmer down.

Ask for the impossible. Avoid saying things like, ‘I need you to calm down, can you do that for me?’ It puts too much pressure on the child to pull herself together for the parent’s sake, Diamond says.

Lose perspective. “We tend to get angry at children for being angry or having tantrums,” says Sharapan. “But their anger is a reaction to feeling powerless, frustrated, helpless or scared.”



the ABCs of assigning twins chores

by Patricia Edminster, Ph.D.

American family culture has long operated on the assumption that membership in a family entails responsibility as well as privileges—that everyone is required to work to the best of his or her abilities for the good of all members.

As far back as pioneer days, family members were expected to pitch in and help out for the common good. Children as young as 3 years old had daily chores to complete, such as spinning yarn, collecting eggs, etc. In those days, children knew that their contributions were really needed.

While today's parents usually know that helping out gives a youngster a sense of accomplishment and a belief that he has contributed to the well-being of the family, they are often so harried by the pressures of modern living that they often find it easier and quicker to do the job themselves or to hire someone to perform the task for them. The problem with these "solutions" is that they mean parents have to keep on doing the tasks themselves, for their children never learn how, and consequently, never get to feel the sense of accomplishment of a task well done.

After all, when all the time it takes to show the youngster how to do the job, work with him as he practices, check to see that he did it correctly and praise him for a job well done is added up, it often is a hefty figure.

These important goals of family chores are to help children learn the value of work, the responsibilities of family membership and the feeling of having accomplished a goal themselves. The earlier these are instilled in a youngster, the better off he will be—and the better prepared he will find himself for adulthood.

SHOULD PRESCHOOL AGED CHILDREN BE EXPECTED TO PERFORM HOUSEHOLD CHORES?

Absolutely. By helping out, children can acquire self-confidence in their abilities, a sense of pride in their contributions to the family's well-being, actual skills that will be important to them later in life and an appreciation for the tasks others perform.

HOW SHOULD PARENTS DETERMINE WHAT IS AN APPROPRIATE TASK FOR THEIR YOUNG MULTIPLES?

There are certain criteria which should be met before a job is assigned:

- The job should be within the child's range of abilities; he should also be able to accomplish it relatively well, given the coordination, ability to follow directions, physical size and intellectual level.
- It should be a real job—something that the child realizes is truly useful to the family as opposed to a "make-work" type of task designed to keep the child busy or to teach him a lesson.
- It should not always be a job that is disliked by older family members; jobs should be rotated so that different members of the family get more and less distasteful jobs, everyone taking his turn at each.

HOW SHOULD CHORES BE ASSIGNED?

Once the above-mentioned criteria are met, children should be given some choices as to which chores they are assigned, whenever possible, since some youngsters enjoy certain tasks more than others. When a task is disliked by all, yet falls within the range of abilities for all, it should be rotated among family members. Keeping a chart with the

chores listed down one side and the days or weeks listed across the top makes keeping track of “turns” easy.

Parents should begin by sitting down with family members and discussing what jobs need to be done and who is able to do them. By discussing the chores, your multiples learn more about the meaning of work and how everyone has a part to play in getting the business of family living accomplished. Parents need to make clear to their children that not all of the jobs are going to be fun and that “being fun” is not a criterion used in assigning tasks. Parents can help their little workers, however, by ensuring that once a task is accomplished, there is some additional time available for a fun activity like a story or a game.

Parents of both boys and girls should avoid sex-role stereotyping when assigning chores. While in some cases, each child may choose a traditional sex-typed task, parents should never assign tasks on that basis. (They should also monitor their own behavior in that regard; since it sends an important message to children about which person does what in a household.)

Once assigned, parents should let the child have some say in how the task should be done. For example, if it’s his job to help walk the dog, let him decide what direction to take on the walk.

HOW MUCH SHOULD PARENTS PRAISE THEIR CHILD FOR COMPLETING HIS/HER TASKS?

Parents should always offer praise when it

is meaningful, so for the first few times, they should praise the child for how well he/she is trying. After that, they should praise him/her occasionally when they have done an especially good job, and, once in a while, make it a point to be overheard by telling someone else what a good job he/she has done. They needn’t feel compelled to give their children rewards or to pay them for the performance of chores, since one purpose of assigning them in the first place is to help the child actively contribute to the family welfare and to recognize that all members of the family contribute, not for the reward, but as part of their responsibility as members of the family.

If parents praise too much, in fact, or if rewards are always attached to the completion of tasks, a child learns to expect and then insist on a reward for his performance. That opens up a whole new “can of worms” and defeats the purpose of assigning the tasks in the first place.

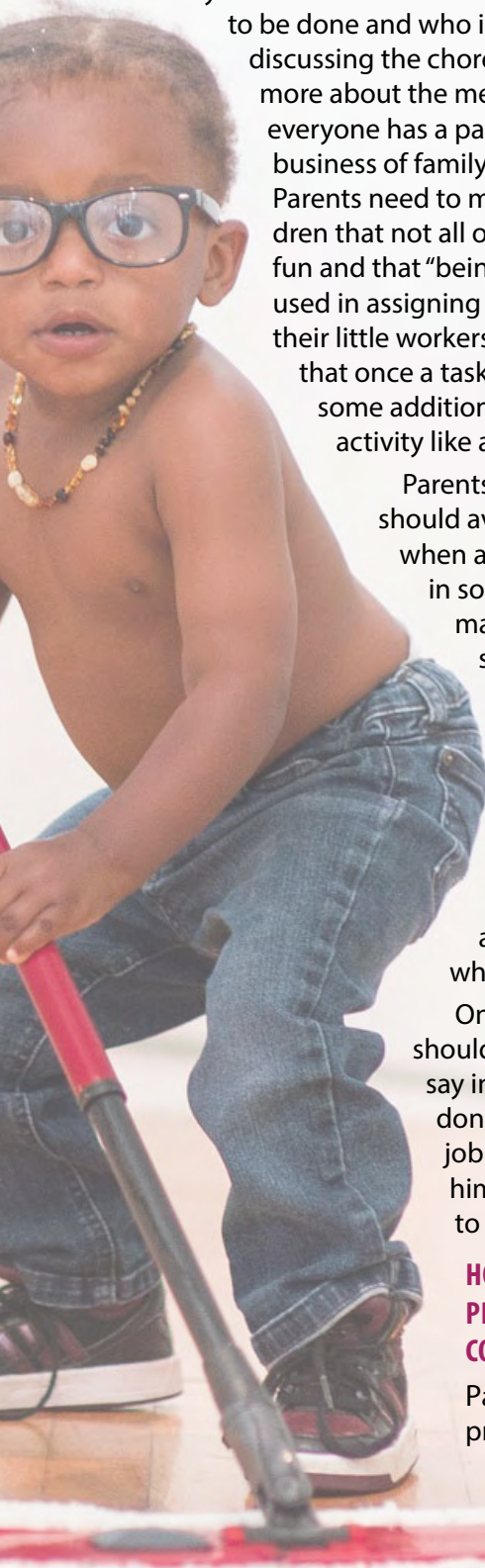
WHAT LEVEL OF PERFECTION SHOULD PARENTS EXPECT?

Parents can’t expect perfection of children, and therefore shouldn’t assign them jobs that require it. They should keep in mind that part of the purpose of family chores is to learn how to do something, so they should be available to teach their young multiples and to walk them through it the first few times.

Parents shouldn’t be overly helpful, however, or they will get the message that he or she isn’t really capable of the task, or good enough at it to suit adults. They also shouldn’t go back after the child has done his best and re-do or finish the job; that, too, sends the wrong message, for the child will inevitably find out and, again, feel diminished. Rather, the next time, parents should go over the steps of the task again with the child as a reminder.

HOW SHOULD PARENTS HANDLE ACCUSATIONS THAT THE ASSIGNMENT OF JOBS ISN’T FAIR?

Many parents of twins hate to be accused of being unfair. Rather than worry constantly about this problem, however, parents need to determine what the child really means by the accusation. In some cases involving twins, thinking about this issue helps challenge parents to better see their two children as separate individuals. Parents need to consider that what is right for one child may not be right for the other. They need only ensure that each child’s abilities and interests are looked at in the decision-making process as chores are assigned. ♡



TOOTH FAIRY

Magic

by Susan Coleman

I want to nominate the Tooth Fairy for a Nobel Peace Prize. She (or he) deserves it. That little winged creature is responsible for single-handedly putting an end to the "Battle of the First Tooth" between my twins. Believe me... I know what I'm talking about. I was there, in the trenches, in the midst of the battlefield. I witnessed the entire skirmish with my own two eyes.

A PROUD MOMENT

It all began when 5-year-old Jacob lost his first tooth and his twin sister did not lose one of hers. Jacob was very proud. Sarah was not. Jacob spent the day wiggling his tongue through the new empty space in his mouth. He called his grandparents and his best friend on the telephone. Sarah spent the day looking mighty glum. She rolled her eyes whenever Jacob showed his gums to strangers on the street. She lagged behind us at the grocery store, privately trying to wiggle her bottom tooth loose.

A FAIRY TALE

It's not that she minded her brother losing a tooth—it was the Tooth Fairy business that bothered her. She wanted to have the first visit from the fairy. She really wanted to be the one to wake up in the morning and be the one who got to explain the whole magical moment to Jacob. And why not? After all, she is the household expert on fairies. She has a fairy coloring book; she can name the flower fairy on every page; she has a fairy doll; and... for Halloween she even dressed up like a fairy. Now, you can't get more expert than that!



Jacob...well he has never once wanted to color in Sarah's fairy coloring book. "That's girl stuff," he would say. And now, here he was about to get the first visit from the Tooth Fairy—it just wasn't fair!

WAR ZONE

So the battle of the first tooth began. Whenever Jacob said anything about the Tooth Fairy, Sarah was quick to interrupt and correct him—loudly.

"Guess what? The Tooth Fairy is gold and she has wings and flies in through the window so we have to leave my window open tonight," Jacob said. Then you would hear Sarah reply, "Hmmmphff. Wrong! The Tooth Fairy is a ghost. She slips in through the walls. She is totally white with white eyes, white hands, white hair with a little bit of pink in the middle."

Jacob's voice now raised a little louder says, "She flies in through the window! She picks up my tooth leaves me money and takes my tooth to the factory in the sky. All the fairies work there and make teeth into a blanket."

Sarah then stomping her foot exclaims, "She gets money from the bottom of the lake where people throw it. That's the money

she gives us. She takes our teeth and uses them for herself."

Jacob now yelling, "She is quiet like a mouse when she flies through the window!" Sarah now really yelling, "No she is quiet like snow falling down when she slips through the wall!"

WHAT TO DO?

It was finally bedtime. As the sun set over fragile peace, my husband and I worried about tomorrow. We sought advice from our child-and-twin-care books and our sibling-rivalry book on how to negotiate peace, but they revealed no clue to solving our particular situation. We couldn't find the right advice anywhere. "I guess we'll have to think of something ourselves," my husband sighed.

PEACE AT LAST

All too soon it was morning. We heard the rustling of sheets and the fluffing of pillows from down the hall. My husband and I slunk down under the covers and hid. We peeked out from under the comforter in time to see Jacob dancing in our bedroom, waving shiny coins in the air and holding



a note he found under his pillow.

The note was from his tooth fairy. It said: "Dear Jacob, Thanks for the tooth! Take care of your new one. I will visit you again soon!" Then, Sarah, who was floating into our room, came in smiling and hugging a tiny piece of paper. "It's a note," she whispered to me in awe, "a note from my Tooth Fairy" It said: "Dear Sarah, I am your Tooth Fairy. I came along tonight just for the ride. But I will be back soon when you lose your first tooth."

Jacob danced around the house the rest of the day. Sarah danced with him. She smiled at her brother's new-found treasure and shared in his joy because she had the best treasure of all. She had a few magical words written on a tiny piece of paper. ♥

TERROR IN THE NIGHT!

by Steven J. Sainsbury, M.D.

After a long and busy day, I finally crawled into bed about midnight. My head had barely hit the pillow when I heard a blood-curdling scream from my 3-year-old daughter, Sara. Racing into her room, I found her sitting upright in her bed, both eyes open but unfocused. She didn't seem to recognize me at all. Flushed and sweaty, with dilated pupils, she appeared possessed as she screamed and thrashed about the bed.

Our parental instincts usually serve us well. Seeing my obviously distressed child, I felt a natural urge to pick her up and be of comfort—to hold and reassure her. Yet in this situation—a case of “night terrors”—to act on my instinct would have only made things worse. So as hard as it was to do, I simply watched over her from a distance to make sure that her thrashing didn't cause any injury, and waited for the screams to subside. In about 10 minutes, Sara had calmed down and was fast asleep. I can't say that I recovered as quickly.

MORE THAN A NIGHTMARE

Remember: Night terrors are not the same as nightmares. Nightmares cause a child to awaken with feelings of fear and anxiety over their remembrance of the dream. An occasional nightmare is normal, but recurring or frequent nightmares may be stress-related. New techniques have recently been presented that can help lessen the intensity or negativity of nightmares—for example, to review the nightmare, as described by the child, but then change its threatening aspects.

By repeating this exercise over and over again,

the child becomes desensitized. Eventually, the nightmares can fade or cease completely. When children have recurring nightmares and do not respond to some of the newer desensitization techniques, even in younger children, they may require the help of a therapist to reveal deeper issues of conflict.

Night terrors, on the other hand, are quite different. They seem to be a variant of a child's normal sleep cycle, particularly between the ages of 3 and 5. Sleep specialists label night terrors a “partial awakening,” as a child makes the transition from the very deepest cycle of sleep to a lighter type called REM (rapid eye movement) sleep. Occasionally, in the first few hours of sleep, children have difficulty with this transition. They end up being partially awake and partially asleep, manifested by such behaviors as sitting up in bed, talking softly, or making unusual mouth motions.

For the child with sleep terrors, this transition is even more pronounced, resulting in both physiologic (sweating, rapid heart rate, dilated pupils) and emotional (screaming, crying, thrashing about) stimulation. Such frightening episodes usually last only five to 15 minutes, although to the anxious parent, it may seem like an eternity. The, once the transition to REM sleep is made, the child falls back into a normal sleep. Mercifully, he will remember nothing of the episode when he or she awakens in the morning.

Sleep specialists are not sure why some children have night terrors and others don't. Most agree that night terrors are unrelated to stresses or trauma in the child's waking life, although

there does seem to be a genetic predisposition to this behavior. If either you or your spouse were sleepwalkers or suffered from night terrors as a child, then your children are more likely to do so as well.

Consider another contributing element. According to Ronald E. Dahl, MD, the Director of the Child and Adolescent Sleep Center in Pittsburgh, Pennsylvania, a lack of sleep may be a major factor. "It is very common to find night terrors in a child who has recently given up a nap, had a change in schedule, or is just not getting as much sleep as he needs," Dr. Dahl says.

Above all, if your child continues to have night terrors despite these measures, don't feel guilty. In most cases, there is no apparent cause for the night terrors, and as with other developmental phases, they will fade away. ♡

WHAT CAN I DO?

Most experts agree that the best way to treat terrors is to do nothing. Here are some tips if one of your twins/multiples experiences night terrors:

- Don't try to wake up the child. This will only cause more agitation, and may actually prolong the terrors.
- Stay calm. The child is not being harmed in any way, and will fall asleep soon. Protect the child from physical danger, particularly if she is thrashing about, but try to avoid holding her tightly against you, or otherwise restraining her.
- Don't reassure the child in the morning. He will remember nothing of the experience from the night before and may be confused as to what it is that he shouldn't worry about.
- Remember that night terrors are so labeled for the reaction they provoke in you, the observer. Your children will have no memory or harmful effects from the terrors they experienced the night before.

Like colic, potty training and the "terrible twos," night terrors, too, shall pass.

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Are things getting too hectic in your life?

Define your focus

by Joann M. Amoroso

When I was growing up, my mother had three baskets of ironing. She called them her “have-to-be,” “should-be” and “can-be-let-go” baskets. She would try very hard to make sure the clothes in the “have-to-be” basket made it back to the closet during the week. We occasionally wore a “should-be,” but normally just on special occasions. She was busy raising three little children and staying active in her community. Needless to say, I never saw the “can-be-let-go” pile go anywhere but to Goodwill. She even managed to turn the tasks that she could not complete into good deeds.

THINGS “TO DO”

Last weekend I had a “to do” list that really seemed endless, there were the typical weekly activities like grocery shopping and laundry, but I had also let a number of things slide that were beginning to pile up. We had missed three friends’ and one nephew’s birthdays. When I say miss, I mean like a bowling ball in



the gutter of the third lane over from where you were aiming. Weeks were turning into months and if we were going to remember these birthdays for this year we had to do something. Then we needed to get the kids outfits for the visit to the photographer that was scheduled first thing next weekend. I had scoured the closet and had come up short. Nothing fit, literally or figuratively, for the special picture.

Then there was the grass in the front yard. It had exquisite shades of brown in various patches that looked like a modern art piece gone bad—very bad. It was in desperate need of attention. We needed to balance the check-book—or at least see if it was anywhere near level. There was also the matter of five sets of pictures to be put into the album, an emissions test due for the car and that promise I made about getting the last of the “baby safety” items for the living room. We also wanted to call Jack’s mother to see how she was doing.



The list terrified us, because we knew that several things were not even written down.

THIS WAY AND THAT

The kids were up at 6:30 a.m. and ready to play. Then we had breakfast and went to story time at the library. When they went down for naps, my husband and I went back over the list. Jack took off for the lawn and garden shop while I did some quick catalog shopping. The birthdays were done in three phone calls. The stack of catalogs drives Jack crazy, but it sure came in handy that day. When Jack got back I left for the mall and the grocery store. I stopped on the way for an emissions test. I always like to take tests that I know I can pass.



The car did not let me down.

Three outfits, one sack of baby “safety items” and eight backs of groceries later I returned to find Jack and the kids playing before lunch. As we put away groceries, we called my mother-in-law and went on to lunch. I use to think I was a master of multitasking. Now I know that I did not even know what that meant.

FOCUSING ON PRIORITIES

The checkbook and the pictures sat on the desk all weekend and were still there when I last checked. We went to the park instead.

I think about my mother a lot as I am raising my three little children. Looking back, I

marvel at what she did in her life and how she did it. She was not a saint nor was she perfect. She was very human, loving and wise. I came to realize that it was not just ironing that she had in those baskets. She put everything she wanted to accomplish into three neat piles. She was the master at prioritizing, though she never would have described herself that way.

She made sure her family came first, then her friends, then her community. She never lost sight of what was important. When I think about what I want in my “have-to-be” basket, almost all the wrinkles in life easily slip into the pile labeled “can-be-let-go.” ♡

Five super HALLOWEEN safety tips for TODDLER TWINS

by Julie Boesen

Halloween is such a magical time of year! It is the day where kiddies of all ages dress up and become their favorite characters. It is also a free candy day for kids who go out trick or treating from house to house around your neighborhood. While it is true that Halloween is a magical day we need to remember that safety comes first for our kids, especially our toddlers. Here are five super Halloween safety tips to keep your little ones safe and to help them have a fun and happy trick or treating experience.

1 Always go with your toddlers to each and every house they trick or treat to. Don't just stand down by the sidewalk in the driveway. Physically go up with them to the house so you can see what candy they get and who gave it to them.

2 Do your trick or treating during daylight hours. This will allow you to make sure that your twins will be seen when crossing streets. It will also feel safer for your kids as well to walk around when they can see everything. Remember, some kids are afraid of the dark.

3 Dress your twins in light and bright colors so they are easily seen, even at night. Make sure the costumes you pick out do not obstruct your twins' view. Also, hem up those long dresses and robes so they are above the ankles. Excited kids run from house to house and you do not want any unexpected injuries.

4 If you do go trick or treating at night, make sure you pick up a bunch of glow stick and glow necklaces. Not only will your kids love to hold and wear them, it also makes your toddlers visible to drivers and other trick or treaters.

5 Make sure you check all the candy in your child's bucket BEFORE allowing them to have any. If you find any open candy, throw it out without question. Odds are they are going to get so much candy that they will not miss a few pieces. Also, throw out candies which are out of their packages or any homemade treats.

Keeping your kids safe during Halloween does not have to be a chore. You can be safe and trick or treat all at the same time. Just follow the above five simple guidelines you can help your toddler twins have a safe and happy Halloween! ♡



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HALLOWEEN



Spider Web plates

Punch holes in black paper plates and let your toddlers practice their fine motor skills by threading white yarn through to create creely spider's webs. Finish with foam spider stickers for the ultimate easy Halloween craft.

Source: annelilydesign.blogspot.co.uk

Easy Frankencups



Draw faces on cups with a black Sharpie. Add vanilla pudding tinted with green food coloring. Crush some Oreos to sprinkle on top of the pudding and there you go, fun and easy Frankencups!



Toilet roll Mummies

Tear toilet paper into long narrow strips, keeping the edges ragged and uneven. Give your toilet roll a thin coating of non-toxic glue, and press an end of a strip of tissue paper into it.

Wrap the strip around the toilet roll until you reach the end, and then press that end into the glue. Wrap a second strip around if necessary.

Wrap a long length of yarn around the tube several times and glue the ends in place. Attach googly eyes, and leave to dry for several hours.

Source: happyhooligans.ca

EEN FUNN



SKELETON MOUTHS

What's creepier than a decrepit skeleton mouth? Not much. For those of us who want to push a little nutrition on the kiddos come Halloween night, this easy mix of apple slices, peanut butter and mini marshmallows will do the trick. In fact, you can scare your kids even more by telling them their teeth will look like this if they eat too much Halloween candy... EEK!



Masking tape MUMMIES

Draw the outline of a body on black paper, and let your little ones rip and stick lengths of masking tape onto the shape. Cut round the outline and stick on some googly eyes for a quick no-fuss mummy.

Source: notimeforflashcards.com



HALLOWEEN rock Magnets

Choose smaller, flat rocks. If they are too big and heavy, they won't stay put. Paint them up into Halloween creatures. Black cats, pumpkins and ghosts are Halloween-y to us. Use the rocks' character. The ghosts look extra ghost-y due to their shape. Top it with a clear coat if you wish. Use a strong adhesive to connect a magnet to the backside.

Source: thisheartofmineblog.com



HELICOPTER PARENTING

**Avoiding the hover-
and-smother urge!**

by Alice M. Vollmar

Most parents of multiples are the center of attention in their circle of friends and their neighborhoods—just because their offspring are multiples. This kind of celebrity status and several other factors discussed below can lead to an unexpected parenting style—over protectiveness.

Because of the potential for destruction that two or more unsupervised little ones can accomplish, “backing off” and letting the suddenly mobile two make “mistakes” is often more freedom than well-meaning parents feel is safe. If the pregnancy was a long and hard-fought physical experience and/or the babies were premature, it may also be emotionally difficult to “let go,” even when it may be developmentally appropriate to do so.

Experts say parents must find a “medium ground;” however, that medium ground between concerned care for children’s well-being and overprotective hovering—termed by some as “helicopter parenting”—is

sometimes hard to find. Parenting books define “overprotection” as doing for a child what he is capable of doing himself. In that context, most parents are overprotective now and then: It’s when those incidents become pervasive that parents create a potentially harmful overprotective environment.

Why does an overprotective environment cause a child harm? Parent-education teacher Eileen Shiff writes in *Experts Advise Parents*, “If we protect him by solving his problems and saving him from the consequences of his mistakes, we leave him weak, vulnerable and dependent. Real protection means strengthening him... so he can cope resourcefully with the challenges that will inevitably confront him.” Sometime between a child’s birth and his adulthood, Shiff adds, “We need to stop trimming his nails, choosing his friends and anticipating his needs.”

But keep in mind that what’s considered overprotective in one culture might not be in another, and differs in rural and urban settings, points out

Lynn Galle, director of the Institute of Child Development Laboratory Nursery School at the University of Minnesota.

FOSTERING INDEPENDENCE

According to Galle, healthy parenting is “knowing when to nurture and when to let the child do for himself, when to be there so they don’t hurt themselves and when to let them try things.” She believes parents should begin backing off from controlling and directing a child’s life at least by 18 months or 2 years of age.

Melanie Tuininga adopts that approach with her 20-month-old identical twins, Katie & Kelly, and 4-year-old Emily. To determine what her children are capable of at what age, she reads books and talks to other parents.

“I don’t want my children to be dependent on me,” states Tuininga. “For example, when I wanted my young kids to learn to play by themselves, I played with them on the floor for 15 minutes or half an hour, then got up to do something else. I made sure they had plenty of toys; if they cried, I



told them, 'Now it's your turn to play.'"

Mary Ann Lee started giving responsibilities to her identical twins, Mary Pat and Mary Kay, now 29-years old, when they were young—from making their beds before they left the house each day to getting themselves out the door and to school on time. "We did set guidelines and had rules, and maybe we were a little overprotective in some areas. We always wanted to know where they were and who they were with, but we also expected them to make decisions and think for themselves rather than just going along with the crowd." Lee says whatever they did must have worked: Her twins went off to college, paid for their own college educations, are now kindergarten teachers, and lead independent lives.

That's the kind of healthy outcome parents envision for their twins. Ironically, overprotection, instead of shielding children from difficulties, makes it harder for them to deal with challenges and live independently, says Glenace Edwall, director of psychology services at Minneapolis Children's Medical Center.

EFFECTS OF OVERPROTECTING

"Overprotection doesn't allow the child to develop a sense of herself and play that out," notes Edwall. There's too much parent and not enough child in the self."

In general, children react in two basic ways to overprotection, says Edwall. "Either the child will be shy, withdraw and have difficulty in social situations, or he or she will rebel, push at limits and engage in a power struggle." Both behaviors signal that the child feels inadequate to meet challenges and master fears.

Edwall encourages overprotective parents to take the focus off their own fears and take pride in their children's developmental progress. "Kids pick up parents' anxieties," says Edwall. "Anxious adults have anxious children."

WHAT MAKES PARENTS OVERPROTECTIVE?

"Anxious, overprotective parents often feel vulnerable themselves," according to Edwall. Overprotection also may be tied to the current trend toward better educated, older parents with fewer children, notes Adam P. Matheny, Jr., Ph.D., in an article for TWINS™ Magazine called, "Fighting the Overprotective Urge." They may "invest more emotions and resources in a smaller family" and/or be more aware of potential problems, he adds.

OVERPROTECTION OR COMMON SENSE?

Nancy Herman's 6-year-old twins, Amanda and Thomas, were premature and in intensive care for two weeks after their births. Subsequently, she was very particular about who got to see them and who could come to the house. "We didn't go where anyone had been ill; and if my husband was exposed to a cold at work, he didn't go near the twins," recalls Herman. "I didn't take them out much until they were 6-months old."

When they went to Sunday school at age 2, if someone had a bad cold, Herman took the twins to church with them. "I still do that," she says.

"They do get to do things on their own, but I'm still really cautious," says Herman. "I think you have to be overly cautious when you have premature babies—you've got to protect them. You've gone through so much to get them here, and you are the one who can protect them. It's a fine line between what I do being related to their being premature and what is just common sense."

IF YOU HAVE BEEN OVERPROTECTIVE

If you tend to be overprotective, suggests Edwall, find ways to gradually let go. (See 'Stopping the Cycle' sidebar.) Even ill or sickly children need to be given age- and situation appropriate responsibilities and activities, stresses Edwall, who has observed a

tendency for parents to indulge them.

"Do what you can to encourage your twins to do things alone and with others, and tell them how mature and responsible they are being by staying in their own beds, for instance," she adds.

EASING GUILT FEELINGS

Parents who hover may initially feel guilty about stepping back and letting their twins make mistakes or experience the natural consequences of their actions. It's wise to remember that any change is likely to trigger new feelings and some internal resistance. Edwall advises talking to relatives and friends about their child-rearing experiences or finding a parent support group to hear different parenting perspectives. ♡

GIVE YOURSELF A 3-POINT OVERPROTECTIVE CHECK-UP!

1. Do you help your twins before they ask for help?
2. If you are concerned that your twins can't do a task, do you step in to do it for them?
3. Do you have rules and restrictions for everything? It's okay to be restrictive on a few things that matter to you, such as not allowing your twins to see violent movies, says Lynn Galle, of the University of Minnesota. But if you have lots of strict rules, she adds, "You may want to step back and look at what you are doing. If you are too controlling, your kids may become deceitful to circumvent rules which set them apart from their peers."

ADHD CAUSES

Parents and Family



by Dr. Yannick Pauli



Of all the public perceptions and misunderstandings about ADHD causes, the belief that parents are responsible for their children's poor behavior is the most difficult to dispel. Parenting characteristics (e.g., being too critical), home environment, lifestyles, and even pre-natal problems are said to exacerbate symptoms or place a child at high risk for developing ADHD. Let us examine this myth by discerning the facts from fiction.

FACT: THERE IS A GENETIC BASIS FOR ADHD

Yes, parents are responsible for their child's ADHD, but only indirectly! There is a lot of research that shows the relationship between genetics and ADHD; in fact, most medical doctors believe that genetics is the sole cause of the disorder. Studies show that children are more likely to develop ADHD if one or both parents also experienced the disorder. The genetic basis has been confirmed by twin studies, which reveal that identical twins are more likely to share the disorder than fraternal twins, even if they have been raised in different homes. There are no tests that can determine the presence of an "ADHD gene," and there is little to be done about which genes your child inherits. However, you can lower the risk of ADHD by removing the environmental factors known to trigger the disorder.

FACT: CERTAIN HOME ENVIRONMENTS TRIGGER ADHD

Just because a child is genetically predisposed to ADHD does not necessarily mean that the disorder will develop. ADHD occurs only when certain factors in the environment trigger it. Among these are lifestyle habits and the child's diet and nutrition. We have articles that discuss these environmental triggers in detail,

but suffice it to say that a diet of refined carbohydrates, food additives, and empty calories aggravates nutrient deficiencies or food intolerances an ADHD child might already have. A lifestyle filled with sedentary activities like video games also contributes to ADHD symptoms. What helps children overcome ADHD with lasting results is not medication, but a comprehensive treatment plan that includes lots of physical activity and a nutritious diet.

FACT: EXPOSURE TO CIGARETTE SMOKE AND ALCOHOL DURING PREGNANCY AND CHILDBIRTH PLACES THE CHILD AT RISK FOR ADHD

There are a number of studies that show how exposure to cigarette smoke and alcohol during pregnancy paves the way for ADHD and other neurological disorders. In fact, simply being around secondhand smoke is enough to interfere with a child's growing nervous system. There are many other toxins found in the home environment that can trigger ADHD, such as pesticides, certain cleaning chemicals, lead from old paint, and mercury from amalgam fillings.

MYTH: ADHD IS CAUSED BY POOR PARENTING SKILLS

This is what most people mean when they say that parents are responsible for the onset of ADHD in children. However, they are seriously misinformed. Children with ADHD can come from any family from any culture and socio-economic class. The onset of ADHD is not caused by parenting style; rather, it is triggered by the environmental factors mentioned above. This doesn't mean that there is little parents can do. Your child can recover from the disorder if you are willing to make environmental changes and provide a lot of parental support and involvement. Ask your health care specialist about what you can do to help your child overcome ADHD naturally. ♡

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1. Jack & Emma
2. Taylor & Alexander
3. Kingston & Kingsley
4. Rayna & Aria
5. Chloe & Phoebe
6. Bernadette & Frederic
7. Josiah & Jensen
8. Isaiah & Ilana
9. Caleb & Jacob
10. Ayla Christina & Robert Danger
11. Colton & Jayden
12. Jaxon & Jordan
13. Jameson & Jackson
14. Ariel & Jayce
15. Violet & Julia
16. Michael & Mason
17. Olivia & TJ
18. George & Anthony
19. Zachary & Ezekiel
20. Ezra & Evelyn

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- 21. Emilie & Alaina
- 22. Carlie & Rachel
- 23. Wesley & William
- 24. Emma & Olivia
- 25. Giancarlo & Alessandro
- 26. Peyton & Mason
- 27. Maxwell & Spencer
- 28. Carter & Bentley
- 29. Nico & Cesco
- 30. Nathaniel & Nakiesha
- 31. Gracie & Hannah
- 32. Bodhi & Skye
- 33. Alissa & Dakota
- 34. Aidan & Justin
- 35. Aiden & Ethen
- 36. Kenzie & Maddie
- 37. Kristyn & Katelyn
- 38. Taylor & Jessica
- 39. Finn & Lily
- 40. Kameron & Kylan



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