JANUARY 2024

THE
WINTER
ISSUE

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PREGNANCY ❤ BABIES ❤ PARENTHOOD

TWIN PREGNANCY
WEEK BY WEEK

TOP TIPS FOR
BREASTFEEDING TWINS

SLEEP GUIDE
FOR TWINS

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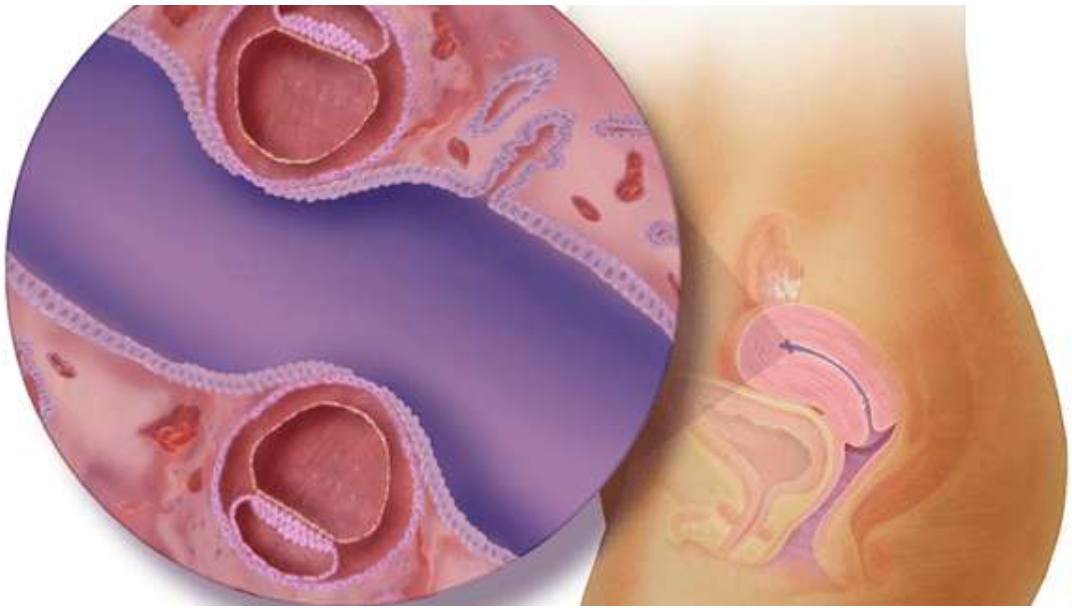
TWIN PREGNANCY

WEEK BY WEEK



AT AROUND 6-7 WEEKS, AN ULTRASOUND CAN CONFIRM IF A WOMAN IS CARRYING TWINS

During pregnancy, twins are a unique and exciting experience for many parents-to-be. As with any pregnancy, the development of twins is measured week by week, and there are some differences and challenges that may arise with a twin pregnancy. Twins in pregnancy week by week – Here is an overview of what to expect during each week of twin pregnancy:

➢ Twin Pregnancy 1st Trimester (1-12 Weeks):

During the first trimester of a twin pregnancy, the embryo(s) will implant in the uterus and begin to develop. Early on, it can be difficult to determine if a woman is carrying twins. As many of the early signs and symptoms of pregnancy are the same for a singleton pregnancy. However, women who are pregnant with twins may experience more severe morning sickness, fatigue, and breast tenderness.

At around 6-7 weeks, an ultrasound can confirm if a woman is carrying twins.

During this time, the embryos will have developed into tiny fetuses with rapidly beating hearts. By the end of the first trimester, the twins will be around 2-3 inches long.

Twin pregnancy week 1 – 4:
At this stage, the fertilized egg(s) will implant in the uterine lining, and the placenta will begin to form. If you are having twins. This will be the stage where the eggs will have split to form two separate embryos.

Twin pregnancy week 5 – 8:
During this period, the embryo(s) will continue to grow, and the heart will start to beat. The development of the brain, lungs, and digestive system will also begin at this time. With twins, the placentas will continue to develop. And there will be a separate amniotic sac for each fetus.

AT WEEKS 29-32 THE TWINS WILL START TO SETTLE INTO A HEAD-DOWN POSITION, WHICH IS IDEAL FOR DELIVERY. THE MOTHER MAY BE AT A HIGHER RISK FOR PREMATURE DELIVERY.

Twin pregnancy week 9 – 12:
By week nine, the embryos will have developed into fetuses, and their organs will continue to grow and mature. They will also begin to move around and may even be seen through an ultrasound. With twins, each fetus will have its umbilical cord, which will be attached to its placenta.

➢ Twin Pregnancy 2nd Trimester (13-26 Weeks):

Twin pregnancy week 13-16:
During this period, the fetus will begin to grow rapidly, and its skeleton will begin to harden. The mother may start to feel movement from the babies, known as "quickening." With twins, the mother's uterus will also continue to grow at a faster rate, and the weight gain will be greater.

Twin pregnancy week 17-20:
By this stage, the babies will be fully formed, and their organs will continue to mature. The mother's body will also continue to adapt to the growing fetuses, and the babies' movements may become more noticeable. With twins, the mother may experience more discomfort due to the extra weight and pressure on her body.

Twin pregnancy week 21-24:
During this period, the babies' lungs will continue to develop, and they may start to open and close their eyes. With twins, the mother may experience more frequent Braxton Hicks contractions, which are practice contractions that help prepare the uterus for labor.

➢ Twin Pregnancy Third Trimester (Weeks 27-40):

Twin pregnancy week 25-28:
At this stage, the babies will be gaining weight rapidly, and their lungs will continue to develop. They will also begin to sleep and wake in regular cycles. With twins, the mother's uterus may be more stretched and uncomfortable, and she may experience more fatigue and shortness of breath.

Twin pregnancy weeks 29-32:
During this period, the babies will continue to gain weight, and their body fat will increase. They will also start to settle into a head-down position, which is ideal for delivery. With twins, the mother may experience more Braxton Hicks contractions, and she may also be at a higher risk for premature delivery.

Twin pregnancy weeks 33-36:
By this stage, the babies will be almost fully developed, and their organs will be functioning well. The babies will be around 18-19 inches long and weigh around 6-7 pounds each. Women may experience more physical discomfort and fatigue, and may need to start monitoring their blood pressure more closely for signs of preeclampsia. They may also need to start preparing for the possibility of a NICU stay for the babies if they are born premature.

Twin pregnancy weeks 37-40:
By weeks 37-40, the babies will be considered full-term and ready for delivery. Women may experience more frequent contractions and may need to be monitored closely for signs of labor. They may also need to be prepared for the possibility of a C-section delivery if the babies are not in the optimal position for vaginal delivery.

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TWIN

BABIES SHOWER GIFTS

Diapers, diapers and more diapers!

Layettes, blankets, socks and burp cloths

Pamper products for Mom

Savings Bonds

WITH THE PREGNANCY BUG IN THE WATER SYSTEM

YOU ARE BOUND TO KNOW SOMEONE WHO IS HAVING A BABY, IF YOU AREN'T HAVING TWO YOURSELF.

PREGNANT WOMEN EQUAL SHOPPING TIME. HERE ARE 5 GIFTS THAT ANY MOTHER WILL MOST CERTAINLY BE APPRECIATIVE OF.

The twins' shower gift ideas are great for those who are shopping or for mom to put on their gift registry.

➧ Diapers, diapers, and more diapers. That is quite a bland gift but a very much-needed gift. I don't know any mom who will complain about having too many diapers with two newborns at home. To make diapers snazzy you have to dress it up a bit. You can find diaper cakes on lots of gift sites. Some come with as many as 150 diapers, plus booties, bibs, and tons of other essentials for babies, but all in the shape of an all-so-cute cake.

➧ Layettes, blankets, socks, and burp cloths. Chances are they are going to get tons of these. However, these gifts tend to come in newborn or 3-month sizes which after a few weeks probably won't serve its purpose anymore. Making this a great gift is if you buy them in larger sizes.
After a few months, mom still has brand new gifts for the twins to enjoy.

➧ Pamper products for Mom. The last few weeks of pregnancy are very uncomfortable and can be hard on Mom. Let Mom have the star treatment as well. Once the twins are born, Mom's 15 minutes of fame are over.

➧ Savings Bonds. A savings bond is a great way to help invest in the children's future. While everyone is thinking of now, you are thinking ahead. It may also help jumpstart parents to jumpstart on baby's future if they haven't already.

➧ Gift Certificates. You can never go wrong with a gift certificate. Mom and Dad get to choose what they want and you gave them that satisfaction. The obvious choice for a gift certificate would be where the registry is set up. If they do not have a registry set up, good choices could include their favorite supermarket (formula, diapers) or baby store. Another gift certificate idea could be a check card gift certificate. It works like a credit card and can be used anywhere.

Tip: I don't suggest buying clothing unless the parents-to-be suggest so. Chances are they have already gone shopping and couldn't resist those tiny adorable outfits.

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TWINS MOM SHOULD HAVE A HOBBY

MOMS THESE DAYS ARE VERY BUSY, BUT MORE STRESSED THAN EVER AND IN NEED OF LIFESTYLE CHOICES THAT HELP THEM BE HAPPIER. PURSUING A HOBBY MAY BE JUST THE TICKET.

Here are a few reasons why a hobby is a great idea, even for a busy Mom of twins.
Having a hobby relieves stress and tension.

Spending time with a hobby replaces negative thoughts and replaces them with positive thoughts and feelings. Having a hobby or creative outlet can lift your spirits and help with depression.

Unlike passive activities like television viewing, a hobby provides intellectual stimulation while simultaneously relaxing you. Repetitive actions like those used in knitting are especially calming.

Hobbies help you parent better
We are so good at signing our twins up for lessons and classes and encouraging them to have hobbies, even paying for these classes and driving them to and from! But we forget that we also need to learn new things and grow as people. Hobbies also connect you with other people who share your interests.

A hobby can help you maintain your separate identity as a real person and not just as a Mom of twins. This models healthy habits and boundaries for our kids. Hobbies provide a refreshing change from your daily routine

IF YOU'RE A STAY AT HOME MOM, YOU MAY BE FRUSTRATED BECAUSE AT THE END OF THE DAY YOU CAN HARDLY POINT TO ANYTHING YOU'VE "DONE"

If you're a stay-at-home Mom, you may be frustrated because, at the end of the day, you can hardly point to anything you've "done". This is because of the repetitive nature of housework and twins' care.

In generations past, women pursued hobbies like quilting, sewing, knitting, crocheting, and embroidery not only because they were enjoyable but because they provided tangible value to the family, either providing clothing for their backs or much-needed income.

Some hobbies like tennis, gardening, or belly dancing can even provide great exercise with all of its accompanying benefits. The best exercise activity is one that combines mind and body and is enjoyable to pursue.

Why not carve out some time to pursue your hobby Mom? Don't let a shortage of time stop you. Rearrange your schedule put YOU back in it, and start carving out time for your favorite pastime.

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TOP TIPS FOR BREASTFEEDING TWINS

INSIGHTS FROM AN EXPERT TWIN LACTATION & BREASTFEEDING CONSULTANT

Kathryn Stagg is a lactation consultant (IBCLC) and a breastfeeding counsellor based in Harrow in NW London, UK. She is a mum of twin boys and 2 others. Kathryn founded the Facebook group, now a UK charity, Breastfeeding Twins and Triplets UK to support UK-based multiple birth families to meet their breastfeeding goals. The Facebook group now has 10,000+ members and the charity offers funded 1:1 support, antenatal education, and webinars for health professionals. Kathryn has a small private practice offers in-home and remote support, and has a specific online course for expectant parents to learn all about breastfeeding multiples. She has also recently published the book Breastfeeding Twins and Triplets; a guide for professionals and parents.

Instagram @kathrynstaggibclc & @bftwinsuk
Website: Kathryn Stagg / Breastfeeding Twins
Telephone: 07719312795

LEARN ABOUT BREASTFEEDING BEFORE THE BABIES ARRIVE.

We are often so focused on the birth that we forget that we are going to have babies to look after and feed. Find an antenatal session that covers the basics of milk production, getting a good latch, and normal baby behavior. Twins are just babies, after all, they just happen to be born on the same day. But they will still behave like singleton babies. For more specific multiples related information, my online course and book are worth looking at.

Find your local support.
Whilst you are pregnant and your brain is still vaguely functioning, find your local breastfeeding support. This could be your health care providers or a charity-led or voluntary sector peer support service. There may be groups you can go along to. Also, find if you have any more qualified support. A La Leche League leader, breastfeeding counsellor or lactation consultant. An IBCLC (International Board Certified Lactation Consultant) is the highest level of qualification. You may be able to access them via your health service, or health insurance, but in many places, they are only available privately. In this scenario, perhaps find out how much your local IBCLC charges and start a fund.

Get a good latch.
There are many different breastfeeding positions but the basics of getting a deep latch are the same. Baby needs to be close to your body with their head tilted back looking up at the breast. Babies' arms should not be between their body and mum's body. The nipple is resting on the baby's top lip pointing up their nose. Stroking the baby's top lip with the nipple should encourage the rooting reflex and the baby will open wide, and they can be brought onto the breast. For small babies, shaping the breast a little with the other hand can help them get a big mouthful. Get support with the latch if you are in pain or babies are not feeding very effectively.

Feed frequently.
Babies have small tummies that need to be refilled frequently, and breast milk is very easy to digest. Milk production also works on a demand and supply basis.

So the more often you feed, the more milk you will make, and there will be a greater chance of your babies getting enough milk. Babies should be fed a minimum of 8 times in 24 hours (3 hourly) but in reality, most babies like to breastfeed more frequently. It is full-on, but as the babies get bigger, they become more efficient, feeds become shorter and they may even stretch out a little.

Early birth.
Multiples are more likely to be born early, and even just a few weeks can make breastfeeding more difficult. If your babies are born before 36 weeks they may have to go to the neonatal unit and you may have to establish your milk supply by pumping to begin with. Babies born around 36/7 weeks should be able to breastfeed straight away, but may be a little inefficient and may need some extra milk. It can be a good plan to do some pumping alongside breastfeeding directly in this scenario so that you can protect your milk supply. Once past 40 weeks, with patience and support, most premature and early babies can just breastfeed, if that is what the parent wishes.

Get help with everything else!
The old saying "It takes a village to raise a child" is so true, and even more so for multiples. Think about your support network. Will your partner be able to take some leave? Do you have family nearby who can help with household chores and cooking? Have you some local friends who could drop a meal on the doorstep, or come and cuddle a baby whilst you shower? Do you have any funds for a post-natal doula, mother's help, or cleaner? Do not be afraid to reach out for support. Humans are designed to live in small communities with everyone pitching in. We are not supposed to do this alone. And there are also lots of online communities that can support you with information and encouragement.

Tandem feeding
It is possible to feed both babies at the same time, one on each breast. This can increase the efficiency of the feed and mean you can get more sleep! There are many different positions you can try. However some find they do not enjoy tandem feeding, and in his case, you can just single-feed. Or do a mixture!

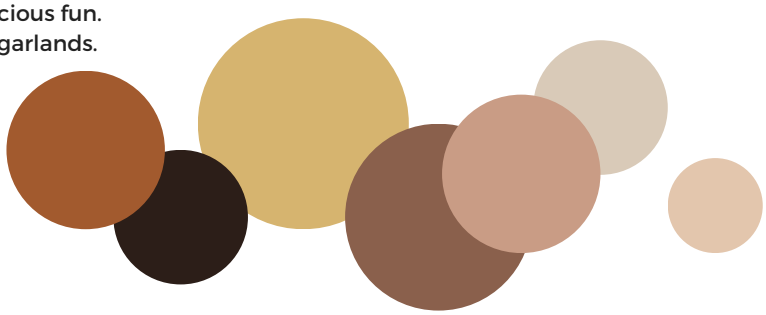
Follow my Instagram and subscribe for more content and support @kathrynstaggibclc

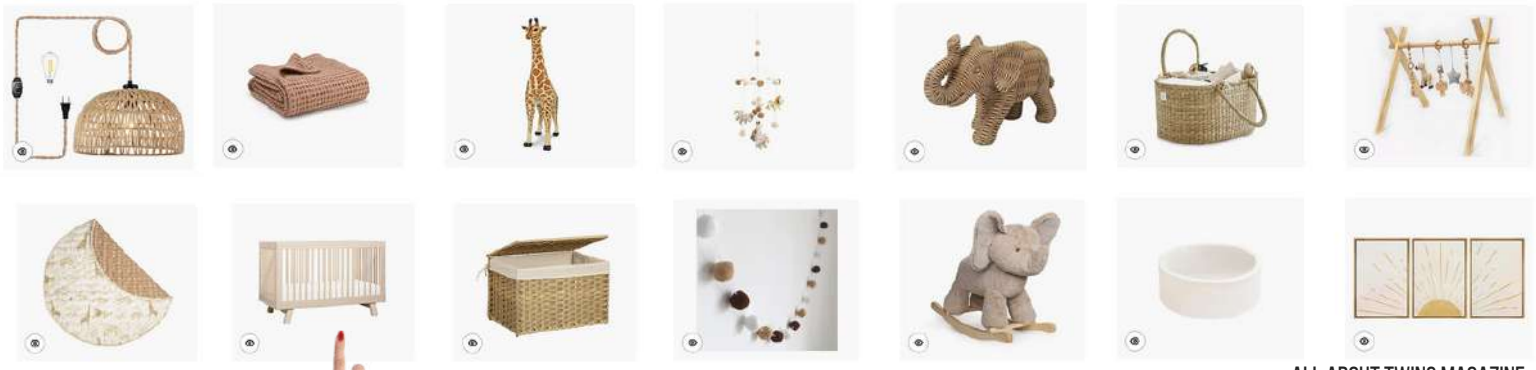
For group breastfeeding support sessions and Zoom workshops on topics such as sleep, Introducing a bottle, Introducing solids, Returning to work and night weaning book here.

GET INSPIRED

Your Dream Nursery Awaits:

- Hudson 3-in-1 Convertible Crib: Grow with your twins in style.
- Rattan Hanging Lamp: Warm and natural nursery lighting.
- Elephant Rocker: Adorable and eco-conscious fun.
- Boho Nursery Decor: Handmade felt ball garlands.
- Giant Giraffe Decor: A statement piece.
- Framed Wall Art.
- Baby Play Gym.
- Woven Storage Basket.
- Diaper Caddy.





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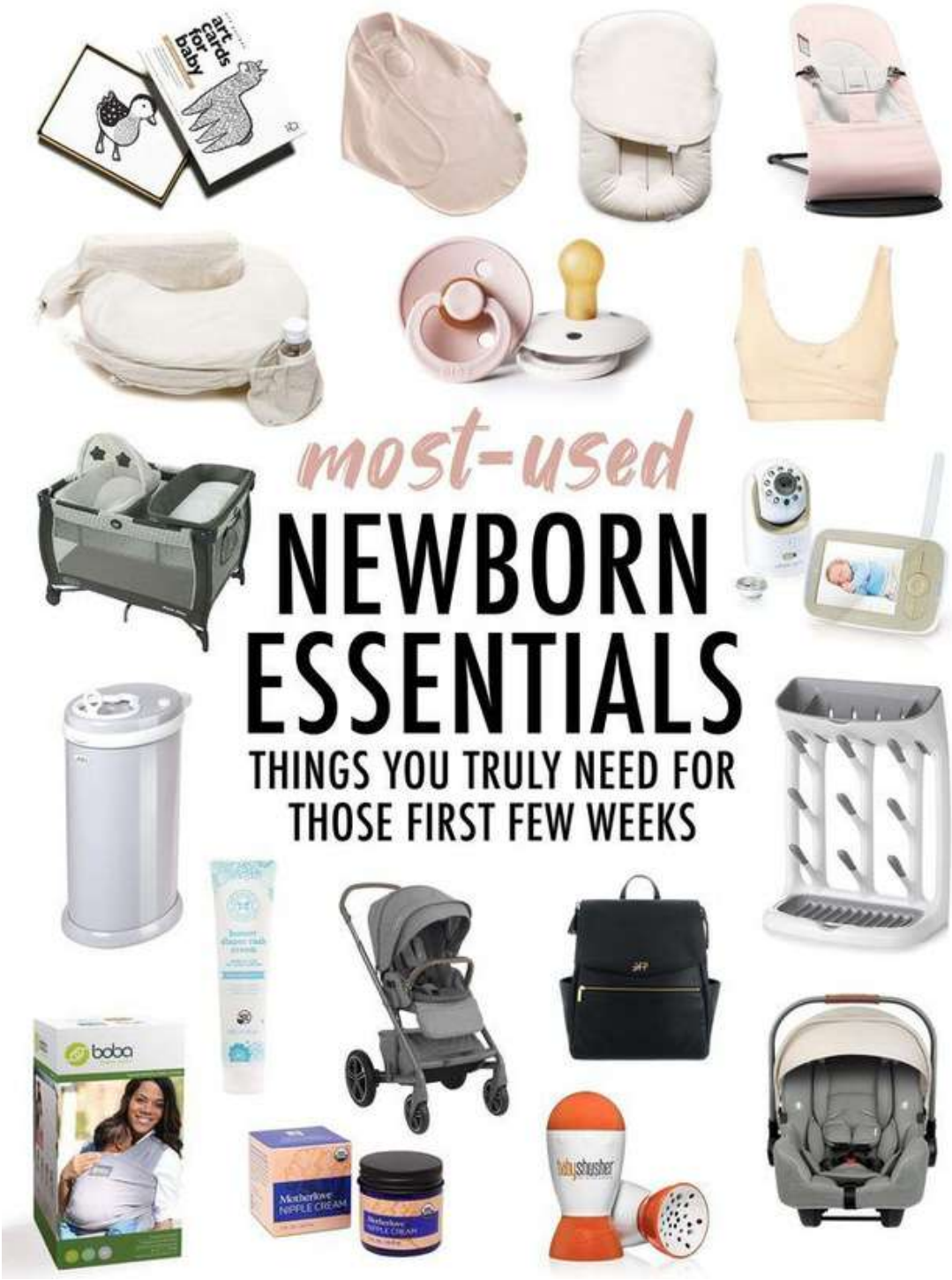
Newborn Twins ESSENTIALS

WHICH BABY PRODUCTS ARE ESSENTIAL FOR THE FIRST YEAR?
HERE'S A LIST OF THE MAIN THINGS YOU'LL NEED TO CLOTHE, MOVE, AND FEED YOUR TWINS, AS WELL AS GIVE THEM A SAFE PLACE TO SLEEP AND EXPLORE. DON'T FORGET TO SHARE THIS LIST



TWIN PARENTING MADE EASY

TWIN MUST HAVE ITEMS YOU CAN'T LIVE WITHOUT

FROM DOUBLE FEEDINGS AND DIAPER CHANGES TO MANAGING TWO SCHEDULES AND PERSONALITIES, TWIN PARENTING CAN BE A HANDFUL.

If you're a parent of twins, you know that raising two babies at once can be both rewarding and challenging. From double feedings and diaper changes to managing two schedules and personalities, twin parenting can be a handful. But with the right tools and products, you can make the journey easier, more comfortable, and more enjoyable for both you and your babies.

Here, we've compiled a list of twin must-have items and twins must-haves for every parent of multiples. These products can help you save time, stay organized, and take care of your babies with confidence and ease. From double strollers and carriers to nursing pillows and breast pumps. These items can make a big difference in your twin parenting journey.

Double Stroller
A must-have item for any parent of twins. Look for a stroller that is sturdy, easy to maneuver, and has adjustable features to accommodate your growing babies. Our top picks are the baby strollers which can be configured in multiple ways, have a one-hand fold, and can hold two car seats. Read more about choosing the best double strollers for twins.

Infant Car Seats
Another essential item for parents of twins. Look for car seats that are easy to install. Can accommodate your babies' weight and height, and have adjustable harnesses and headrests. Our top pick is the Chicco KeyFit 30 Infant Car Seat. Which has a one-pull harness tightening system and a removable newborn head and body support. Read more about twins car seats.

Double Baby Carrier
Allow you to keep both babies close and secure while keeping your hands free. Look for a carrier that has comfortable straps, is made of breathable materials, and can accommodate the weight of two babies. Our top pick is the TwinGo Original Baby Carrier. Which can be used as a single or double carrier, has an ergonomic design, and comes with a detachable backpack. Read more about choosing the best twin baby carrier for your twins

Twin Nursing Pillow
Provide support and comfort while breastfeeding both babies at the same time. Look for a pillow that has a wide and firm surface, is easy to clean, and can be used in multiple positions. Our top pick is the My Brest Friend Twin Nursing Pillow. Which has a wrap-around design that secures the pillow to your body, a convenient pocket, and a removable and washable cover.

Twin Bassinet
It can be a great option for parents who want to keep their babies close during the first few months. Look for a bassinet that has a sturdy and breathable design, can accommodate both infants and has a convenient storage space. Our top pick is the Baby Trend Twin Nursery Center. Which has two removable bassinets, a changing table, and a large storage compartment. Get more info about choosing the best cribs for twins.

Double Electric Breast Pump
Can help twin moms save time and increase milk production. Look for a pump that has comfortable and adjustable suction and speed settings. A hygienic design, and is easy to use and clean. Our top pick is the Medela Pump in Style Advanced Breast Pump. Which has a two-phase expression technology, a battery pack for on-the-go pumping, and a discreet tote bag.

DID WE MISS ANYTHING?? WRITE US !

➽ Twin Playard
It can provide a safe and enclosed space for your babies to play, rest, and sleep. Look for a playard that has a sturdy frame, is easy to set up and take down, and has adjustable features. Our top pick is the Graco Pack 'n Play Playard with Twins Bassinet, which has a removable bassinet and changing table, a large playard area, and a convenient storage pocket.

➽ Twin Diaper Bag
Is essential for parents of twins who need to carry all the necessary baby items for two babies. Look for a bag that has enough compartments and pockets to keep everything organized. Is comfortable to wear or carry, and is made of durable and easy-to-clean materials. Our top pick is the Skip Hop Diaper Bag. It has lots of pockets, including two insulated bottle pockets, and comes with a cushioned changing pad.

➽ Double High Chair
It can allow your babies to sit and eat together while keeping them secure and comfortable. Look for a high chair that has adjustable features, and is easy to clean. And can accommodate your babies' different sizes and stages. Our top pick is the Joovy Nook High Chair, which has a compact fold, a swing-open tray, and a five-point harness.

➽ Double Bottle Warmer
A double bottle warmer can help you warm up two bottles at the same time, saving you time and hassle. Look for a warmer that is compatible with different bottle sizes and types, has an automatic shut-off feature, and is easy to use and clean. Our top pick is Dr. Brown's Deluxe Baby Bottle Warmer. Which has an LCD control panel, a basket for accessories, and can warm up breast milk, formula, and baby food.

➽ Twin Baby Monitor
A twin-baby monitor can give you peace of mind by allowing you to monitor both babies at the same time. Look for a monitor that has clear sound and video quality, is easy to set up and use, and has a long-range and battery life. Our top pick is the Babysense 5″ HD Split-Screen Baby Monitor, which has a 5-inch split color screen, infrared night vision, and remote pan, tilt, and zoom.

➽ Double Electric Sterilizer
A double electric sterilizer can help you clean and sterilize multiple bottles. Pacifiers, and accessories at the same time, saving you time and effort. Look for a sterilizer that has a large capacity. Is easy to use and clean, and can fit different bottle sizes and shapes. Our top pick is the Philips AVENT Premium Baby Bottle Sterilizer with Dryer. Which can sterilize up to 6 bottles and accessories, has a dryer function, and sterilizes in just 6 minutes.

➽ Baby Log for Twins
The NovaaLife Baby Log for Twins with its' 50 pages dedicated to each twin, provides a convenient and organized way for parents to track important aspects of their newborns' lives, such as sleep schedules and breastfeeding sessions. Secondly, it serves as a memory book, allowing parents to capture precious moments and milestones of both twins' early years. Additionally, the logbook is invaluable for nannies or caregivers, facilitating seamless communication and consistency in caring for the twins. Overall, this Twins Baby Log is a practical and thoughtful tool that ensures twin parents can keep track of their babies' development and create lasting memories.

Twin Baby Bouncer
A twin-baby bouncer can provide a cozy and soothing space for your babies to rest and play. Look for a bouncer that has adjustable features, is easy to move and store, and can be used for different purposes. Our top pick is the Bright Starts Playful Pinwheels Portable Baby Bouncer. Which has soothing vibrations that help baby relax, delightfully spinnable toys, and soft fabrics with & a machine-washable design.

Double Electric Swing
A double electric swing can help your babies relax and fall asleep while giving you some hands-free time. Look for a swing that has adjustable speed and motion, is easy to assemble and use, and can accommodate your babies' different weights and preferences. Our top pick is the Graco DuetSoothe Swing and Rocker. Which has six swing speeds, two vibration settings, and a removable rocker seat.

Twin Nursing Cover
A twin nursing cover can provide privacy and comfort while breastfeeding both babies at the same time. Look for a cover that is lightweight and breathable. Has adjustable straps or buttons, and can be used in different positions. Our top pick is the Bebe au Lait Premium Cotton Nursing Cover, which has a flexible neckline, a patented open design, and comes in various stylish prints.

Double Bottle Holder
A double bottle holder can help you feed both babies at the same time, freeing up your hands and making feeding easier and more efficient. Look for a holder that is compatible with different bottle sizes and types, is easy to attach and adjust, and can be used with or without a carrier. Our top pick is the Dr. Brown's Bottle Holder. Which has a soft and flexible design, and can be used with most bottles and carriers.

Twin Pacifier Clip
A twin pacifier clip can keep both babies' pacifiers clean and within reach, preventing them from getting lost or dirty. Look for a clip that is easy to use and clean, is made of safe and durable materials, and has adjustable length and design. Our top pick is the Nuby Pacifinder Clip. Which has a universal fit, and a soft grip, and comes in a pack of two.

Twin Lounger
A twin lounger pillow is an essential item for parents of twins, and the twin boppy lounger is a popular choice. It's designed to provide a comfortable and safe space for both babies to relax and play. The twin boppy lounger has a unique design that can support two babies at the same time. It's made of high-quality materials. Has a removable cover that can be washed in the machine, and a sturdy base that provides stability. The twin boppy lounger is also lightweight and portable. Making it easy to move around the house or take on the go. Choose from a variety of patterns and colors to match your nursery decor.

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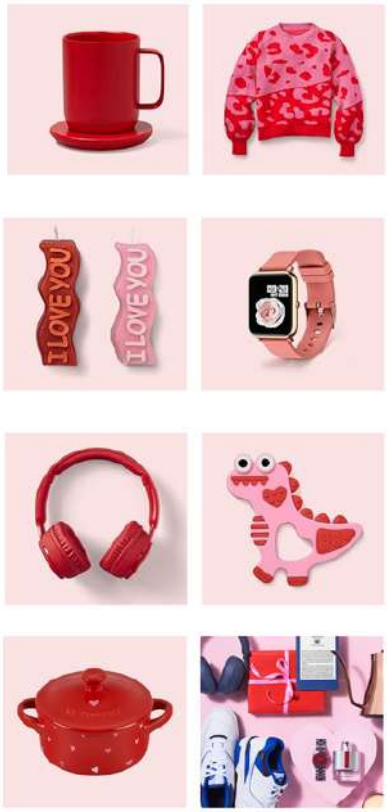
Twins Breast Feeding Guidelines

BREASTFEEDING HAS MANY ADVANTAGES FOR BOTH THE BABIES AND THE MOTHER. THERE ARE MANY SUBSTANCES IN BREAST MILK THAT CAN'T BE FOUND IN COWS' MILK. MORE SO, THERE ARE FEWER COMPLICATIONS ASSOCIATED WITH BREAST MILK THAN WITH COWS' MILK.



It has been advertised time and time again that it is best for babies if they are breastfed for the first six months even up to two years. So why is breast milk so beneficial for the babies? First of all, only breast milk contains colostrum which is essential for the newborn twins to take.

Commercially-made milk cannot simulate the colostrum made by a mother. The colostrum contains natural antibodies and immune globulins that are responsible for keeping the babies free from illness for the first few months of their life.

Another advantage breast milk has over cows' milk is that it allows the mother to save as cows' milk can be expensive. The babies can better adapt to breast milk. Their feces are not smelly and they don't have any difficulty defecating compared to cows' milk. Breastfeeding has also been approved to be one of the family planning methods that a family can observe.

Since breastfeeding has been given so much importance, many women have been made aware. However, despite the awareness, many mothers still report breast problems associated with lactation. These problems are more often than not, associated with improper breastfeeding techniques. To lower the incidence of breast-related problems due to lactation, mothers must observe the proper techniques of breastfeeding. Ultimately, both the mother as well as the newborn twins will benefit from the proper observance of these techniques.

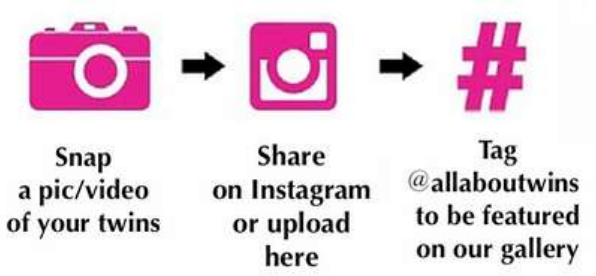
First of all, you need to prepare your breast for milk production. There are various nipple exercises to perform to prepare your nipple to deliver the breast milk to your babies. One of these exercises would involve routinely pinching the nipple.

Second, what most mothers fail to realize is how to keep the nipple clean before one of the babies (or both) latches on to it for feeding. When you plan to breastfeed, you should avoid using soap on your nipple. If this cannot be avoided, your nipple should be wiped using a soft cloth soaked in clean water to make sure your nipple is clean before your baby feeds from it.

The third and perhaps the most important step is to allow your babies to properly latch on to your nipple. You will know when your baby is latched on properly when your baby's mouth covers the entire areola and not just the nipples. Your baby must latch on properly so that he or she can properly stimulate the let-down reflex of your breasts wherein the milk will go down the ducts and out your nipple.

To aid your babies in latching on properly, you should make use of their rooting reflex. This is manifested in the first few months of life. You stimulate your baby's cheek, near their mouth using your nipple and their head will automatically turn towards the stimulation. Their mouth will open and be ready to receive your nipple. Once you're done, you can aid your baby to stop latching on by inserting a clean pinky finger into the side of their mouth and propping it slightly open. Your baby will stop sucking and you can remove your nipple.

To prevent sore nipples and breast engorgement you have to monitor the amount of time your baby sucks with each nipple. It is usually advisable to spend 10-15 minutes each breast to make sure that the breasts are completely emptied of milk. This will prevent breast engorgement. The next time your twins feeds on your breast, let your baby feed from the last breast he or she fed on. This will empty the milk on that breast before you move on to the other breast.



SINCE BREASTFEEDING HAS BEEN GIVEN SO MUCH IMPORTANCE, MANY WOMEN HAVE BEEN MADE AWARE. HOWEVER, DESPITE THE AWARENESS, MANY MOTHERS STILL REPORT OF BREAST PROBLEMS ASSOCIATED WITH LACTATION.

SLEEP GUIDE FOR TWINS

INSIGHTS FROM AN EXPERT TWIN SLEEP CONSULTANT

Lindsay Loring, a certified sleep trainer and founder of **Tweet Dreamzz Sleep Consulting**, brings firsthand understanding as a former overwhelmed mom of twins. Passionate about helping families worldwide, she specializes in creating personalized sleep programs to meet specific goals, offering a local resource in St. Louis and Southern Illinois.

SLEEPLESS NIGHTS ARE A COMMON RITE OF PASSAGE WHEN PARENTING TWINS.

Whether your twins come straight home or from the hospital or spend time in the NICU, they will be on a 3-hour around-the-clock feeding schedule. They often have their days and nights confused or you may be finding it difficult to put them down at all. As an experienced sleep consultant specializing in twins, I've witnessed, firsthand, the struggles parents face. I have compiled essential tips and strategies to help you navigate the world of twin sleep. At Tweet Dreamzz Sleep Consulting, we find that parents of multiples are often at their breaking point much sooner than parents of singletons, therefore, they are looking for sleep advice and coaching much sooner; around 4-5 months old.

Understanding the Dynamics of Twin Sleep
Twins, though sharing a womb, often have distinct personalities and sleep patterns. Recognizing and respecting these differences is crucial. While one twin might be a sound sleeper, the other might struggle with sleep disruptions. Because of this, popular sleep training courses and guides don't always work or work as efficiently for twins. One twin may have a harder time self-soothing or connecting sleep cycles. When coaching families with twins we support them in this special dynamic and with the nuances of being a mom to twins.

Establishing Consistent Sleep Routines with Twins
Consistency is key to establishing healthy sleep habits for twins. Designing a consistent bedtime routine helps signal to the twins that it's time to wind down.

Here is an example of a bedtime routine for twins 4 months and older:

- Feed in a bright lit area while keeping babies awake.
- Hygiene routines like bath, lotion, or massage.
- Dress baby for bed in an outfit suitable for the season and a sleep sack.
- Read babies a short book, say a prayer, or sing a song.
- Place twins in their separate cribs while awake using keywords.

Syncing Sleep Schedules
Keeping your twins on the same sleep schedule is imperative so that you have a dedicated break. In addition, your twins are getting the sleep they need to grow and thrive.

Tips to keep your twins on the same schedule include waking them up at the same time each morning, following an age-appropriate wake window for both, and keeping the nap times synced up. If one baby wakes prematurely from their nap, wake the sleeping twin at a maximum 20 minutes later to keep the next sleep time the same for both. If following wake windows, you can split the difference! To access my best sleep tips for twins, download my twin sleep guide that will walk you through 4 easy steps to help your twins sleep through the night.

Optimal Sleep Environment & Safety
Check with the guidelines where you live. In the United States & and Canada, twins are recommended to sleep in separate sleep spaces such as a crib bassinet or pack-n-play. Twins can share a room, though! Place the cribs at least three feet apart in a dark room with white noise playing at a safe level.

Encouraging Self-Soothing Techniques
Teaching twins self-soothing techniques empowers them to fall back asleep independently when they wake during the night. Gentle methods such as the "pick up, put down" or the "fading" technique can gradually encourage self-soothing without causing distress.

Implementing a Feed and Sleep Schedule
A feed and sleep schedule can help regulate twins' sleep patterns and allow your day as a mom to be predictable. Many of us thrive on a schedule! Coordinating feedings with sleep routines ensures that they are neither too hungry nor too full when it's time to sleep, reducing discomfort and potential wakeups. The best way to start a schedule with twins is to follow an Eat-Wake-Sleep Pattern.

This means your twins will eat after they wake up in the morning and after their naps, have their dedicated awake time, and then sleep again. The only exception to this sequence of events is before bed. Your twins will need a full feeding at least 45 minutes before going into their crib or bassinet. For more tips on how to start a schedule with twins, read this article from Tweet Dreamzz Sleep Consulting.

Seeking Support and Professional Guidance
Parents of twins should never hesitate to seek support. Whether it's from family, friends, or professional sleep consultants specializing in twins' sleep, having a support system can provide much-needed guidance and reassurance. Reach out to us at Tweet Dreamzz as the leading twin sleep experts. We offer one one-on-one support for you as you navigate sleep training, implementation of schedules and routines, and the journey to a better night's rest for the entire family! Book a free call with one of our consultants today!

Experience better sleep for your twins
with the help from our expert twin sleep consultants.

TWEET DREAMZZ

You have twins.. So do we!

We are a team of sleep consultants who are also raising twins at home.
When we say, "we get it". We really do!

Our twin sleep coaching packages are specifically tailored to make the journey of sleep training twins as easy as possible. Trust our years of experience working with twins & multiples and feel relieved that the answers lie with us.

We address common concerns inside sleep training twins like:

- What to do if they wake each other up.
- How to keep them on the same schedule
- And how to address each individual baby's needs

Lindsay Loring- Twin Sleep Consultant

Join the **hundreds of twin families** who've completed our program by booking a sleep evaluation call with one of our sleep consultants.

Book Your Free Discovery Call

CLICK

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Maybel
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NOTHING IS EVER AS IT SEEMS

Author: **Jenny Kim**
Mother of angel baby Joey Tate Kim
Email: JennyLi.SF@gmail.com
Instagram: @whatjoeytaughtme

FOR AS LONG AS I CAN REMEMBER,
I HAVE ALWAYS WANTED TO BE A MOM.

I had a timeline for myself of when I would get married, when I would have my first child, and that I would have a big family. It seemed easy. Other people made it look easy. Society mostly spoke of the joys and successes yet soon I knew and lived the reality of how nothing is ever as it seems.

My road to motherhood was not easy. We experienced 3 consecutive miscarriages before pursuing fertility treatments. We did one IUI before moving on to IVF. We did two rounds of egg retrievals and I became pregnant with our third embryo transfer and was able to carry to full term and delivered a thriving healthy baby boy. I felt so grateful to finally have an earth side baby. I had a lot to be grateful for and I had a lot to be nervous about. Afterall, I have seen some pretty unbelievable tragic cases in my experience as a pediatric critical care pharmacist at major academic medical institutions while also seeing some miraculously beautiful outcomes for other cases. There is always multiple truths and realities.

The universe works in unpredictable ways. The delivery was traumatic, complicated by mechanical symphysis pubis separation at birth and later postpartum depression. It was hard and I would do it all for my baby. Fast forward in time, we were blessed to spontaneously welcome my second son in 2020 and my third son in 2021. I thought to myself, maybe I had three miscarriages to arrive in this moment in time to have three sons. The struggle made this moment extra sweet. It made me appreciate how far I have come to grow and evolve within myself. Would I rather the journey be easier?

Of course. I doubt anyone chooses to struggle to enhance the taste of attainments. I thought finally all my suffering had allowed me to reach this moment of happiness, that perhaps life would be smooth sailing from now on.

My third son, Joey Tate Kim, was born on December 28, 2021. I reflected on how he would be the last baby in my womb like a kangaroo carries Joey. I reflected on how his due date was around the same time as the baby from our first miscarriage. That maybe everything is coming full circle and that all the struggles led me to the arrival of my sweet third son.

On July 15th, it was supposed to be a normal day. He had been starting to crawl, and sit up, and was growing so strong. After nursing him, I put him in his playpen awake with his usual play objects that all of his brothers played with as I grabbed dinner downstairs quickly with the rest of the family for 15 minutes. It got unusually quiet so I went to check on him and I found him unresponsive with an object covering his mouth and nose. We performed CPR and called 911. He was revived in the hospital and we lived in the PICU for eight days. How can after all that I struggled with to become an earthside mom, a traumatic first delivery and two cesarean sections later, and three rounds of postpartum depression and anxiety, can I now be dealt this card? Every parent's worst nightmare. Joey Tate Kim died on July 23, 2022, at the age of 6 months and 25 days.

NO PARENT SURVIVES THE DEATH OF
THEIR CHILD. THAT VERSION OF
THEMSELVES DIED ALONGSIDE THEM.

Joey was truly a happy baby. We named him Joey Tate because Joey means "to increase/to give" and Tate means "cheerful." He woke up each day with a smile on his face and full of content. It's weird to say a 6-month-old baby can be considerate—but Joey was so patient, thoughtful, and considerate. He has two older brothers, who at the time were age almost 35 months old and 26 months old, that are completely rambunctious and high energy. When we went on outings as a family of five, little Joey found contentment with just being held and rolled with how the day went, even if it meant a late feed or missing naps. He let his brothers dictate the day as he remained calm and super chill. He seemed to listen to what others needed and made it happen.

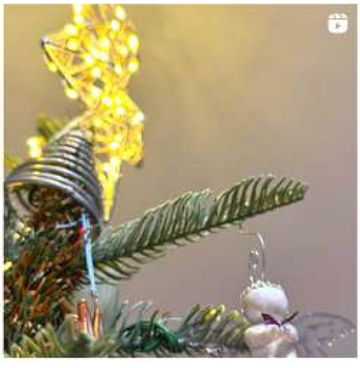
Joey radiated positivity, love, and life. No parent should ever feel what we feel. Every parent deserves more time with their children. With this feeling, we explored the opportunity for Joey to be an organ donor. We hope his organs can give other parents more time with their children—another chance for them to parent their child—and a chance for their child to experience more joys of life. If we could not have our miracle for Joey to come back, we can only hope Joey serves as a miracle for others. Joey was able to donate his kidneys and we began to feel a sense of gratitude to begin healing through the gift of life to others.

No parent survives the death of their child. That version of themselves died alongside them. And so we move through the following days of our lives with grief and trauma. Many days are a blur and there are so many tears. There was no knowing of whether joy and grief can truly coexist. The loss of a child leaves a void so great that it is endless and impossible to fill.

Every day you meet new grief as you realize how you can never form new memories, never reach new milestones, and there's continuous loss being experienced day after day. Many days you feel guilt and shame. Many days you feel punished and unworthy. Then at some point, you surface from grief and begin to notice the love, care, and grace others have extended towards you. And you realize that although you feel like you cannot survive, people are serving as your earthside angel wings to lift you so you can continue. And ever so slowly, you remember why you are still here. Because through you, your child lives on. And together you are here while one is not physically here.

Grief manifests differently for each person. It affects your mind, body, and soul. There is no one way to "do grief" "correctly." There will be a wide range of emotions and all of it is valid. All of it. I found it helpful to face grief head on and for me, it started with informing family and friends of the details of this tragedy through an email. And as people replied, letting the new reality set in, along with letting myself feel the sadness, the shame, the guilt, the anger, the blame, the many emotions and feelings. I did twice a week individual talk therapy and couples therapy every two weeks. I went through every captured picture or video memory that I had. I sat in the grief and occasionally climbed out to distract myself. I listened to songs. I cried. I smiled. I sobbed. I journaled. I painted. I read. I gardened. I isolated. I invited friends into my home that would allow me to be as I was. I did what felt right for my mind, body, and soul.

EVERY PARENT DESERVES MORE TIME WITH THEIR CHILDREN. WITH THIS FEELING, WE EXPLORED THE OPPORTUNITY FOR JOEY TO BE AN ORGAN DONOR.



I often hear myself saying "I wish I knew." I felt disappointed and mad at myself for not seeing the dangers even after being such a hypervigilant mom paranoid from cases I have learned from work. How could I miss this? I wish I knew or saw something similar to make me even more vigilant. So I created a grief page on Instagram @whatjoeytaughtme to share baby Joey's accident, share what he meant to me, share my grief, and share what he taught me and is continuing to teach me despite his physical absence. It has allowed me to connect with other loss moms. Connecting with others who share a similar experience helps my grieving. We know this type of grief will be a marathon, not a sprint. So I share baby Joey's story in hopes that it may help another family avoid the same fate and to connect with other loss moms so they feel less alone in navigating the complexity of grief from child loss.

Babies do not replace babies. A mother will always remember every one of their babies whether anyone else does or not. For me, a baby after loss represents new hope and a new light. My days after Joey died felt dark and dreary, like I was looking out a window at stormy skies wishing for a ray of sunshine or a bright star. I wanted to see life again as blue skies and sunny days with the occasional storms. For me, new life would give me that hope and so we decided to pursue a pregnancy knowing that new life is not guaranteed. We became blessed and were pregnant with twins.

Pregnancy after loss was full of nervousness and anxiety. I worried every step of the way. After experiencing the trauma of losing Joey, I felt that literally, any bad thing seemed very possible.

"Rare" lost its meaning when it became my reality. I worried about miscarriage and the overall viability of my babies. And when they were born premature, I worried about NICU complications. And as they have been discharged home to me, I worry if they can live longer than Joey did. I worry about losing another child. So yes, I have a lot to be grateful for and yes I have a lot to be sad about.

Joy and grief coexist. Never did I imagine a year after creating baby Joey's Instagram grief page (@whatjoeytaughtme) would I be discharged home from giving birth to my double rainbows— my identical twin girls, Camellia Joy and Lily Jo. I thank baby Joey every day of the pregnancy and every day now with my daughters earthside. So much of Camellia and Lily are parts of Joey (Joy and Jo). I thank him for allowing me to meet these new little souls. It feels like they were heaven-sent, heaven-sent by their angel big brother Joey. With my twins, I feel like we have been given a second chance. Our home is filled with more love than before. Now when we doubt ourselves in our ability to parent, I think about how we were given two and that has to mean something, that maybe we are worthy and we are meant to share Joey through his twin sisters. There is always so much more than what one can see. There is truly so much to be said. Nothing is ever as it seems.

WE DECIDED TO PURSUE A PREGNANCY KNOWING THAT NEW LIFE IS NOT GUARANTEED. WE BECAME BLESSED AND WERE PREGNANT WITH TWINS.

FREEEBOOKS

The Mouse That Was...

a story of a mouse that lived for months in a little hole below a small tree. When the mouse decided to explore the world little fact he knew that he has no relevance with the animals in the zoo! The short ebook story is all about searching happiness in different places without knowing that happiness is what we have!

"Waldo and the Desert Island Adventure"

a simple and adventurous story of a boy and a dog. This story is featuring about the imaginary vision of Waldo, the care taker of Michael. Waldo and Michael embark a journey to the desert island where they battle over the pirates and strange creatures.
It was the last day of vacation for Michael. It was raining heavily and Michael wanted to spend some time in the beach. However, he was afraid of the rain. Waldo, the pet and caretaker of Michael offered him an alternative option to go and enjoy in the rain.

"Let's Be Friends Again"

CLICK

Sibling fights, tantrums and subsequent bonding is the theme of this story.

The story is narrated by a boy and he narrates rather shares his experiences with his sister. The boy and the girl play together. They spend most of their leisure time together. Just like every sibling, they fight often and bond subsequently.

CLICK

"MONKEY TRAVELS: INSPIRING YOUNG MINDS"

A short eBook of 27 pages that expresses profound truths of life through seemingly innocuous happenings in the life of a monkey. What makes this eBook unique and a valuable addition to your reading repertoire is the fact that the book achieves the right balance between the sublime and the ordinary; the truth and reality; the ideal and real life. Since the main character in the story is a monkey, the book appeals to very young readers too.

Synopsis The philosophy of the book is stated as the preface itself. 'Good children grow to good adults doing good.' It is very clear that the books mission is to mold good children, so that there are good adults inhabiting the world.

The first lesson in the book is 'always be the best person you can.' In the monkey's life, this is illustrated by the monkey resolving to find out his life's mission, and resolutely trying to be the best he can in everything he does.

The second lesson is 'to be positive in all you do.' The monkey is positive in the way he is, showing his kindness and smiling all the way, whatever be the situation. The fourth lesson is about enjoying the sound of nice music. The monkey loves to sing and dance with friends, and to love all creatures around, even the sun.

"CLEAN YOUR PLATES"

ACCORDING TO OBESITY RESEARCHERS, THE UNITED STATES OBESITY RATE HAS MORE THAN DOUBLED FOR PRESCHOOLERS AND ADOLESCENTS AND MORE THAN TRIPLED FOR AGES 6 TO 11 OVER THE PAST 30 YEARS. OBESE CHILDREN ARE AT GREATER RISK FOR HEALTH PROBLEMS SUCH AS DIABETES AND HEART DISEASE AND OFTEN CARRY THESE PROBLEMS INTO ADULTHOOD.

SO, HOW DO PARENTS HELP TWINS, AND THE ENTIRE FAMILY, EAT HEALTHIER, BOTH AT HOME AND AWAY FROM HOME?

"TALK TO YOUR PEDIATRICIAN, FAMILY DOCTOR OR REGISTERED DIETITIAN TO DETERMINE THE HEALTHIEST WEIGHT GOALS FOR THE ENTIRE FAMILY," SAID NUTRITION EXPERT JENIFER BLAND-CAMPBELL, "THEN MAKE A PLAN TO TACKLE THE ISSUE."

SHE OFFERS THESE TIPS TO HELP PARENTS HELP THEIR FAMILIES EAT MORE HEALTHFULLY:

- EAT AT LEAST ONE MEAL TOGETHER DAILY, AT REGULAR INTERVALS TO DISCOURAGE SNACKING.
- PREPARE HEALTHY DISHES FOR THE WHOLE FAMILY, NOT JUST SPECIAL FOODS FOR AN OVERWEIGHT TWIN.
- DON'T USE FOOD AS A REWARD, COMFORT, OR PUNISHMENT.
- WATCH PORTIONS. "CLEAN YOUR PLATES" IS NOT ALWAYS THE WAY TO GO.
- EAT SLOWLY. IT TAKES ALMOST 20 MINUTES FOR THE BRAIN TO REGISTER THAT THE BODY IS FULL.
- ENCOURAGE WATER OR SKIM OR 1% MILK INSTEAD OF HIGH-CALORIE, SUGARY DRINKS.
- GETTING TWINS TO EAT AT LEAST FIVE SERVINGS OF VEGETABLES AND FRUITS EACH DAY WILL NOT BE EASY, BUT FOCUS ON THE COLORS TO MAKE IT MORE FUN. VISIT WWW.5ADAY.ORG FOR MORE TIPS.
- USE LOW-FAT OR FAT-FREE DRESSINGS, MAYONNAISE, AND DAIRY ITEMS AT HOME AS IF THEY ARE THE FULL-FAT VERSIONS. KIDS WILL TAKE YOUR CUES. ASK FOR THE SAME ITEMS ON THE SIDE WHEN EATING AWAY FROM HOME.
- TAKE THE STAIRS. WHEN YOU GO SHOPPING, PARK THE CAR FARTHER AWAY FROM THE STORE AND WALK.
- LIMIT TELEVISION, VIDEO GAMES OR COMPUTER TIME.
- REPLACE MAYONNAISE AND CHEESE ON BURGERS OR SANDWICHES WITH KETCHUP, MUSTARD OR BARBECUE SAUCE.
- STICK WITH ITEMS THAT ARE BAKED, BROILED, STEAMED, OR POACHED- NOT FRIED.
- ASK FOR NUTRITIONAL INFORMATION WHEN EATING OUT.
- LOOK BEYOND THE CHILDREN'S MENU, OFTEN LIMITED TO FRIED, HIGH-CALORIE, HIGH-FAT FOODS. SPLIT ONE HEALTHIER ADULT ENTRÉE BETWEEN TWO CHILDREN.
- ASK FOR A TAKEOUT BOX AND PUT SOME OF THE FOOD IN BEFORE YOU EAT.
- ASK THAT BREAD, BEVERAGES, AND TORTILLA CHIPS BE SERVED WITH THE MEAL, NOT BEFOREHAND.

PARENTS CAN HELP CHILDREN REACH WELLNESS GOALS BY FIRST MAKING HEALTHY CHANGES AT HOME, THEN TEACHING KIDS WHAT TO DO AWAY FROM HOME," SAID BLAND-CAMPBELL. "HEALTHY EATING DOES NOT HAPPEN OVERNIGHT, BUT CHILDREN TAKE CUES FROM THEIR PARENTS AND WILL LEARN BEHAVIORS OVER TIME."

BLAND-CAMPBELL IS A REGISTERED DIETITIAN WITH ARAMARK, A COMPANY THAT MANAGES FOOD SERVICE PROGRAMS AT BUSINESSES, COLLEGES, HOSPITALS, AND APPROXIMATELY 4,000 SCHOOLS ACROSS THE COUNTRY.

YOU CAN FIND RESEARCH ON THE AWAY-FROM-HOME NUTRITIONAL PREFERENCES OF AMERICANS AT ARAMARK'S WEBSITE (DINING STYLE). THERE, PARENTS CAN FIND THEIR DINING STYLE AND RECEIVE TIPS FROM DIETITIANS ON MORE WAYS TO EAT BETTER.

TWINMOM TALK

All your frequently asked questions are being answered

Hi..I just got my twins home from NICU after 2 months..one of them has medical issues which makes her cranky and other has colic..I have some support but I'm scared that I might lose my sanity..Any advise on how to manage twins with different issues going on?

maggicurls Heyy firstly congratulations you've done so great and still are!
I've been in the same situation from last year. One of my baby also needed medical attention and still do. I had my mum visit and staying with me for a few months soo definitely get help from family and friends if you can and do reach out for any additional help.
Mentally it's challenging soo please don't hesitate to talk about it with your people and ask for support.
You can message me personally if you like and can have a detailed conversation just to give you a better idea and help you in anyway possible. Take care. You've got it 🫶🏻
Reply

rhiannonquinton Hello- mum of 3 month old twins here, one with colic and the other in a harness to treat hip dysplasia. I live away from family so I don't have any support during working hours. I don't have a magical solution but what works for me is to treat every day as a new day/blank slate. If I have a particularly tough day, I don't worry about the next day being the same because it rarely is. I have to go into every new day with a positive mindset. Do something for yourself everyday, even just for 10 minutes (journal, exercise, long hot shower) and finally, if you feel yourself becoming overwhelmed , leave them somewhere safe to cry for a few minutes on their own. I will give mine a hug, kiss, tell them I love them then set them down and walk away for a few minutes to regroup before i try again.
You've got this mama!!
Reply

tapa_2312 My advice is to pull support from family and friends. Reach out for help from others so your not going to alone. If you have any money saved don't hesitate to use some of it to pay for a reliable person to come in at least once a week to help for a few hours: holding a baby while you shower or do some self care or clean, bottle wash laundry extra
3 likes Reply

marielledboer Hey mom, you are doing really well. Try to make it easy for yourself and expecting not so much of the day. Did they sleep well or did you ate breakfast? That's a win allready!! Maybe some family can help you with the twins, so you can take a nap? Maybe from somebody who lives close by who can do dyperchange, laundry etc.
Reply

Hello my lovely mommies
Now my 3.5 month old has started to accept milk with a bigger size teat. I need help to know how can I increase her milk consumption from 60ml every 2 hours.
Appreciate every word of advise shared 🆘

maggicurls Heyy well done!
I'd say keep it to 3hrs and increase the amount gradually and see how your baby responds to it, as if you increase the amount then it should be every 3 hrs initially, that's how my twins were fed in the NICU as well...try to increase the quantity by 3-5ml every feed and that how we continued as well. Now twins are 9 months and we just tried this. Hope this helps 🤗🤞
like Reply
View replies (3)

toby_and_the_twins16 I would try getting you little one to go as close to 3 hours from starting the last bottle. My twins struggled afterwards many teat and milk changes. I would make a bottle let them drink what they wanted but try them again before it's time to throw the milk out, they would then drink a small amount more and gradually managed more to 3 hours but drinking more. Hope this helps x
Reply
View replies (3)

twinningdownunder I would see a lactation consultant that supports bottle feeding for this type of advice. I have so many questions like why a faster teat? How old and who has advised bub needs to drink more? What has your child health nurse, dr or paed said?
Reply
View replies (1)

sineadj32 If its a personal choice of wanting to go longer between feeds, I used to take mine out in the pushchair for a walk about 30mins before they were due to feed to stretch them longer, (my 4 have always settled well in the pushchair), then as we could increase the time between feeds they would take more, in the end taking more meant they'd go longer between feeds without pushchair intervention. My second born daughter was also on a fast flow teat by 4 months, she would just collapse all others 🤦‍♀️
Reply ...
View replies (1)

Send us your twins question

Hello I need help my twin 1 has started to refuse drinking milk all she would drink is 30ml and stop please if you could advise what should I do she's 3.5 months old

CLICK

zina.curtean Same here. Mines were 3 months & 1 week and when we switched to medium flow they started to eat more and have nicer awake times 👍🏻
Their mouth muscles were just getting tired on working so hard already.
3 likes Reply
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shabz4u Thank you to all lovely moms for the replies. I have contacted her pediatrician and he has asked me to change the nipple size and method of feeding and to return to him after 15 days to see if there is any change. I really love you All mommies
Reply
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gmd_runs It might be time to level up the nipple size. We just recently leveled up with our 3.5 month old twins because they weren't eating all of their bottle and I think they were getting frustrated by the slow flow. It worked and they've had better feedings since!
4 likes Reply
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briwassinger My boys stopped drinking all their milk, super fussy. Wound up being silent reflux. Pediatrician put them both on Famotadine (liquid low dose pepcid) and within a week both were drinking their full bottles. They also spit up alot and just very fussy.
1 like Reply
View replies (1)

soortje93 Yes nipple size or a complete different bottle. A different bottle worked for 1 of my twin the other one was to hungry.😂
1 like Reply ...

emmy_do89 There are a ton of potential causes for low intake, I would certainly try a higher flow nipple but would also contact your pediatrician ASAP as your child's specific medical history is very important in context!
1 like Reply
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vietmeierle I would try changing nipple size to start... if that doesn't help, you might want to consider contacting early intervention. We had major issues with our twins eating from birth. We ended up enrolling them in early intervention for occupational therapy. It really helped them and continues to help them today (11 months old).
Reply
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chelsmckoy Yes - it was the same way for my twins. Try upping the nipple size and side lying pace feeding.
1 like Reply
View replies (1)

demim_____ Silent reflux for my boy
1 like Reply ...

CLICK

I have two 5 month old babies, I live on the 2nd floor without an elevator, the cosies are starting to be heavy for me. moms in the same situation? how do you do ?

rachelelizabeth.se The twin go carrier? Its pricey but might be worth it

2 likes Reply

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sweatymamaeastgrinstead I bought a twingaroo on eBay for £40. It's amazing. I use it loads still and mine are 17 months. I find it quicker and easier than the pushchair. It's a bit daunting the first few times you put one on your back but I'm so used to it now and my. Son has actually learned to lean in and hold on tight. They've been in it since 4 months.

Reply

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demitierney My twins are now 3 I was in the same position I had 2 doonas I used to carry one down at a time same for goin up. It was a struggle to be honest all seems to be a distant memory now. Thank god! Xx

2 likes Reply

View replies (1)

sallymeasures87 My twins are 10 months. I wear a carrier for one and then carry the other. This is when I'm nipping in and out of places but would work going up and downstairs as you've got one hand free for a railing too x

2 likes Reply

View replies (1)

m.noelia.luna Lo que se me viene, necesito saber CÓMO!! 🙏

Reply See Translation

heatherschalkparenting Yes! So we have stairs in our house, 2 segments of steps. And I carried them for a long time down the stairs, I can't remember till what exact age but until around 2ish. Until they were able to scoot or hold onto the railing and walk down or crawl backwards, but my stairs are carpet. I actually tore my lower lat (back) carrying them (took months to recover), they were 92% percentile so a lots weight to carry then set down.

The best thing was working on gross motor skills like climbing stairs at playground or baby/toddler friendly equipment. Not a quick fix or hack but they now can independent walk down the stairs although I'll say some days they want me carrying them again! Now they are good with the concept of "waiting" because I taught that early on, so I can carry one down at a time.

Reply

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bexster319 Move!

1 like Reply

giulia.materazzo Compra un box per bambini e lo posizioni nella tua sala. Metti uno dei bambini centro al box in sicurezza. Porti giù dalle scale l'altro bambino e lo leghi nel passeggino che hai messo nell' ingresso del palazzo. Torni su in casa e prendi l'altro bambino.

Reply See Translation

View replies (1)

1isup My boys are 6 m.o. and i carry them in the "snugglebundles".so i can get them downstairs at the same time or have a hand free. It wont make them less heavy but for me its a total game changer🥰

Reply

View replies (1)

My babies started acting very fussy a week ago. They cry all the time. They started to show signs of acid reflux. We are now trying Nutramagine since yesterday. They cry all day. Like they are in pain. Probably colic. They have a hard time falling asleep and when they do it doesn't last long and the cycle repeats itself

It's taking a tool on my mental health and my relationship as well.

Please if
🙏 anyone has been through this?
Tell me
It will get better 💞

jess.stoff All good advice I've seen here! My pediatrician ended up putting my son on Pepcid because his was so bad. He outgrew it at almost a year but the daily dose of Pepcid helped tremendously. I would also say the Friga windi was a huge help paired with the Frida tummy rub for gas/colic!

Reply

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soonatural Mine cried 8 hours a day. My doc told me - naps, any way, any how, any amount of time until the crying improves. We did that for a while until her reflux and gas issues improved and then got on a nap schedule. She is still so happy if she sleeps enough.

Reply

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sreemoyeebiswas13 One of my twins had this... carrying her and moving helped... but it will go gradually... nearly after she turned 5 months, she was relieved from colic pain

Reply

View replies (1)

little_starsparties Hey lovely! Do they use dummies? Apparently this can help sooth their tummies/reflux issues and keep it at bay whilst they try to nap/sleep. Xx

Reply

View replies (1)

sineadj32 Nutramigen is for cmpa & the effects of the milk in the system can take a couple of weeks to leave (4x cmpa babies), my 2nd daughter & twin boys struggled with reflux, we were told not to let them lie flat, the feeding pillow was a godsend for all of them & a folded up muslin wedged under in cot/pushchair. It definitely gets easier & better! And if it doesn't then you can request an amino formula rather than hydrolysed formula (neocate was used by our hospital). You can also ask for baby gaviscon to help with the reflux. You're doing great!

1 like Reply

page_mama Leave sitting upright or at least angled upright for 30 minutes after eating if possible before lying them down. Getting good burps out. Try rubbing their belly in circular motions and leg bicycles in case it is a gas situation as well. Take breaks when you can 🫗

2 likes Reply

View replies (1)

miruli18 We burp them after every once they eat, I know it can be a lot but it will give them some good sleep. We also have the Dr. Brown bottles, it supposed to help reduce gas. Their pediatrician also recommended to put a towel under their cribs to make it a little incline. It can also be that they are going through a leap phase where they are learning a new skill so the are just fuzzy. I have an app called wonderweeks and it gives me an idea where they are in their leap phase and what to do. You are doing great mommy, it's just trial and erros

1 like Reply

View replies (1)

audmcleary Search for a group called, "Infant Acid Reflux Solutions" on Facebook and request to be a member. There are a lot of people in the same boat as you who share what has worked for them! Our twins had reflux, and I found this group to be helpful. Nutramigen worked for us, but it did take a little while. Our babies still spit up (a lot less now) but they didn't writhe in pain or turn red with discomfort anymore when we switched to nutramigen.

Reply

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How many of our first time parents went on to have another child after? Any advice or experience with that? I always wanted a big family, but we have such a special and unique bubble of happiness right now with the four of us. I'm worried about how that will change and how much harder it will be than it already is.

stellina_ferri Hello! I had my singleton 17 months after my twins were born! In my opinion, life would have been easier with "just the twins". I love my son to death and I'm so happy we had him but a 3rd does make everything harder (car, dinner, cleanup, childcare etc). If you can afford childcare and have an intense feeling to go for a third then do it because you won't regret it! I do think it will be nice in the end since they are very close in age but the young years are very difficult.

3 d 2 likes Reply

View replies (2)

laurathematchmaker If you had your twins naturally, just be prepared for a potential second set of twins that's what happened to us and nothing can prepare you going from 2 to 4 😭😭.

4 likes Reply

View replies (5)

All About Twins

MOM IT'S OK

to put yourself first
to say no
to ask for help
to have bad days
to set bound rules
to make mistakes