NOVEMBER 2025

THE
AUTUMN
ISSUE

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THE TWIN POSTPARTUM
THAT HEALTHCARE FORGOT

TWIN SLEEP SECRETS
WHAT I WISH I KNEW SOONER

HOW TO LEAVE
THE HOUSE WITH TWINS

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LOOK

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TWIN SLEEP SECRETS: WHAT I WISH I KNEW SOONER

GET YOUR TWINS TO SLEEP with Nurse Laura

BY LAURA VANLUVEN, RN, TWIN SLEEP CONSULTANT

Laura Van Luven is a registered nurse, parenting coach, and mom of five, including twins born in 2016 when her oldest was just two. Exhausted and overwhelmed, she discovered that most sleep advice didn't work for twin families. Determined to find a better way, she developed practical, gentle methods that helped her twins (and her whole family) finally sleep through the night.
Today, Laura dedicates her career to helping other parents of twins around the world enjoy restful nights and confident days. Through her work as a public health nurse and founder of Twin Sleep Academy.

Website: www.TwinSleep.com
Instagram: @twin.sleep.help
Facebook: @TwinSleepzzz

BEING A TWIN MOM IS ONE OF THE MOST JOYFUL, AND OVERWHELMING EXPERIENCES OF MY LIFE.

When my twins were babies, sleep (or the lack of it) pushed me to my limit. One would finally drift off, and the other would start to fuss. I remember breaking into a sweat at the sound of any baby crying, my heart racing as I rushed to keep one twin from waking the other.

By four months, I was running on fumes. My marriage was struggling, I was angry and exhausted, and I knew something had to change. But none of the "standard" advice worked for our family, because it wasn't designed for two. Through trial, error, and research, I developed a system that finally got my twins (and even my toddler!) sleeping through the night.

Now, as a registered nurse, twin sleep consultant, and mom of five, I help other families discover what truly works for twins, because traditional sleep training often doesn't.

The Truth About Newborn Twin Sleep
The first 12 weeks aren't about scheduling, they're about survival and observation. Your twins are naturally showing you their rhythms, but it's easy to miss these cues when you're focused on routines or worried you're doing it "wrong."

Pro Tip: Instead of forcing a schedule, focus on watching and learning your babies' patterns. This is how you'll gently lay the foundation for healthy sleep later on.

The 4-Month Sweet Spot
At around 4 months (adjusted age), everything changes. Your twins are finally developmentally ready for structure, and this window is golden. A consistent routine and sleep environment now can make all the difference later.

Creating the Perfect Twin Nursery
Twin sleep spaces actually communicate with your babies' brains. It's not just about style, it's about sensory comfort. Keep at least three feet between cribs to help prevent one twin's movements or sounds from disturbing the other. Think calm, consistent, and cozy, not Pinterest-perfect.

Routines That Actually Work
Forget rigid timetables, twin routines are really about energy management. Pay attention to your twins' natural rhythms instead of matching someone else's baby's schedule. What works for one family may completely backfire for another.

The Feeding–Sleep Connection
Synchronizing feeds helps synchronize sleep. Twins who eat within about 15 minutes of each other tend to fall into similar sleep patterns naturally. The key is flexibility, don't force exact timing, just aim for gentle alignment.

Morning Wake-Ups Matter More Than You Think
Your twins' morning wake time sets their entire biological rhythm. Try to start their day within the same 30-minute window, even on weekends. This simple consistency can reduce nap-time chaos and night wakings.

Why Traditional Sleep Training Fails Twins
Standard methods assume one baby, one parent, one schedule, not two babies with different needs, personalities, and wake windows. Twin parents often juggle it all solo, and methods like "check and console" just aren't realistic when both are crying.

And despite common advice, separating twins until they "sleep perfectly" can backfire. Just like adults adjust to a partner's nighttime sounds, babies can learn to sleep peacefully beside their sibling too.

Introducing the Twin Sleep Academy
That's why I created [Twin Sleep Academy](), to give twin parents sleep solutions that actually work in real life. Inside, I share twin-specific strategies for:

- Managing different sleep needs at once
- Handling night wakings without double disruption
- Building routines that work for two
- Maintaining progress through regressions and illness

Because twin families deserve advice made just for them, and sleep that lasts.

twin.sleep.help

Laura Van Luven

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Twin Sleep consultant
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Client Love 💞

Sleep Help

The Academy

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Say goodbye to stressful and complicated potty training!

Go Time, Potty Time combines **play-based learning** and **storytelling**, following **developmental psychology** principles. It reduces resistance and nurtures independence in a child-led, emotionally safe way, with easy to follow step-by-step guidance for parents.

Bye-Bye Pacifier Weaning System

Cuddle & Carry Backpack - Blueberry Adventure

Cuddle & Carry Backpack - Fairy Garden Pink

Cuddle & Carry Backpack - Sandcastle Safari

Experiences of our customers

★★★★★

from 259 reviews

★★★★★ **Lovely quality and ver...** The bear is lovely quality...

★★★★★ **Great quality and adde...** Great quality and added...

★★★★★ **So helpful ❤️** Our bear arrived so...

★★★★★ **HIGHLY RECOMMEND !** My daughter loves her ba...

Empowering Transitions & Milestones

Making life's big changes easier for little hearts & less stressful for parents

We turn overwhelming toddler transitions into meaningful, confidence-building moments. By guiding children through change with comfort and connection, families experience less stress and more happiness

Developed With Guidance From Experts

Developed with experts so you can parent with confidence

Created alongside psychologists, parenting specialists, and early childhood educators, our products support emotional wellbeing at every stage—so parents can feel confident and children feel seen.

Loved By Families Around The World

Parents globally are saying goodbye to overwhelm & hello calm

Real families, real milestones, real results. Parents everywhere trust My Binkie Bear to ease their child through change with tools that support emotional wellbeing and independence.

NAVIGATING TRAUMA AFTER THE NICU

A GUIDE FOR TWIN PARENTS
BY TRACY LAW | BIRTH TRAUMA THERAPIST BRIGHTON

Tracy Law is a highly experienced midwife with nearly 35 years in the profession, dedicated to supporting women through the transition to motherhood. As the founder of Birth Trauma Resolution Brighton, she provides solution-focused therapy for birth trauma, helping women, men, and healthcare professionals worldwide. Inspired by her own journey as a twin mom, she has a deep passion for supporting parents of multiples. In her free time, she enjoys running, traveling in her caravan, cooking healthy meals, and spending time with loved ones.

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BRINGING TWINS INTO THE WORLD

Is a life-changing experience, one that blends immense joy, deep love, and overwhelming responsibility. But for many twin parents, this journey also involves time in the Neonatal Intensive Care Unit (NICU), a place filled with uncertainty, complex emotions, and often, lasting trauma.

Whether your babies were born prematurely, faced medical complications, or needed extended care, the NICU can be an emotionally intense and isolating environment. And when your twins experience different outcomes, when one comes home while the other stays behind, or if one baby tragically dies, the emotional toll can feel unbearable.

Even after leaving the hospital, many parents carry the unseen weight of the NICU experience, appearing “fine” on the outside while struggling deeply within.

The Hidden Trauma of the NICU
The NICU is where joy and fear coexist. Parents celebrate each tiny milestone while holding their breath, navigating an environment filled with alarms, medical jargon, and constant worry.

For twin parents, the challenges can multiply. You may have split your time between two incubators, or even two hospitals. You may have taken one baby home while visiting another each day, torn between relief and guilt. And when one twin dies, the grief is unlike any other. Parenting a surviving twin while mourning their sibling is an emotional tightrope few can comprehend.

PTSD After NICU: Recognizing the Signs
Post-traumatic stress is not a weakness, it’s a natural response to overwhelming events. PTSD can surface weeks or even months after discharge.

Common signs include:

- Feeling disconnected from your baby or yourself
- Sudden emotional reactions to hospital reminders
- Struggling to relax, even when “everything is OK”
- Intense feelings of guilt, panic, or dread
- Avoiding reminders of your NICU experience

More than 40% of NICU parents experience symptoms of PTSD, yet many go unnoticed or untreated because the focus shifts entirely to the babies' progress.

Why Twin Parents Face Unique Challenges
Twin parents often carry additional emotional layers:

- One twin discharged before the other
- Managing care at home and in the hospital simultaneously
- Unequal health outcomes
- Grieving one twin while nurturing the other

These experiences can leave deep emotional imprints, and they deserve compassionate acknowledgment and care.

Finding Your Path to Healing
Recovery takes time, but healing is possible. You don't have to carry this alone.

1.Acknowledge What You've Been Through
Your NICU experience was real, and it was hard. Grief and fear are valid responses.

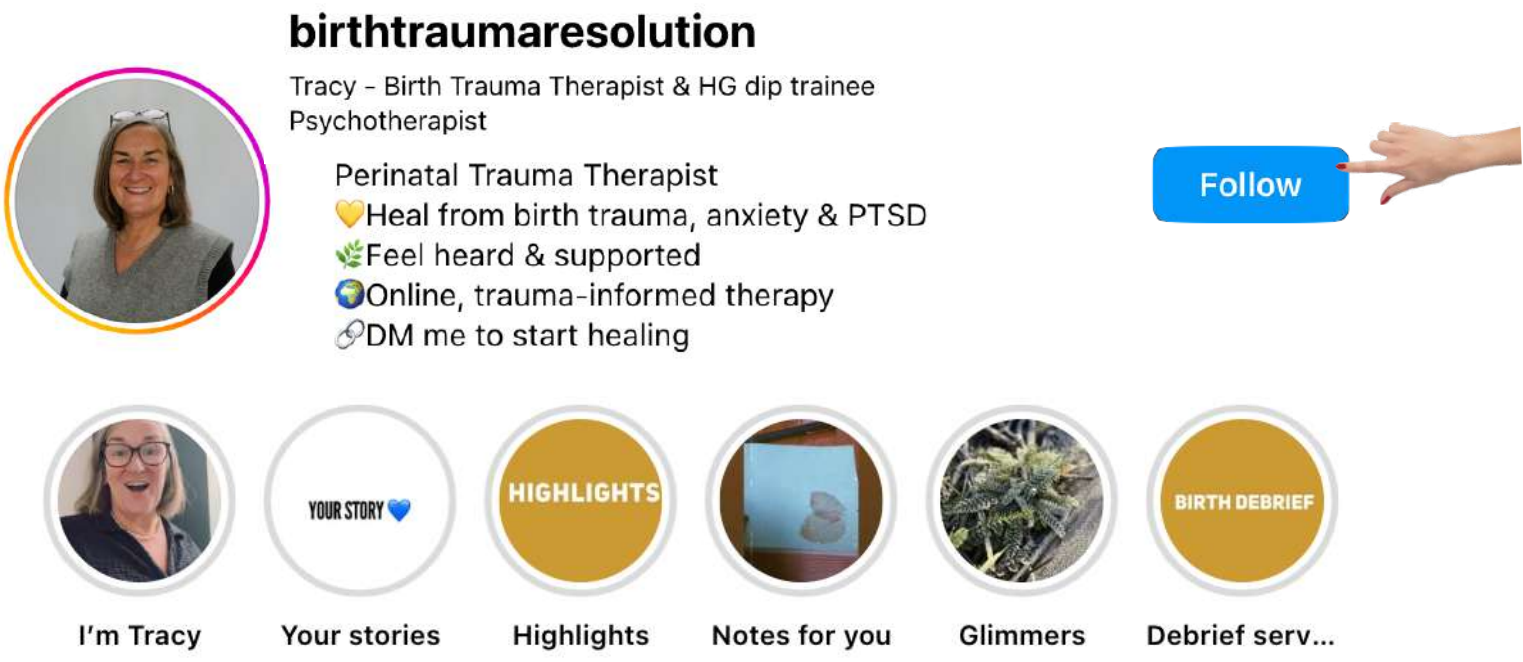
2. Talk to Someone Safe
A trauma-informed therapist, support group, or another NICU parent can help you process what happened and feel less alone.

3. Rebuild Connection Gently
Simple moments like skin-to-skin contact or quiet cuddles can help restore trust and closeness with your babies, and yourself.

4. Allow Yourself to Float
Some days will feel too heavy to fight the current. On those days, it's okay to rest, to simply float. The strength to swim again will return.

5. Seek Professional Help When Needed
Therapies like EMDR, Human Givens, and somatic approaches can help process trauma and restore balance.

You Are Not Alone
Your NICU story, whatever it looks like, matters. Whether your twins are thriving, facing challenges, or if one is no longer with you, your feelings are valid. Healing takes time, but with support, compassion, and care, you can find your way forward.



TWINS ACADEMY

Are you ready to make twin parenting easier and more enjoyable? The NEW Twins Academy is here to empower you with:

- Expert tips on sleep, breastfeeding, and schedules
- Bite-sized videos packed with practical advice
- Real solutions for the unique challenges of raising twins

Special Holiday Promo! This is your chance to gain confidence, save time, and feel supported on your twin parenting journey.

Hurry! The offer ends soon. Don't miss out on this incredible deal!

Transform your twin parenting experience today. Your family deserves it!

☆☆☆☆☆

Postpartum Fitness for Twin Moms

0 30m

AA By All About Twins In Postpartum Fitness

Start Learning

☆☆☆☆☆

Mastering Twins Sleep & Balance

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The Ultimate Guide for Postpartum Nutrition & Breastfeeding Twins

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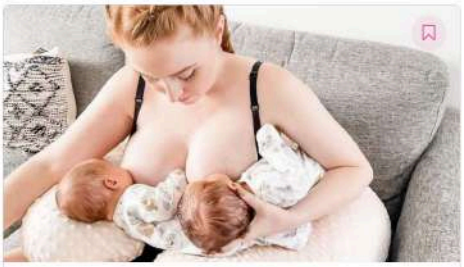
Start Learning



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Essential Tips for Breastfeeding Twins

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AA By All About Twins In Breastfeeding Twins

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Essential Twins Parents Guide with Principal Lisa

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Helping Twins Sleep Tight - Giving Twin Parents Their Nights Back

0 1h

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Start Learning

From Fall Gatherings to Family Travel

HOW TO KEEP TWIN FEEDING SMOOTH AND STRESS-FREE

Lindsay Castiglione, mother of two sets of twins and wife of a Navy Submariner, overcame early challenges to successfully breastfeed her premature twins. Inspired, she became an International Board Certified Lactation Consultant (IBCLC).
She founded Full Hearts Collaborative to offer specialized prenatal education and lactation care for families with multiples, aiming to provide the vital support she once received.

Instagram: @full_hearts_collaborative
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THE HOLIDAY SEASON BRINGS COZY GATHERINGS, TRAVEL PLANS, AND CHERISHED TRADITIONS

But for parents of twins, it can also bring disrupted feeding schedules, stress, and a few too many clogged ducts. Between the excitement and exhaustion, keeping your twins well-fed can feel like a juggling act.
The good news? With a little preparation, you can protect your milk supply, maintain your rhythm, and still enjoy every festive moment.

Why the Holidays Raise the Risk of Clogged Ducts
Most lactation consultants will tell you: clogged ducts spike during the holidays.
Why? Because so many small disruptions pile up:

- Travel delays can stretch the time between nursing or pumping.
- Changes in routine often lead to missed or shortened sessions.
- Stress and fatigue can interfere with your let-down reflex.

For twin parents, whose feeding schedules are already complex, consistency is key to keeping things flowing smoothly.

Smart Strategies to Prevent Feeding Disruptions
1. Prioritize Feeding and Pumping
Your feeding rhythm matters, even when plans get Staying close to your normal rhythm is key.

- Build travel and events around feeding windows when possible.
- Use phone alarms as reminders.
- Communicate your needs with family.

💡 **Twin mom tip:** When traveling, send relatives your twins' feeding and nap schedule ahead of time, it helps set expectations and avoid awkward interruptions.

2. Keep Milk Flowing Smoothly

- Stay hydrated (refillable water bottle = non-negotiable).
- Use gentle compressions while nursing or pumping to encourage even drainage.

3. Travel Wisely
Car rides: Pump on the go using a wearable or portable pump. If you rely on a stronger pump, schedule at least one or two sessions with it later in the day.
Flights: Nurse during takeoff and landing to help with ear pressure. Pack your pump and extra parts in a separate carry-on, it's considered a medical item and doesn't count against your baggage allowance.
Hotels or family homes: Call ahead about fridge/freezer access, or bring a cooler with ice packs for safe milk storage.

4. Address Clogs Early
If you notice tenderness, a lump, or decreased flow:

- Nurse or pump frequently, starting on the affected side.
- Apply warmth before and gentle massage during sessions.
- Cool compress afterward, and rest.

Protecting Your Feeding Schedule
The best holiday gift you can give yourself? Protecting your rhythm. Stick as close as possible to usual feeding times, loop in your partner for backup, and if you miss a session, make it up later that same day. Consistency beats perfection.

Special Considerations for Twin Families
Feeding in Public:
If tandem nursing isn't possible, try feeding one baby at a time while your partner soothes the other. You can also pump and bottle-feed when needed, flexibility helps.

Bottle Feeding Twins:

- Pre-measure bottles before heading out.
- Keep milk safely stored in a cooler bag.
- Set up a simple "feeding station" wherever you are.

Managing the Emotional Load:
Twin parents often feel pressure to do it all. Remember, your babies' needs and your health come first. Traditions can wait, simplify where you can, and say "yes" to help.

When to Seek Help
Call your IBCLC or healthcare provider if you notice:

- Fever, chills, or flu-like symptoms
- A lump that persists for more than 48 hours
- A sudden drop in milk supply
- Babies who are unusually sleepy or have fewer wet diapers

Holidays with twins are both joyful and demanding. Protecting your feeding schedule, using hands-on techniques, and staying flexible with travel plans will keep your babies well-fed and you more at ease.

If challenges do pop up, you don't have to troubleshoot alone. As a twin-specialist IBCLC (and mom of two sets of twins), I help families navigate these exact situations—so you can focus on what matters most: soaking in the sweet, fleeting moments of your babies' first holiday season.

Multiples Prenatal Education

Expecting Twins Online Classes

Breastfeeding Twins Online Classes

Convenient, virtual class options guaranteed to leave you feeling prepared in just a few hours, taught by mom of two sets of twins and IBCLC, Lindsay Castiglione

Learn More

Virtual Multiples Lactation Care

From anywhere in the World, see an IBCLC specializing in multiples without even having to leave home.

Offering General & Specialty Consultations such as:

Exclusively Pumping for Multiples

NICU Discharge & Lactation Consultation

Multiples Mini Consultation

Learn More

Expert Lactation Care for All Families

You don't have to have multiples to access our lactation care services! We will come to you, either virtually or to your home in the New London County area of Connecticut.

Learn More

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HALLOWEEN BOOKS

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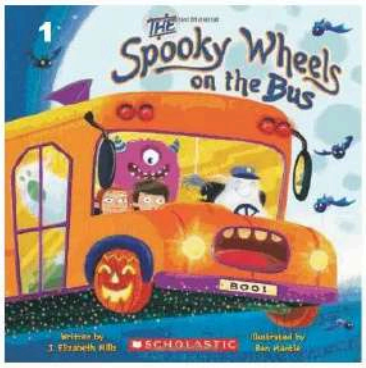
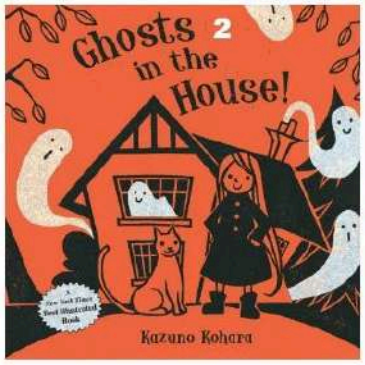
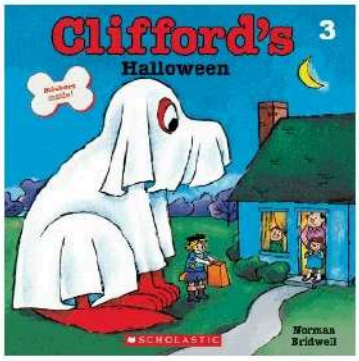
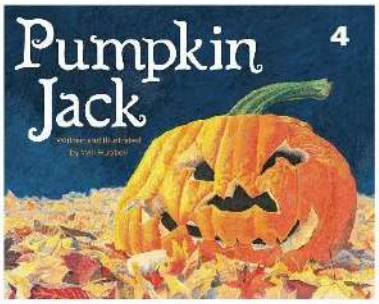
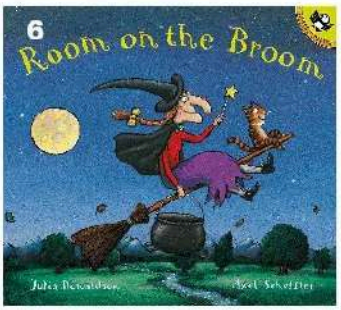
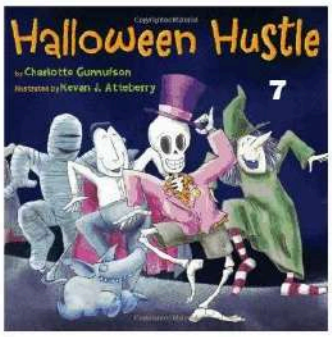


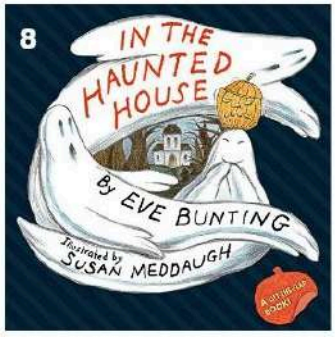


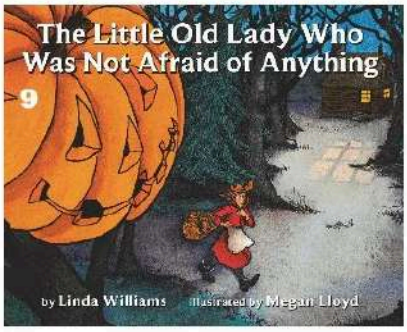


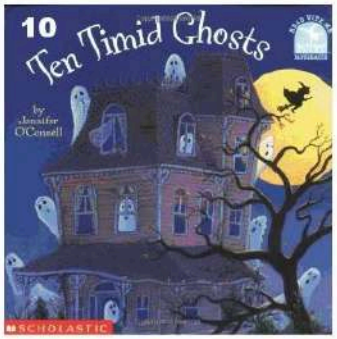


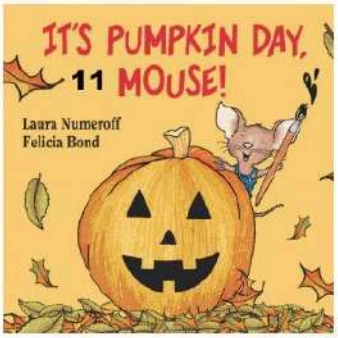


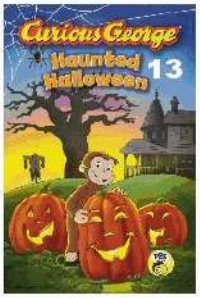


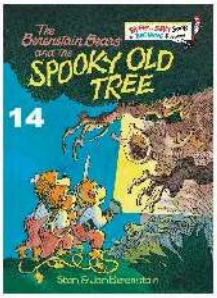


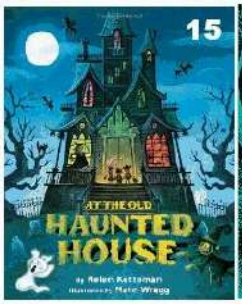


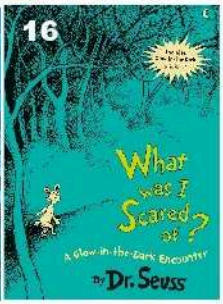


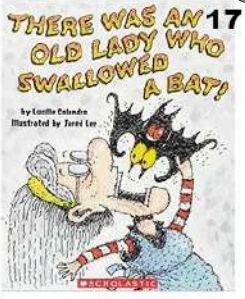


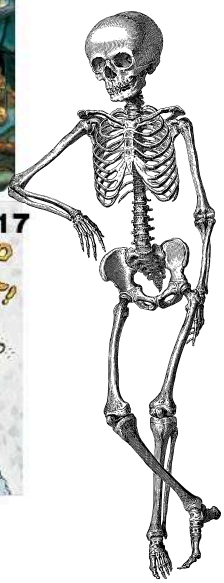






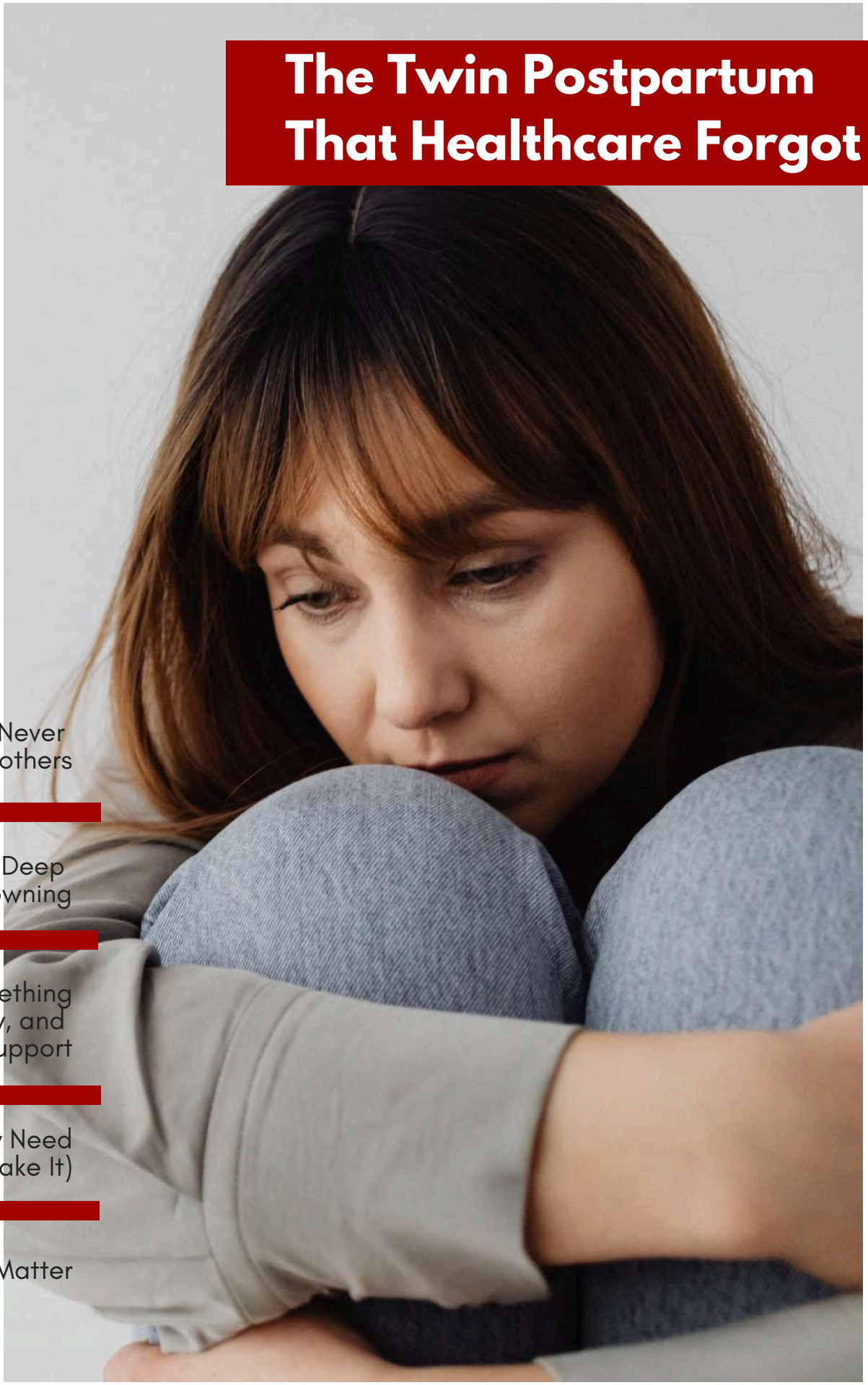






GUIDE

The Twin Postpartum That Healthcare Forgot



A System Never Built for Mothers

When You're Too Deep to Know You're Drowning

Your Body Did Something Extraordinary, and Got No Real Support

What You Actually Need (and Permission to Take It)

You Matter

THE TWIN POSTPARTUM THAT HEALTHCARE FORGOT

WHY YOUR RECOVERY FEELS SO MUCH HARDER THAN IT SHOULD

Maranda Bower is the CEO and Founder of Postpartum University®, transforming postpartum care through her expertise in biology, nutrition, and perinatal mental health.
As the bestselling author of Reclaiming Postpartum Wellness and creator of the Postpartum Nutrition Certification Program, she empowers mothers and professionals globally with groundbreaking research and practical support.

The Postpartum Nutrition Toolkit for Providers
Instagram: @PostpartumUniversity
Podcast: www.PostpartumU.com/Podcast

WHETHER YOU'RE A TWIN MOM IN THE FIRST WEEKS OR THE FIRST FEW YEARS AFTER BIRTH

POSTPARTUM U
Postpartum University®

You've probably heard it: "At least the hard part is over."

But if you're reading this, you know that's not true. You know something feels profoundly wrong with how hard recovery is. And I need you to know: your body isn't failing you.

The healthcare system barely supports singleton postpartum recovery. And for twin moms? You're getting even less than that.

I've spent fifteen years walking alongside postpartum mothers, including many who carried multiples. What breaks my heart is watching twin moms show up for their six-week appointment, exhausted and hurting, hoping someone will finally explain what's happening in their bodies. Instead, they hear "your uterus looks good" and get sent home with birth control, still wondering why everything feels so wrong.

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The System That Was Never Built for Mothers
Here's the uncomfortable truth: Our healthcare system wasn't designed to help mothers heal postpartum. Any mothers.

During pregnancy, you get appointments, monitoring, ultrasounds. The system shows up, not perfectly, but it shows up, because there are two lives at stake.

But the moment your babies are born? You get one six-week appointment as a mother. Maybe ten minutes. And you're sent back into the world as if your body has fully healed. This is standard care for ALL postpartum mothers. It's woefully inadequate for everyone. But for twin moms? You're working with a system designed for singleton recovery, which barely exists, while your body went through something exponentially more demanding.

When You're Too Deep to Even Know You're Drowning

Here's what I see with twin moms all the time, and you need to know you're not alone in this: Many moms share they time to feel. You're in pure survival mode, feeding two babies, changing two babies, trying to sleep in 20-minute increments, keeping tiny humans alive. And then one day, maybe 2-3 years later, you blink.

And you look around and think: What the hell just happened? Who am I? Where did I go? It's like you were so deep underwater you didn't even realize you couldn't breathe. And nobody was checking on you. Nobody was asking if you were okay. Nobody was tracking whether your body was actually healing.

Because the system's entire focus was on your babies. And somewhere in those years, you disappeared.

This isn't "just what happens when you have twins." This is what happens when mothers get the bare minimum of care during a time when they need comprehensive, sustained support.

Your Body Did Something Extraordinary (And Got No Real Support)

Growing two babies meant your uterus stretched far beyond singleton pregnancy, and stayed that way for longer. Your core separation isn't standard diastasis recti. Your pelvic floor experienced intensified, extended pressure. Two babies pulled from your nutrient stores simultaneously.

But you're being measured against singleton recovery timelines. When they clear you at six weeks based on uterine size, they're using metrics that don't account for what you actually went through. And nobody is tracking any of this beyond that one appointment.

Why You Hit the Wall When Everyone Thinks You're "Getting the Hang of It" After that 6-week appointment, something shifts. Just when everyone expects you to be finding your rhythm, the exhaustion gets worse, not better. You can't think clearly. Your mood feels completely out of control. Physical pain that won't resolve. Rage that comes out of nowhere.

Here's what most providers miss: These symptoms look like depression and anxiety, and they're often rooted in your body screaming that it's physically, nutritionally, and mentally bankrupt. Physically, your body is still trying to heal from carrying two babies. By the time you delivered, your body wasn't just depleted, it was running on fumes. Iron, zinc, B vitamins, magnesium, essential fats, critically low across the board. Brain fog, crushing fatigue, mood swings, difficulty bonding, these are all symptoms of severe nutrient depletion.

Standard care might check if you're anemic. Maybe. But that's one marker in a body deficient in dozens of essential nutrients.

Emotionally, twin births involve higher rates of interventions, emergency situations, NICU stays. Maybe your birth went nothing like you hoped. Maybe you're still having flashbacks. Or maybe your birth was "fine" by medical standards, but something still broke inside you that nobody acknowledged. Birth trauma affects your entire nervous system's ability to heal. But if your babies were healthy, if you survived, nobody asked how YOU were. Nobody offered support for processing what you went through.

And structurally, your core and pelvic floor are trying to recover from the sustained, intense pressure of carrying two babies. The separation in your abdomen isn't standard diastasis recti. The weakness in your pelvic floor isn't typical postpartum dysfunction.

These are complex structural changes that need specialized care, but you're being given generic exercises designed for singleton recovery, if you're given anything at all. Because again: the system's focus was on your babies. And you were supposed to just be grateful everyone made it out alive.

What You Actually Need (And Permission to Take It)

Twin postpartum recovery requires care that most providers aren't trained to offer. Extended monitoring. Comprehensive nutritional testing and repletion. Specialized pelvic floor as sessment. Trauma
-informed support. Care that extends for months to years, not
weeks.

So here's what you can do:

1. Extend Every Timeline.

If they say six weeks, think twelve. If they say three months, make it six. You're not behind, you're healing from something twice as demanding.

2. Demand comprehensive Testing.

Ask for full nutritional panels, iron, B vitamins, vitamin D, magnesium, zinc. Your fatigue isn't "just being tired." It's biology.

3. Seek Specialized Support.

Look for trauma-informed therapists, pelvic floor specialists, and postpartum nutrition experts who understand multiple birth recovery.

4. Permit Yourself to Heal

Whether you're six weeks or three years postpartum, it's not too late. Healing has no expiration date.

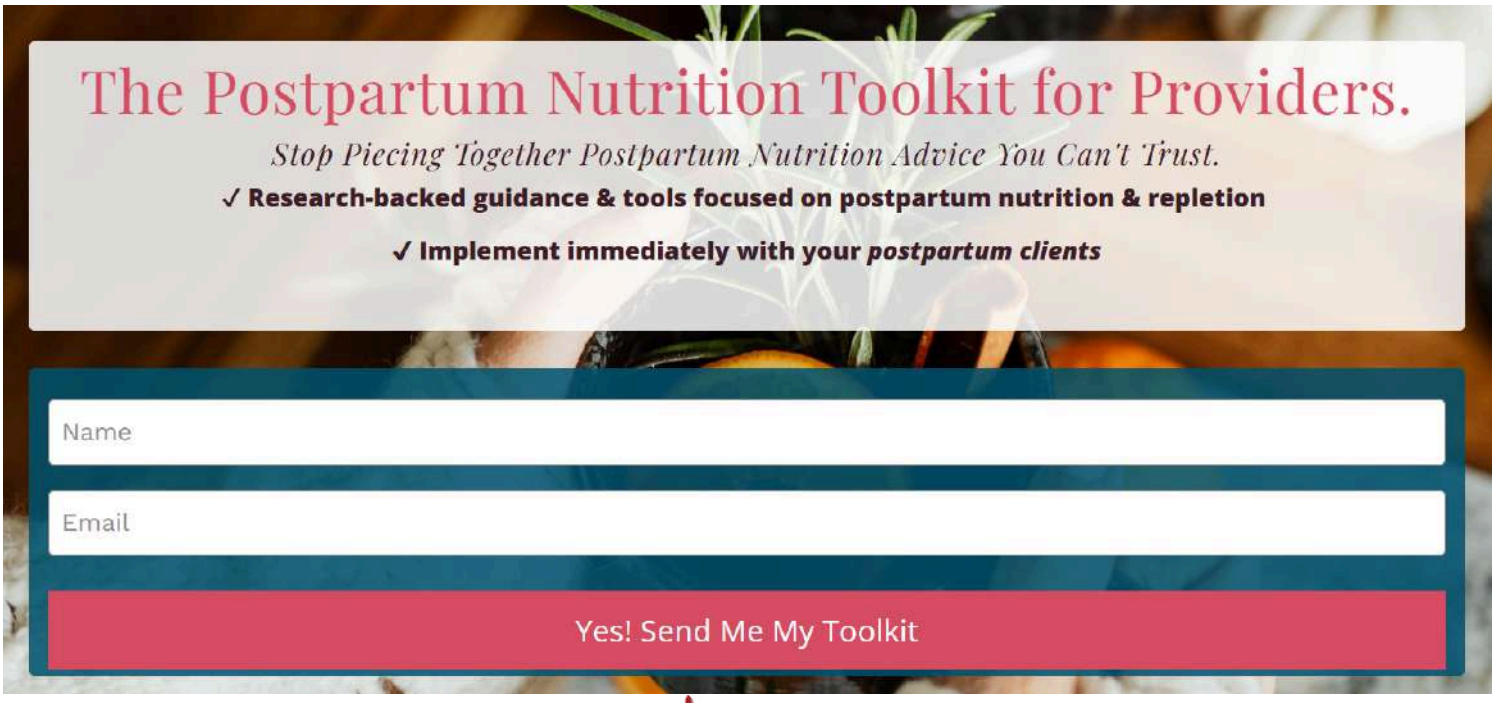
You Matter

The healthcare system has massive gaps in postpartum care. For twin moms, those gaps are chasms. But healing is possible. Full, deep healing. It starts with understanding that twin recovery isn't singleton recovery times two. It's something entirely different that requires different care, different timelines, and different support. And it starts with recognizing that you matter. Not just as someone who brought two babies into the world. But as a human being who went through something profound and deserves to be cared for.

You're not too much. You're not broken. You're a twin mom who needs,
and deserves, care that was actually designed for you.

Even if you have to build that care for yourself, piece by piece.

You're worth it.



Cloud Nine Collective

Let customers speak for us

★★★★★

from 166 reviews

★★★★★
Quick delivery and amazing product

Bonny

★★★★★
Good quality and item is as described. Perfect announcement gift for the...

Jenna

★★★★★
Perfect, thank you so much.

Ashleigh

THE BEAUTIFUL CHAOS OF TWIN MOTHERHOOD

BY KATIE KOEHLER, FOUNDER OF @TWINMAMAMARKETPLACE

As a first-time mom and a twin mom, the most surprising part of raising twins is how your heart breaks just a little for not being able to give each baby your whole self. Yet somehow, they never notice. They have each other.

They share your arms, your voice, your time, and still, they thrive. The early days can feel incredibly lonely, because few people truly understand what it's like trying to feed two crying newborns at once. But as they grow, that experience evolves too. You're nurturing two little souls going through similar milestones at the same time, yet experiencing them differently.

It's a uniquely beautiful, challenging journey, one that can feel isolating, but you are never truly alone. Love doesn't divide; it multiplies. With the right support system, you find your rhythm, and before long, you can't imagine life any other way.

Nourish Yourself as You Nourish Them
To a mom expecting twins, I wish someone had told me how much I'd need to eat. Feeding two babies, especially while exclusively pumping, takes everything out of you.
You need real meals, snacks, and far more protein than you think. Nourishing yourself is part of caring for them. Eat the extra meal. Embrace it. You're doing an incredible job.

The Moment That Changed Everything
One of my favorite memories is the first time my twins hugged each other. They were just learning to crawl, wobbling across the floor when they spotted each other, sat back on their legs, and reached for an embrace.
The giggles that followed filled the room. I happened to catch it all on video, completely by accident, and it's still one of my favorite moments of motherhood.

Redefining "Balance" in Twin Life
I'm not sure true balance exists in early motherhood. For us, as two full-time working parents, balance began with structure.

On the advice of another twin mom, we followed a strict schedule, and it saved us. I've learned that balance doesn't mean doing everything equally; it means giving yourself grace. Some days you'll excel at work, others you'll just survive at home, and both are okay.

The Power of the Twin Mom Community
One of the most valuable resources I've found is the twin mom community itself, the inspiration behind Twin Mama Marketplace.
It's a reminder that twin motherhood is always something to be celebrated, and that none of us are doing this alone.
Because when twin moms support each other, we all thrive.

TWICE THE LOVE, TWICE THE NEED

RETHINKING NUTRITION FOR TWIN PREGNANCIES

Sarah Meacham, Accredited Practising Dietitian & Founder of Twin+
As a mum of twin boys and a daughter, Sarah combines personal experience with professional expertise to improve nutrition for multiple pregnancies. Through Twin+, she's reshaping how mums of multiples are supported, making nutrition bolder, better, and backed by science.

Website: www.TwinPlus.com.au
Instagram: @twinplus__
Facebook: @Twinplus +
Email: hello@twinplus.com.au

THE ULTRA-MARATHON OF MOTHERHOOD

No two pregnancies are alike, and that couldn't be truer when you're carrying twins.
If a singleton pregnancy is like running a marathon, then a twin pregnancy is the ultra-marathon of them all. It calls for more energy, more rest, more nutrients, and more care than ever before.

Well-Fed Mums, Not Fed-Up Mums
At **Twin+**, we believe that when you nourish yourself, you nourish your babies too. Research consistently shows that optimal nutrition and healthy weight gain during a twin pregnancy are linked to **longer gestation** and **higher birth weights** for both babies.
That matters deeply, especially since twins and higher-order multiples are **over 50% more likely** to require special care or a NICU stay.

Meeting the Unique Nutritional Demands of Multiples
The nutritional needs of twin pregnancies are unlike any other. That's why at **Twin+**, our focus is on creating personalized, evidence-based nutrition plans for families expecting twins or more.

We're here to **redefine nutrition care for multiples,** because mums of multiples deserve specialized support that truly understands their journey.

Didn't Plan on Having Twins? We've Got a Plan for You.
From the first trimester to the first year, **Twin+** offers compassionate, research-backed dietetic support through:

- **Pregnancy nutrition consultations** tailored to your unique needs
- **Postpartum recovery plans** designed to restore energy and balance
- **Feeding guidance** for the early months with twins

Our mission is simple:
To deliver expert care, champion the lived experiences of mums of multiples, and pioneer a **new standard of nutrition** for the next generation.

Supporting Health for Two (or More!)
We're working to reduce complications like **preterm birth, low birth weight,** and **pregnancy-related health issues** through targeted nutritional support.

That includes:

- Combating **iron deficiency and anaemia**, which are 2.4 to 4 times more common in multiple pregnancies
- Managing **gestational diabetes, high blood pressure, nausea, and fatigue** with practical, food-first solutions
- Providing education and reassurance every step of the way

Because Mums of Multiples Matter
Every twin pregnancy is extraordinary, and it deserves equally extraordinary care.
With the right nutrition, guidance, and support, you can thrive through the ultra-marathon of twin pregnancy and beyond.

Twin+: Changing the face of nutrition for multiples, one mum at a time.

Mom A Pack

- initial consultation
- Blood test analysis
- Supplement plan
- 6x monthly review sessions during pregnancy
- 2 x review session postpartum (at a time of your choosing)
- Message chat available postpartum for those spontaneous questions.
- (up to 5 messages per week)

Perfect for the type A Mum's that likes to have a plan, feel in control and wants to know and do everything. This pack offers a truly special experience with regular Dietitian check ins and practically a Dietitian in your pocket with the use of our spontaneous messaging system. No stone is left unturned.

BOOK NOW

Mom B Pack

- initial consultation
- Blood test analysis
- Supplement plan
- 2 x review sessions (at a time of your choosing)

B mum's are fun! They want to do everything and are commonly known as the late friend in their group. They often lack time but not passion. Not too much, not too little, this pack is just the right amount so, you can rest assured the key pillars of nutrition are taken care of.

BOOK NOW

Mom C Pack

- Diet analysis
- Supplement plan
- 20 minute zoom call/recording for discussion of recommendations

No free time between antennal check ups? Suitable for those wanting a once off prenatal supplement plan.

This is a quick, targeted experience with a Dietitian —great for time-poor mums, international clients, or those needing clarity without the counselling.

BOOK NOW

twin+
THE FIRST OF ITS KIND

How to Leave the House with Twins (Without Losing Your Mind!)

BY SUSAN MOCSNY THOMAS, RN

Susan Mocsny Thomas is an accredited La Leche League Leader of 44 years. She is a registered nurse with over 25 years of labor and delivery, antepartum, and postpartum experience. Susan currently is the Director of the LLL Alliance Breastfeeding and Lactation Resource Department. She is the mother of three adult children and grandmother to five grandchildren.

Website: www.lllalliance.org
Email: info@lllalliance.org
Facebook: www.facebook.com/LLLAllianceDCE

BABIES REQUIRE LOTS OF PREPLANNING AND ORGANIZATION ON THEIR PARENTS' PARTS

And getting out of the house is another one of those things that can be challenging with more than one baby. Here are tried-and-true tips from mothers of multiples who have mastered the art of getting out the door with two little ones.

1. Prep Like a Pro
Keep a fully stocked diaper bag packed and ready by the door at all times. Include diapers, wipes, burp cloths, a change of clothes for each baby, and any essentials like pacifiers, snacks, or bottles.

💡 **Bonus tip:** Pack a spare outfit for yourself and keep it in the car, diaper blowouts and spit-ups don't discriminate.

2. Dress Smart for Breastfeeding
Wearing the right clothes can make all the difference. Choose outfits designed for breastfeeding or layer a nursing camisole under a loose T-shirt for quick, discreet access wherever you are.

3. Find Your Carrying Strategy
Wearing your babies in slings or carriers is often easier than maneuvering a double stroller. You can wear both babies (with proper support and safety) or alternate, one in a carrier and one in a stroller. If your partner is joining you, each of you can wear one baby.

4. Keep the Essentials Close
A small belt bag or crossbody pouch can be a lifesaver. Store your keys, phone, and cards inside so you don't have to dig through a bottomless diaper bag.

5. Time Your Departure Wisely
Feed your twins right before you head out. This gives you a window of calm before they're hungry again, just keep in mind that you might need one last diaper change before walking out the door.

6. Plan for Feeding on the Go
Think ahead about where you might nurse once you reach your destination, your car can be a comfortable and private option if you're outdoors. For shorter outings, it's perfectly fine to plan your trip around your next feed and tandem nurse once you're home.

7. Practice Makes Perfect
Learning to latch both babies on your own takes time. Start practicing at home with and without nursing pillows. Once you're confident with tandem latching, you'll feel free to take your twins anywhere, no more feeling housebound!

Tip: Search YouTube for instructional videos on tandem latching to help you build confidence and find positions that work best for you.

The Bottom Line
Getting out of the house with twins may take extra planning and patience, but each trip builds your confidence.

Before long, you'll be handling double diaper changes, double feedings, and double adventures like a pro.

Who We Are
LLL Leaders are experienced breastfeeding parents trained and accredited by **La Leche League International (LLLI).** They offer peer-to-peer support, guidance, and encouragement, backed by expert resources and a global network.
With **over 4,000 Leaders in 80+ countries,** support is always within reach, whether online or in person.

At La Leche League, we're here to help you find your confidence, your rhythm, and your success in breastfeeding and parenting your twins.

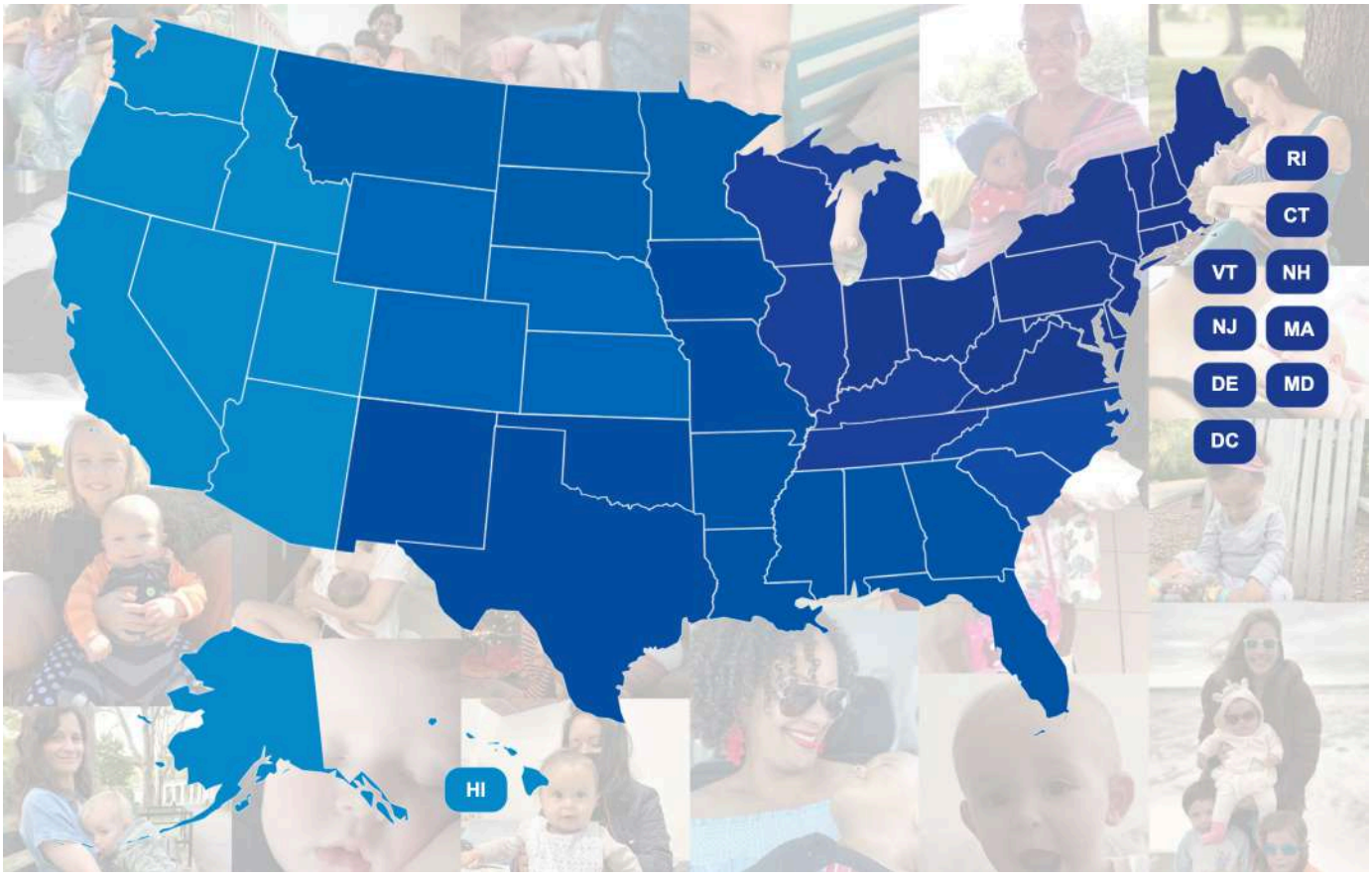
La Leche League Alliance

HAVE BREASTFEEDING QUESTIONS?

SEARCH THE MAP BELOW FOR A LA LECHE LEAGUE ALLIANCE LEADER NEAR YOU

FIND LEADERS AND GROUPS NEAR YOU FOR IN-PERSON CONVERSATIONS.
BABIES AND CHILDREN OF ALL AGES ARE WELCOME TO JOIN THEIR PARENTS AT LLL EVENTS.

VIRTUAL GROUPS OFFER SUPPORT FROM THE COMFORT OF YOUR DEVICE WITH MANY OPTIONS OF DAYS AND TIMES TO GATHER REMOTELY. LLLI ACCREDITED LEADERS ARE AVAILABLE 24/7 FOR ONE-TO-ONE HELP. LEADERS CAN BE AVAILABLE TO TALK, TEXT, OR VIDEO CHAT. LA LECHE LEAGUE NEVER CHARGES FOR HELP AND SUPPORT.



FROM A CALL TO FOREVER: OUR TWIN ADOPTION JOURNEY

AN UNEXPECTED BEGINNING BY REBECCA GORDON

MY HUSBAND AND I BEGAN OUR ADOPTION JOURNEY IN 2020

A path filled with unexpected turns, from a few failed cases to switching between lawyers and working with a private agency. It wasn't always easy, and there were moments we weren't sure what the next step would be.

Then came the call, one we'll never forget. In November 2023, we received an urgent request from the county asking if we would take in twin girls as foster parents. The catch? They would be arriving the next day.

Just 20 hours later, two social workers walked into our home carrying the girls who would forever change our lives. They officially become ours in July 2025, but in our hearts, they've been ours since the moment we met them.

20 Hours to Prepare for Twins
Having twins is an adventure in itself… but having 20 hours to prepare for twins? That's next level!

Those first 24 hours were some of the craziest, most beautiful, and life-changing moments we've ever experienced. Between setting up cribs, finding baby clothes, and learning two new names at once, it was pure, joyful chaos.

The Rollercoaster of Foster Care
Foster care is a journey full of ups and downs, filled with stress, joy, trauma, and healing. It tests your patience and your heart in equal measure. But looking at our girls now, we can honestly say: it was all worth it.

Watching Them Grow
Our girls are fraternal twins, and while Baby A started out as the bigger one, Baby B has now taken the lead. Watching them grow side by side has been one of the greatest blessings of our life.

Even more special, we were able to keep the siblings together. They have more siblings, including another set of twins (brothers!) and an older brother. We cherish the bond we've built with their extended family and love our pizza nights together.

Our goal is simple: to make sure they all grow up knowing and loving each other, even if they live in different homes.

A Heart Made for Twins
People often ask if we're considering another adoption. Honestly? I could see us with another set of twins, it's all we know now!

It's been such a joy to meet other twin parents and hear their stories. There's a special kind of magic in raising twins, and a wild kind of chaos, too, but we wouldn't have it any other way.

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MILK MAKEUP
Cooling Water Jelly Tint – Sheer Lip + Cheek S...
853
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MILK MAKEUP
Hydro Grip Set + Refresh Spray with Hyaluroni...
854
$38
Add to Cart

MILK MAKEUP
Sculpt Stick – Cool-Toned Cream Contour Stic...
611
$24
Add to Cart

Award-Winning Best Sellers

As Seen In

VOGUE allure TODAY InStyle

FINDING CONNECTION & COMMUNITY

MULTIPLES OF AMERICA HAS YOU COVERED

Parenting twins, triplets, or more brings countless blessings, but it also comes with unique challenges that can leave even the most prepared parents feeling overwhelmed.

"I felt lost."
"I felt scared."
"I felt isolated navigating so many unknowns."
"I never really babysat as a kid, so two preemie babies was beyond overwhelming."

Sound familiar? You're not alone. Many parents of multiples share these same feelings in the early days. The good news: there's a community ready to help — Multiples of America.

A Network Built for Parents of Multiples
Multiples of America is a nationwide organization dedicated to supporting families with twins, triplets, and higher-order multiples. Through a network of local clubs and individual memberships, parents gain access to a wealth of resources and a supportive community that understands their unique journey.

For expectant and new parents, the "Your Multiples and You" pamphlet and Expectant Parent Toolkit offer essential guidance and reassurance during those uncertain first weeks. Many local chapters also provide hands-on support, from meal trains and welcome baskets to monthly meetups and mentor mom programs that connect experienced parents with those just starting out.

Introducing Great Expectations Multiplied
New this fall, Multiples of America has launched Great Expectations Multiplied, a monthly online seminar series designed for expectant parents and parents of young multiples.

Each month, expert speakers, including a twin consultant, nutritionist, sleep specialist, lactation consultant, and reading expert, share advice on topics like:

- NICU experiences and emotional recovery
- Breastfeeding and bottle-feeding twins
- Sleep solutions for multiple babies
- Early childhood behavior and bonding

One participant shared,
"My partner is still finding his footing with our three-month-olds, and this seminar really helped us both. The self-regulation advice was amazing, and I loved the reminder not to compare our twins."

Best of all, these seminars are free for all members, and attendees are automatically entered into monthly gift card drawings.

Registration is quick and easy. Just complete an online registration form.

Direct Membership: Connection Wherever You Are
Can't find a local multiples club near you? Multiples of America now offers a Direct Membership option so every family can benefit from their community and resources, no matter where they live.

For just $15 per year, direct members receive access to national webinars, exclusive parenting resources, leadership opportunities, and the annual national convention,connecting parents of multiples from across the country.
To learn more or register, visit Multiples of America's website and start building your network of support today.

multiples OF AMERICA

GREAT EXPECTATIONS MULTIPLIED SEMINAR SERIES

TIPS & TAKEAWAYS FOR PARENTS WITH YOUNG MULTIPLES

The Day Has Arrived

SEPT. 15

The Day Has Arrived! Expecting Multiples, the Birth Partner's Role, NICU Stay, Recovery From Birth, and Heading Home
Expert on Board: Smadar Zmirin

First Months at Home

OCT. 13

Easing Into Multiple Parenthood & Transitioning from the NICU
Expert on Board: Smadar Zmirin

Feeding Time

NOV. 5

Nutrition for Newborns & Growing Multiples
Expert on Board: Divya Cordoso

NICU Babies

REGISTER

DEC. 16

In the NICU: What to Expect, Kangaroo Care, Support Resources, Transitioning Home, Parent Self Care, Continuing Concerns
Expert on Board: Stephanie Ernst

Snooze Away

JAN. 20

Sleep for Newborns: Sleep Cycles, Effective Settling Techniques, Nap Times, and more.
Expert on Board: Smadar Zmirin

Zzz z z z

1 All seminars begin at 7:30 P.M. Central

Great Expectations Multiplied is partially funded through a grant from the Prolacta Bioscience Foundation.

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GREAT EXPECTATIONS MULTIPLIED SEMINAR SERIES

TIPS & TAKEAWAYS FOR PARENTS WITH YOUNG MULTIPLES

Breastfeeing Two or More

FEB. 24

Breastfeeding, Pumping & Bottlefeeding/Formula
Expert on Board: Lindsay Castiglione, Full Hearts Collaborative

ABCs & 123s

MARCH 26

Learning During the Young Years, with special notes for NICU Babies
Expert on Board: Kim Simonich

REGISTER

Is It Nap Time?

APRIL 20

Sleep for Toddlers
Expert on Board: Smadar Zmirin

First Steps

MAY 11

First Steps in Parenting Multiples:
The Logistics of Caring for Two or More Babies, Optimizing the Physical Living Environment to Reduce Stress, Dealing with Post-Partum Depression
Expert on Board: Smadar Zmirin

Fights & Sharing

JUNE 15

Managing Multiples' Behavior: Why Fights Start, Sharing with Multiples, Boundary Pushing, Dealing with Jealousy and more
Expert on Board: Smadar Zmirin

All seminars begin at 7:30 P.M. Central

Great Expectations Multiplied is partially funded through a grant from the Prolacta Bioscience Foundation.

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GET INSPIRED

NAVIGATING THE TWIN BOND WHILE NURTURING INDIVIDUALITY

BY DR. CAROLYN LISTER, CHAIR & RESEARCH DIRECTOR, ICOMBO

Dr. Carolyn Lister, Chair of the International Council of Multiple Birth Organisations (ICOMBO). ICOMBO is a voluntary organisation that champions the rights of multiples. Passionate about ensuring the unique needs of multiple and their families are understood and met. Visit ICOMBO.org to learn more about their Declaration of Rights and global advocacy work.

Website: www.icombo.org
FB: @InternationalCouncilofMultipleBirthOrganisations
Email: chair@icombo.org
Sign up for our public newsletter:
www.icombo.org/mailing-list

CELEBRATING THE LIFELONG JOURNEY OF MULTIPLES

From November 3–9, 2025, we celebrate **International Multiple Birth Awareness Week (IMBAW)** under the global theme **"Multiples for Life."**

This year's message reminds us that being a twin, triplet, or higher-order multiple isn't just about childhood, it's a lifelong experience that shapes identity, relationships, and emotional growth. Throughout the week, ICOMBO will spotlight vital topics: from the shock of discovering you're expecting multiples to navigating challenging pregnancies, learning differences, community, and even loss. Yet one theme stands out among them all, **the balance between togetherness and individuality.**

The Delicate Balance: Bonded Yet Independent

Twins share a unique connection that begins long before birth, but this doesn't mean they should always be seen as a "unit." Recognizing each child as an individual is essential to supporting healthy identity development and emotional well-being. Finding this balance is an ongoing journey, for twins, their families, and everyone around them.

A Must-Read: Joan Friedman's Insightful Work on Twin Identity
One of the most valuable contributions to this topic comes from **Dr. Joan Friedman**, herself both a twin and a mother of twins. Her newest book, Beyond the Bond: Insights into Navigating the Challenges of Being or Raising a Twin, explores the emotional complexities of twinship with compassion and deep understanding.

Dr. Friedman's previous works, Emotionally Healthy Twins, The Same but Different, and Twins in Session, are also foundational reads for anyone raising or supporting twins.

Learn more and follow her on Facebook:
facebook.com/joanafriedmanphd

Key Lessons on Supporting Individual Growth
Here are some of Dr. Friedman's most valuable insights, practical reminders for every parent of multiples:

1. Encourage Early Individuality
Give each child time apart when possible. Solo experiences help twins explore the world beyond their twinship, building independence, self-confidence, and identity.

2. Create One-on-One Parent Time
Twins benefit greatly from private moments with each parent. It helps them understand that emotional support exists outside of their twin relationship and strengthens parent-child bonds.

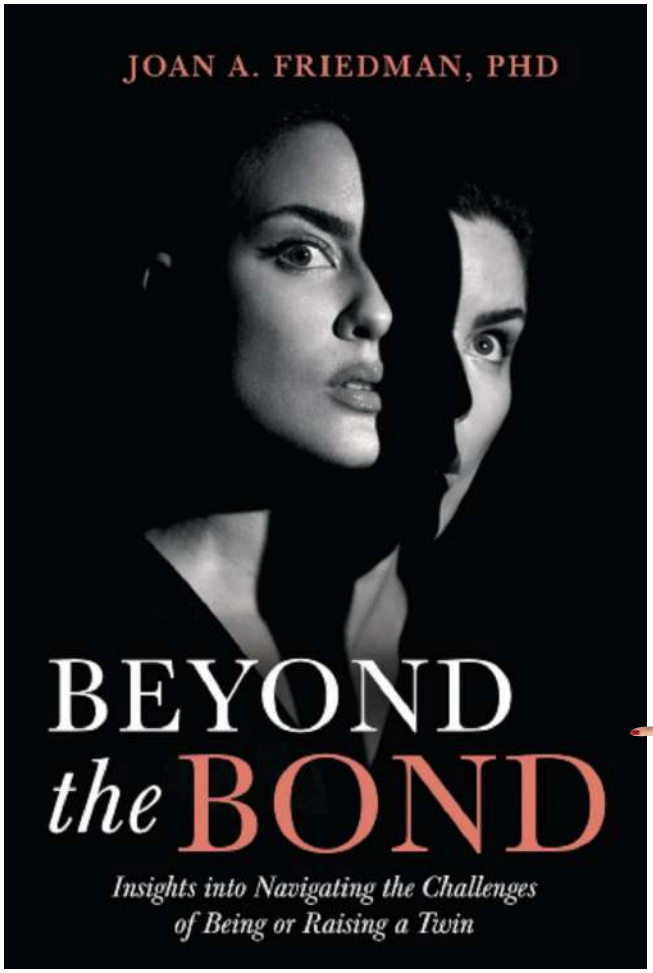
3. Let Go of "Perfectly Equal"
Equality doesn't mean sameness. Embrace each twin's differences, whether in needs, interests, or temperament—and allow them to flourish as individuals.

4. Celebrate Shared and Separate Interests
If both love the same sport or activity, let them enjoy it together! When interests diverge, support that too. In adolescence especially, separate hobbies and friendships can foster confidence and independence.

5. Space Can Strengthen the Bond
Twins often grow closer when they experience a bit of distance.
Space allows emotional maturity and helps maintain a healthy connection into adulthood

6. Watch for Caretaking Imbalances
When one twin consistently plays the caregiver role, it can lead to co-dependence. Encourage both twins to develop autonomy and resilience, especially as they enter romantic relationships later in life.

Guiding Multiples from Womb Mates to Whole Selves
Parents and caregivers play a vital role in supporting twins as both a team and two unique people. Encouraging individuality doesn't weaken the twin bond, it makes it stronger, healthier, and more enduring.
By nurturing both their shared connection and their separate identities, we empower twins to grow into emotionally secure adults, capable of forming deep, fulfilling relationships without losing the special bond that started it all.



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Era Organics Healing Ointment for Babies...
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-23% $14.99
List Price: $19.50
prime
Get it by Sunday, October 27
3K+ bought in past month
Climate Pledge Friendly

Era Organics Microdermabrasion Facial...
4.4 ★★★★½ 19,009
-17% $16.99 ($8.50/Ounce)
List Price: $20.45
prime
Get it by Sunday, October 27
3K+ bought in past month

USDA Organic Baby Powder Talc-Free...
4.4 ★★★★½ 4,567
$9.99 ($3.33/Ounce)
prime
Get it by Sunday, October 27
4K+ bought in past month
Climate Pledge Friendly

Glycolic Acid Peel AHA BHA Exfoliant -...
4.4 ★★★★½ 19,009
$19.87 ($9.94/Ounce)
prime
Get it by Sunday, October 27
1K+ bought in past month

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$20.29 ($10.15/Fl Oz) prime

$18.99 ($2.26/Ounce) prime

TWINMOM TALK

All your frequently asked questions are being answered

Click to read the answers

Finding difficult to breastfeed both the babies.....both the babies on formula for past 50 days.....any suggestions to improve the breastmilk supply along with feeding techniques/ ideas for twins....

4m+ pp. Combo feeding my twins since day 1, as hospital insisted. My supply nvr increased n now I produce enuf only fr 1 baby. My twins r also growing n they now prefer the bottle over me. I wanted to continue to breastfeed till they turned 2 at least. Now it luks lyk I won't be able to feed them past 6m. Now m continuously pumping at least 6x per day fr d past 3 wks and there isn't much imprvmnt. It luks lyk my supply hs plateaued. Hs anyone else gone thru similar issues? I only want to produce enuf fr them to nt reject me completely.

Hi. I have a question. My girl twins are 9 mounth old. Second one is siting, crawling, standing up, active playing, but the first one can sit but cant crawling, cant standing. Is that okay? She says dad, grandfather and sister on our language. She says mom too but only when she's crying 😂

Any advice on sleep training twins? Our boys will be 3 1/2months and wake up every 2 hrs during the night still. We are so exhausted. Thank you in advance!!!

CLICK

How could they tell both twins were moving daily and it wasn't the same twin just moving around in utero?

Hello Everyone! I am 32 weeks pregnant with Di/di twins. I have been experiencing terrible rib area/chest and upper back pain that doesn't go away with out pain killers. Has anyone experienced this? If so what remedies have you used apart from painkillers? What could be the cause ?
Thank you!

Hi.. my di/di twins born at 37 week on 6th oct One of them is weak and can't digest milk she vomits the milk I'm very worried about her, she is loosing weight day by day. Any suggestions plz

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Hey, I'm 26 weeks pregnant with Di Di twin girls and they are about 1 lb 12 oz...
My doc is saying they are on the smaller side. Has anyone else had this isssue? How can we fatten them up lol

I also struggle with keeping dairy down which takes away eggs and milk.

Any advice , suggestions, peaceful hope?

Help / advice / suggestions please 🙏

We will soon be adopting twins - 8 months old!!

Feeling all over the place and overwhelmed with what we need and what to buy.

Suggestions for your 'must have's' and things that we can do without!

Wish us luck 🍀

Hii do 36 weeks born twins need nicu

Send us your twins question

YOU DON'T HAVE TO DO MORE TO MATTER

All About Twins

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