



Twin Tips From The Members of Sonoma County Mothers of Multiples

These tips are from moms who have “been there, done that”. SCMOM does not necessarily endorse these tips. They are merely offered as a service for you to pick out those you think are appropriate to you. If you have any doubts, please consult your child’s doctor.

Ask For Help

The best advice I received was from my twins' pediatrician.

He said when people come over to help you, have them help with the house, food, errands, laundry, etc. Don't be afraid to ask them to do something other than carry the baby all over the place. That is your job. Your babies need to get to know you and bond with you.

I needed to hear that because at that time I didn't have enough guts to tell everyone what I really needed help with. Those first three months can be easy compared to when babies need less sleep after three months. I could have been catching up on sleep instead of cleaning and preparing for the next awakening.

Short version....

Sleep when your babies sleep and let everyone who wants to help so much clean and prepare meals. Trust me, you'll need your sleep. Michelle L.

Hire Help

Arrange for help to be there beginning no later than the day you get home from the hospital. Don't wait to look for help until the babies are born. If you have relatives who can come help, great. If not, hire a college student, or sign up your friends for a few hours here and there. Don't be shy. Ask for help. You'll be glad you did. We had someone come 40 hours a week for months to help us with our two fussy babies while I was staying at home and nursing, and my husband was working. And I was still exhausted most of the time during those early months. Judy K.

Treat Them As Individuals

The best advice I had came from my pediatrician. He told me I gave birth to two kids that just happened to be born on the same day. Stop comparing them and raise them as two people with different needs. As it turned out, mine have different sleep habits, different eating habits, different social skills, different emotional needs. The older they get, the more I can respect their differences. My twins are the best of friends and I think part of that is from birth (or shortly after when I got this advice) we have tried to raise them with respect to their individual needs. Individuality is hard enough to find in this world, can you imagine doing it being compared to someone else all the time?? Diane L.

Have Food Ready To Go

When my twins were born I was often hungry but found little time to eat let alone make anything. Have someone make up several sandwiches wrapped in halves and keep them

in the fridge. That way they are easy to grab on your way to feed the babies. They are a no-mess snack that will hold you over. My mom did this for me and I loved it! Tamara P.

Keep Your Bag Packed

Always have a diaper bag packed and ready to go. It is a struggle enough with two little ones to get ready and having a bag ready was a big help to me. Lisa O.

Pacifier Hint

A favorite must have for those babies that use pacifiers, is a Pacie Pal. It is like a small beanie animal with a leash attached for a pacifier. The idea is they get attached to the beanie and when they are ready to give up the pacifier you just cut the leash and they can keep the beanie. Lisa O.

Pacifier Leash Isn't just for Pacifiers

Pacifier leashes are also good for attaching small toys and rattles to your babies. That way, if they drop them, the toys won't fall on the floor or get lost. This is good for trips to the mall or doctor's office. The baby can find the toy again and you don't have to keep picking it up. Tamara P.

Wait Before Buying Two

My recommendation would be not to buy two of everything. Wait and see what the babies like and need. My first son lived in the swing so I got another one while expecting the twins. Of course neither of them wanted anything to do with it. It is cheaper to send your husband out to the store to buy a second item than to buy two of everything and then not use it. Or better yet, borrow duplicates from friends with kids. Who cares if they don't match. It's probably better if they don't so there is a little variety for the babies. Susan C.

Bottle Organization

One tip I wish I had gotten before having the babies was how to manage the whole bottle feeding thing (breast feeding didn't work out for me). I tried lots of different things before landing on this. Every evening I run the dishwasher so that I have a day's worth of bottles. In the morning, I assemble all bottles and fill a large thermos with enough warm - hot purified water (I bought a water purifier that attaches to my water faucet) to last me through the day and night. At bedtime I take the thermos, pre-measured formula, and enough bottles to last me until daylight the next day, up to the nursery. That way I don't have to haul myself downstairs and heat up water for every feeding. Carrie P.

Nursing “Do's and Don'ts”

I was gung-ho at first and determined to breastfeed exclusively. Here is a mistake I made. My daughter would latch on, nurse hungrily for 10 minutes, and then sleepily nurse for 45 minutes or more. She was using me as a pacifier. I thought I should let her do it, according to some book I read. Meanwhile, my son needed feeding, but I could not nurse both at the same time, even with a special pillow. So he would get a bottle of formula given by me (talk about juggling) or a family member. A further reading of a different book taught me that the hungry nursing is what stimulates more milk production. The sleepy nursing doesn't stimulate at all. Conclusion: it's OK to take the baby off the breast if the hungry nursing is over, even if s/he cries. Suzanne N.

Port Your Potty

Out and about: the smartest twin mom I know had a portable potty in the back of her mini-van. Small children can't necessarily hold it while you look for a public restroom. Suzanne N.

Feeding Time

If you need to pump, it is worth every penny to rent the industrial hospital pump for at least the first 6 months.

If you are using a bottle we found it easiest to heat a lot of water at a time on the stove and pour it into a thermos. Each time you need to make a bottle the warm water is already ready. We bought a small thermos to use when we were away from home. Angela C.

Grown-Up Time

During the first year, the only time my husband and I had a decent conversation is when we would do the dishes together at the end of the day after our girls were asleep (albeit temporarily). We could debrief from the day and then get to walk into a clean kitchen the next morning (often the only clean part of the house!) Angela C.

Find What Works

Do whatever works to get through the early months with your twins. I went into it with preconceived ideas of what I would and would not do with my babies, but ended up throwing most of it out the window when we found ourselves sleep deprived and faced with two babies with colic. Put away the guilt and do what works for your babies. Then, when things settle down (for us it was when they were around six months old), you can revisit your parenting techniques and make different choices. But the early months were all about survival! Hang in there, it gets easier! Lisa C.

Make Noise

Buy a white noise maker or use a fan so that when your help (or your husband) is watching your babies, you can sleep through their little (or big) cries for an hour or two. Sleep is precious in the early months. Judy K.

Assign Shifts

When our twins were newborns, my husband and I took shifts. Because my husband had to leave early in the morning for work, he couldn't be up with the babies in the middle of the night. I would go to bed early, around 7pm. He would be in charge of the babies until 10pm. After 10, it was my turn. On weekends, he would take a longer shift, until 1am. So if they cried before the cut off time, he got up. If they cried after that time, I got up. That way we each got some solid sleep and didn't have to discuss it each time they cried. Tamara P.