

Research Committee
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Hello everyone. If you have a topic you've been trying to research but haven't gotten around to it, please send me an e-mail and I'll help you out and save you some time. I know for me, everyday chores like laundry and dishes always seem to take precedence over doing research.

For this month's research article I decided to use David Letterman's style, The Top 10 Suggestions for Parents of Multiples. My list is not nearly as funny as Letterman's, but hopefully a lot more useful. I often wonder what I should be doing differently as a parent of twins, so I went through the latest Twin Magazine with a fine tooth comb looking for enlightenment. This is what I discovered...

Top 10 Suggestions for Parents of Multiples:

10. Do Not Label Your Multiples

"Keep a firm focus on your own children and avoid all temptations to compare him or her with others – especially important with multiples. Labeling one child a "good reader" or "artistic" at a young age can limit that child and discourage his or her sibling for life." Twins Magazine Fall 2009 Pg. 23

9. Assign Different Time Out Areas Ahead of Time

"When your multiples are hitting one another, do not ask, "Who started it?" If you ask who started it, it will teach your toddlers how to start blaming each other. And does it really matter who started it when they are now both hitting? They both need a time-out away from each other – plan out two areas ahead of time for just this occasion. The last thing you need at this point is a fight over who gets which time out location." Twins Magazine Fall 2009 Pg. 12

8. Keep Infants on the Same Schedule

"First, I started with the nursing schedule. If only one twin was awake when it was time to nurse, I woke the other one so I could nurse them together. They will eventually get on the same schedule." Twins Magazine Fall 2009 Pg. 18

7. Schedule Separate Conferences with Teachers

"Request a separate parent-teacher conference to discuss each of your children. Don't settle for one time period for your multiples, even if it is a time slot with an extended number of minutes." Twins Magazine Fall 2009 Pg. 15

6. Don't Compare Your Multiples

When talking to teachers "ask for comparisons of your child's progress with specific skills or benchmarks such as: She is able to add single-digit numbers but has problems with double –digit numbers. Focus on how your child compares to a set criterion rather than to her sibling(s)."

5. Treat Your Multiples as Individuals

Separate clothing is a great way to treat them as individuals. As multiples get older they tend to want clothing that only he or she wears. "Clothes are our way of showing the world our uniqueness – our individual style – so not wanting to share clothes or accepting a larger twin's hand-me-downs is understandable." Twins Magazine Fall 2009

Another mother felt it was important to buy two separate cell phones for her twins. "One cell phone sends the message that twins are a unit, and are not expected to spend time apart." Twin Magazine Fall 2009 Pg. 25

4. Help Them Become Independent From One Another as They Grow Up

"Parents have to respect that one twin wants to be by herself. That she wants to be independent and not tied to or possessed by her sister. If she doesn't get permission from her parents to go off on her own, the parents are basically saying, 'What you want and need isn't important. The twinship is the most important thing.'" Twin Magazine Fall 2009 Pg. 25

3. Schedule One on One Time With Each of Your Multiples

"It's a good idea for any parent to carve our quality time with each child, and it's important for siblings of twins to feel special and valued by their parents" Twin Magazine Fall 2009 Pg. 44

2. Take Care of Yourself and Your Marriage

To take care of yourself, this fall's issue of Twin Magazine suggests that you join a mothers of multiples support group! Looks like I'm doing at least one thing right!

To take care of your marriage, one woman suggests being serious about bedtimes for the little kids. She says, "When it is time for bed, you go in and there's no coming out. After we get everyone into bed, we'll go on the front porch swing and sit there with a glass of wine or beer or even soda, and just talk and rock. It's not leaving the house, but it's a sort of mini-date on the porch." Twin Magazine Fall 2009 Pg. 31

...and the number one suggestion for parents of multiples...

1. Just Love them! 😊

