

How to Care For Twin Babies

The Ultimate Guide

This guide is chocked full of helpful tips and tricks to decrease stress and help ease your burden. We will look at what items have been a lifesaver for other parents of multiples and more.

1 Schedule and Routine Are Everything

It is imperative to have synchronized schedules. If this is not established early and maintained, you will all feel the effects down the road. You may hear the term, never wake a sleeping baby. However, when it comes to your sanity and establishing a routine, it is essential.

2 Noise Is Good for Sleeping Babies

The sound of you near them is soothing, like white noise. You want to train your babies to block out distractions to sleep. Allow the noise, and they will learn to sleep through anything.

3 Two of Everything is Not Necessary

It is better to start off with one of everything and determine if you need a second as time goes on, instead of buying too much and never get the use out of them.

4 Create A Safe Space for Play

You want to create a safe place for the babies to play and explore. Choose a safe place in your home where the babies can be easily observed at all times.

5 Surround Yourself with Support

Get involved in parenting groups and programs in your area to connect with other parents, especially parents of multiples. No one will understand you better than those going through the same thing.

6 Double the Penny Pinching With Twins

You will want to sign up for any discount programs you can find. There are often discount programs for multiples. Clip those coupons and shop the sales to make room in the budget where you can.

7 Apps for your smartphone

There are apps for your smartphone to help make your job easier, because "baby brain" is a real thing and can last for years. Track feeding, diapers changes and more with apps

8 Caffeine Is Your Friend

Caffeine is a must, as well as healthy snacks. Keep a stash of protein and fibrous snacks such as nuts and dried fruits instead of empty carbs like potato chips.

9 Give Yourself Grace Every Day

Be kind to yourself and enjoy the journey. Give yourself grace not just today but every day.