

The Magazine for Multiples Since 1984

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May/June 2013

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New Brochure Outlines Multiple Birth Prenatal Class from A to Z

If you have thought about setting up Multiple-Birth Prenatal Classes in your community, augmenting the ones you already have, and you have a medical back ground, you will be interested in this essential brochure outlining a Multiple Birth Prenatal class from A to Z.

The content is written by Lynda P. Haddon a Multiple Birth Educator with over 20 years of teaching and promoting multiple-birth prenatal classes in Ottawa, Canada and area. Haddon is a mother of twins and a singleton 22 months apart and over 1,000 families with twins and triplets have benefitted from taking her classes.

Content of the brochure includes: prenatal nutrition needs, preparing the other children for the arrivals, recognizing preterm labor, father/partner's role in the pregnancy and births, what parents can expect in the delivery room, unexpected outcomes, breastfeeding/feeding information and challenges, getting them on the same schedule, working with sleep deprivation, prioritizing tasks, keeping a check on the marital relationship, what to expect the first few weeks, and so much more!

Haddon has been recognized locally, nationally and internationally by multiple birth organizations for her work with multiple-birth families and low birth weight prevention. Don't miss out on either creating or augmenting your Multiple-Birth Prenatal Classes with this easy to read and essential program outline content. For more information about the brochure and how you can purchase it visit: www.multiplebirthsfamilies.com

You're invited to attend the International Twins Association's Annual Convention in Las Vegas—Labor Day Weekend!

This annual convention is for twins and multiples of all-ages so make your plans and join them this year! The ITA, International Twins Association, was organized by and for twins in 1934. It is a non-profit, family-oriented organization to promote the spiritual, intellectual, and social welfare of twins and multiples throughout the world. We meet every Labor Day weekend in a different city and this year we're in Las Vegas, NV. Come join us for all the different events and activities! Throughout our visit, we'll be

enjoying a Comedy Club, hosting golf & bowling tournaments, touring The Hoover Dam, enjoying the dinner show "Tony & Tina's Wedding", and hosting a "Mardi Gras" evening dinner & dance. Also, don't miss the annual Judging Contest on Sunday! All multiples of all ages are invited and you're welcome to bring your family/friends! Check out the agenda on the ITA website at www.intltwins.org or just stop by the registration desk at The Orleans Hotel for details.

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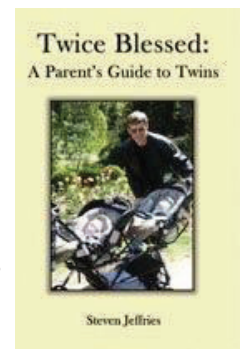
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Popular Writer for TWINS Magazine Releases New Book

If you enjoy the articles inside TWINS Magazine written by popular writer, Steven Jeffries than you will definitely enjoy reading his new book called "Twice Blessed: A Parent's Guide to Twins" based on some of the articles he has written and available in both paperback and digital formats. The book is now available in a variety of formats electronically and in paperback and ebook formats at http://www.bookstandpublishing.com/book_details/Twice_Blessed.



Sometimes, even this strategy fails – once her husband filled two “Ava” cups by mistake. The twins made sure he paid for his error.

Cups and what they contained were also a bone of contention for Kartman’s twins. “They always checked to see who had more. I had to use cups that weren’t transparent, so they couldn’t measure.”

When Pierce reads to Malena and Marley, the girls fight over who gets to hold the book and turn the pages, and a tantrum sometimes results.

To resolve control issues between twins, Cochran suggests teaching behaviors such as counting, using timers and taking turns. Such cooperation is a critical part of helping twins manage their twinship, she notes. If these strategies fail, you can do what Kartman did – put the disputed object in “time-out” for 24 hours.

Transitions are another time when twins may feel they lack control and therefore throw a tantrum. “Try making it more gradual, by saying, ‘Is there anything else you want to do before we leave in five minutes?’ rather than, ‘We’re leaving in five minutes,’” suggests Heather Ditillo, MSW, Manager of Program Development and Training for the One-KindWord Program, which provides support to families with young children.

Defuse the Bomb

Despite your best efforts, at times it’s impossible to prevent tantrums. Here are some do’s and don’ts for effective damage control:

Do:

Stay calm. “Children need to borrow our control when they’re out of control,” says Hedda Sharapan, director of early childhood initiatives for Family Communications Inc., producers of Mister Rogers’ Neighborhood.

Try distraction. Pierce finds that taking Malena and Marley outside or giving them a bath soothes them.

Give the child space. DeCort has Ava sit on her Dora the Explorer couch until she calms down.

Reconnect. As the tantrum subsides, “hug them and let them know you love them, no matter what,” says Ditillo. “We all make mistakes. They need to learn that you come back afterward and make things right.”

Talk it over. When everyone is calm, talk about the tantrum and how things could be different next time. “Do it with the twins together,” advises Cochran. “Twins experience themselves as a unit. The one who didn’t have a tantrum is still part of the reconnection, and needs to see that mom isn’t mad at their sibling.”

Get support. Join a group specifically for mothers of twins. “If you’re around families with singletons, you feel like you’re underperforming,” says Kartman. “Any mom can pick up one screaming kid and get out of the park, but what do you do with two?”

Don’t:

Ask questions during a tantrum. “You’re asking them to think when they can’t,” says Cochran. “It will only make them fall apart more.”

Lecture. “Kids are not teachable when they’re having a tantrum or heading toward it,” says Diamond. Save the speeches for when they simmer down.

Ask for the impossible. Avoid saying things like, ‘I need you to calm down, can you do that for me?’ It puts too much pressure on the child to pull herself together for the parent’s sake, Diamond says.

Lose perspective. “We tend to get angry at children for being angry or having tantrums,” says Sharapan. “But their anger is a reaction to feeling powerless, frustrated, helpless or scared.” ♥

It's time for the Annual ITA Convention!

Join twins & families with twins from all over the US

Labor Day Weekend--August 30th-Sept 2nd

at the Orleans Hotel & Casino Las Vegas



- Twins Contests
- Fun Activities & Events
- Golf & Bowling Tournaments
- Tour Hoover Dam
- Comedy & Dinner shows
- Meet twins & Multiples from all over the US!

**Fun for the entire family!
Register today by visiting their website...**

www.intltwins.org



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