

Welcome to the wonderful, exhilarating and ever-changing world of multiples!

- **Stay positive.** The precious babies you are carrying are worth taking care of yourself: getting lots of rest, eating properly and staying in the hospital, on bedrest, if necessary.
- **Relax and enjoy your pregnancy.** Pamper yourself and let others pamper you! Have your partner or a friend give you a back rub or foot massage. Be careful with massage oils and lotions as some of them are not recommended for pregnant women.
- **Listen to your body and listen to your doctor.** If you try to overdo an activity, your body may tell you in various ways. Be sure to rest when necessary. If you have any questions or concerns, do not hesitate to call your doctor.
- **Stick to a routine** - whether you are at home or in the hospital. It will make the days go faster. When the babies arrive you will be better prepared to establish a routine with them too.
- **If physically possible,** shower and get dressed daily. You will feel better about yourself and if you have visitors, you will definitely feel better greeting them in your clothes instead of your pyjamas.
- **Arrange for some extra hands** to do the daily chores around the house. Hire a high school student to come in to dust, vacuum, and clean the bathroom - your family and partner will appreciate the lightened load. If you are not able to hire someone to help out, check with family, friends, local community associations or church to arrange some help.
- **Borrow or buy a spare bed** that you can set up in the living room/main floor of your home - you will enjoy being part of the family life rather than off in the bedroom. Get a bed tray that tilts: that way you can read, play cards/games, polish your nails, write letters or use it as a table for meals.
- **Get organized.** Find extra room in your home now so when the babies and all their paraphernalia are brought home, you will not need to find as much space right away.
- **If it becomes necessary for you to spend time in the hospital, be prepared** and pack everything from nail clippers to stationary and stamps, cell phone/tablet/ laptop with head phones and lots of reading material.
- **If you are in the hospital for any great length of time,** you may develop an emotional bond and dependency on the staff. As a result, you may be nervous to be on your own with the babies without their assistance - know that you can do it!
- **Contact Multiple Births Canada** for a referral to the nearest Chapter. Seek out other multiple birth mothers that you could chat, visit and compare notes with.
- **Check with your Doctor and/or local hospital or Multiple Births Canada** for a referral to a Prenatal Multiple Birth Class in your area.

- **Keep a daily journal.** Record your thoughts, feelings and the growth of your babies. Many moms regret that they did not keep a journal, as over time, we do tend to forget those little moments of that very important time.
- **Take as many pictures as possible** (even while you are pregnant). Once you deliver, you will never believe how big you really were.
- **Read** books, magazines and use the internet to seek information about raising multiples, breastfeeding, potty training, sibling rivalry and any other new experiences that might interest you.
- **Take one day at a time.** If it is feeling like a particularly difficult day, take one minute at a time.
- **Keep your goals realistic** as your life changes forever when we become parents. Enjoy your rest time, it will end soon enough. With the arrival of your babies, you may be wishing you had more time to rest!

After becoming parents of multiples, you will soon discover you will likely change your expectations and attitude towards parenting. Dealing with two, three or more babies is different from having a singleton baby. You will learn very quickly to take each day as it comes and if your plans do not work out for that day, you know it is not the end of the world. Having multiples may not have been in your grand life plan, but it will certainly teach you a valuable lesson in flexibility!

Additional Resources

Finding Our Way: Life with Triplets, Quadruplets and Quintuplets, Triplets, Quads & Quints Assoc., 2001

Mothering Multiples: Breastfeeding & Caring for Twins or More, Karen Kerkhoff Gromada, La Leche League Int'l, Revised Edition, 2007

When You're Expecting Twins, Triplets or Quads: Proven Guidelines for a Healthy Multiple Pregnancy, Barbara Luke and Tamara Eberlein, Third Edition, Harper Collins, 2011

The Joy of Twins and Other Multiple Births, Pamela Patrick Novotny, Crown Trade Paperbacks, Inc., 1994

Double Duty, Christina Baglivi Tinglof, Second edition, McGraw-Hill Books, 2009

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Recommended Sources of Information:

La Leche League of Canada Referral Service
www.lalecheleague.org

Tel: 1-800-665-4324

Lactation Consulting Services Canada www.breastfeedinghelp.ca

MBC Breastfeeding Peer Support Network

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