

Tips from Gwinnett Mothers of Multiples Members

FEEDING

- Have plenty (lots & lots) of bibs.
- Buy Cheerios in bulk!
- Feed your multiples with the same spoon and out of the same bowl/plate (as long as they are free of colds and other contagious germs).
- Put a sheet under the high chair when they start feeding themselves for easy clean up.
- To feed your multiples at the same time, place a boppy pillow on either side of you on the sofa, and place a baby in each to feed. Or, put them in bouncy seats on either side of you.
- Use bouncy seats and a hands-free poodee' bottle for more than two babies.
- Make up formula for a full day.
- Double your recipes when you cook, and freeze a family size serving for use on days when you can't get it together enough to cook.
- Buy a freezer.

OUTINGS/SHOPPING

- Always carry plenty of snacks (enough to share) and a change of clothing for the kids wherever you go. It is a good idea to have a change of clothes that just stay in the car. This is true for older kids, not just babies.
- Allow extra time when you go the mall because you will meet so many new people whether you want to or not. If you don't want to be delayed too much, and you don't want to be rude, then answer the questions while continuing to walk.
- When going anywhere with multiples, allow at least 30 minutes extra time to get out of the house.
- Park near the cart corral in parking lots. It makes it easier to unload and return cart. Also if you want a three-seater cart and there is not one available at the cart corral, put all the children in a regular cart just to get them in the store, then you can find the cart you need.
- At Publix, they give free cookies for kids. You can make it through the store! They also have shoppers' helpers who will shop with you. You don't even need to call first (but it might be a good idea the first time).
- Plan out your meals so that you can avoid multiple trips to the store with your multiples!
- When grocery shopping, put a small grocery basket on the bottom shelf of the grocery cart for carrying all the tiny jars of baby food. When checking out, just give the whole basket to the cashier.
- Shower caddies are great in the car for kids' stuff – just suction them to the windows and the kids can take things out and put them back in.
- Run errands when it's naptime – if you can get someone to go with you, you can leave the babies sleeping in the car with your helper while you run in the store. A teenager or preteen is great for this job. Never leave children unattended in a vehicle!

LAUNDRY

- Have a basket for whites, colors and cold water items so you don't have to sort before doing laundry. It is already sorted for you.
- Make up the cribs using mattress pad/sheet, mattress pad/sheet, mattress pad/sheet. Then when it is time to change the linens, just pull off the top dirty sheet and mattress pad. Voila! The crib is still made.
- When possible, load the washer the night before so that in the morning all you have to do is turn on the machine.

CRYING

- If your multiples are colicky, try white noise.
- Buy sound machines and/or humidifiers for white noise.
- Get multiple swings!

MISCELLANEOUS

- Pick out the children's clothes the night before to avoid clothing battles in the morning!
- Get up at least 30 minutes before the kids to shower, have a cup of tea or just have some quiet time. Get your children in the habit of staying in their rooms in the morning until you come to get them, so you can get ready uninterrupted. If you start this habit early it is very possible.
- Invite grandmom and grandpop over as often as they like.
- Use a good-tempered voice all the time with older children. Say lots of prayers.
- Put your multiples on the same schedule – eat, play, sleep, bath, etc. – so you can get a break when they all nap.
- When your children no longer nap, continue to have quiet time in their rooms everyday for a set amount of time, so you can still either rest or do things you need to get done without children around.
- Crib tents are the greatest invention in the world. They can prevent your children from climbing out of their cribs (they also keep cats out!).
- Don't set your expectations too high and just deal with one thing at a time.
- Don't be afraid to ask for help. In fact, if someone offers to help, provide him or her with a date, time and something particular to do for you.
- Hire a high school student to help with chores. Even a mature middle schooler can be a great helper.