



FAST to Sleep Summary

Your babies are operating from the most primitive part of their beings. They are learning how to become humans, and that's hard work. As a new parent, you're experiencing brain changes as well that are letting you care for your duo. It's hard work, but always remember this: Many, many moms and dads have walked this path before you, and you're going to do great.

Your Twins' First Month What to Focus on This Month

1. Accept help and delegate anything that isn't focusing on your healing and your newborns.
2. Learn about and avoid habituation (how babies screen out overstimulating situations).
3. Implement Kim's 3 pm Rule.
4. Focus on feeding your baby a minimum of eight times in twenty-four hours unless told otherwise by a medical professional.
5. Don't let your twinnies sleep through a daytime feeding (over three hours).
6. Help your newborn straighten out their days and nights.
7. Aim for one-to-five-minute tummy time sessions, two to three times per day.
8. Establish a daily feeding and sleep routine for both you and the twins.
9. Create a sleep-friendly environment.
10. Commit to at least one self-care activity a day . . . something just for YOU! Even if it's just listening to an episode of a podcast you love.

What Not to Worry About

Sleep training! You cannot create any bad habits at this age.



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This month, it's all about finding your groove and figuring out the best way to soothe your tiny beasts. Maybe you're just getting home from the NICU, or maybe you've been home this whole time, but life is starting to settle in a bit, and you are gaining insight into what makes your Baby A and Baby B tick. You are doing an amazing job, and yeah, it's not easy, but you'll get the hang of it. Twins are an absolutely amazing gift and well worth all the challenges.

Your Twins' Second Month What to Focus on This Month

1. Aim for up to twenty or thirty minutes of tummy time, two to three times per day.
2. Consider keeping a feeding and sleep log (I recommend our Twiniversity app) to look for emerging daily patterns, including that one longer stretch of sleep between feedings at night. Your twins may then go longer between feedings in the morning and cluster feed toward the late afternoon or evening.
3. Remember that your twins are in the PURPLE crying period and that this increased fussiness is normal because of natural developmental changes and it will lessen next month.
4. Experiment with our list of soothing tools. Remember to try one at a time so you know what is and isn't working.
5. Put in place the Baby-Led Sleep Shaping elements (page 137).
6. Try out dream feeds.
7. Commit to taking ten minutes a day for yourself.

What Not to Worry About

Nap lengths and sleep training in general. Remember, you are NOT creating bad habits! Especially at this age, there's no wrong

Twiniversity.com way to get your babies the sleep they need.



Twiniversity
community. knowledge. humor.



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Well, look at you! You've been learning the ropes this whole time, and now you know so much. This month, the big focus has been teaching you even more calming and soothing strategies, along with helping you identify your twinnies' ideal sleep schedule by reading their cues. You are doing so great! Take a moment to realize how far you've come and pat yourself on the back. You deserve it.

Your Twins' Third Month What to Focus on This Month

1. Aim for up to forty-five to sixty minutes of tummy time total per day spread across a few sessions. This is a great age for your twinnies to start interacting with each other and even some toys around them.

It's so much fun to watch.

2. Remember, your duo may take only one long extended sleep stretch without eating in each twenty-four-hour period (assuming your doc is cool with their weights and how they are growing). Feeding them every two to three hours during the day will help to ensure this long stretch comes at night. That may mean waking your babies at that three-hour mark during the day if feeding time approaches and they are still asleep.

3. Put in place the Baby-Led Sleep Shaping elements (page 167),

including beginning to move bedtime earlier. Read about the Switcheroo and Jiggle and Soothe to see if you want to try out either of these

Baby-Led Sleep Shaping approaches with your twins.

4. Think of yourself a bit each day. Remember, self-care is not selfish. You need to take a moment for you, so you can be better for your crew.

What Not to Worry About

Nap coaching, night weaning, or sleep coaching. Your babies might not be ready yet!



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This is going to be a doozy of a month, thanks to your twins' sleep regression. Hang in there. Do what you need to do to get through, and it will (hopefully) be over before you know it. This is also the month you can start evaluating your twinnies' sleep coaching readiness. Is it time? Do you need to wait? I know you're tired, but there's no rush here. Just make sure to take care of yourself and squeeze in your naps where you can to help you get through the days ahead.

Your Twins' Fourth Month What to Focus on This Month

1. If you are in the four-month regression, double down on the sleep shaping elements we've taught in the first three months and implement as many as you can.
2. If you think one or both of your twinnies are past the four-month sleep regression and need to get back on track, add back in any sleep shaping elements that you may have let go of just to get through the regression (page 199). If you added additional feedings at night, check out page 203 for how to wean one or more of these feedings.
3. If you are back on track post-regression, review the Baby-Led Sleep Coaching Readiness Checklist (page 208) to see if you are ready for sleep coaching.
4. If your babies are back on track, try Jiggle and Soothe 2.0 (page 209) or the Super Slow Shuffle (page 210).

What Not to Worry About

Nap coaching and "keeping up with the Jones's baby"—you and your babies are on your own journey and will be ready for sleep coaching in your own time.



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Ready? Set? Sleep! You've filled your toolbox with the tools you'll need to coach your twinnies onto the Sleptown Express! Now, let's clock in and get to work on that sleep coaching plan! You got this.

Your Twins' Fifth Month What to Focus on This Month

1. Soothe your babies' stranger anxiety (page 219).
2. Feed your newly distractible eaters in a quiet room to help them avoid snacking and not eating enough during the day, which can lead to increased feedings at night.
3. If you feel like you are still recovering from the four-month sleep regression or what feels like the aftermath of it, revisit our sleep shaping tips (page 199) to get back on track.
4. Is your baby ready to start Baby-Led Sleep Coaching?
 - Revisit the Baby-Led Sleep Coaching Readiness Checklist (page 205–206).
 - Check with your pediatrician.
 - Create your sleep plan (page 254), including how you will address night feedings.
 - Decide how you will fill your twins' daytime sleep tanks.
 - Make sure you have set aside three weeks of at-home time to focus on the sleep coaching process.
5. Find moments for yourself daily. If you don't take a break, you can burn out.

What Not to Worry About

- Forty-five-minute naps.
 - Nap coaching and weaning all-night feeds.
- If it feels like too much to take on at once
(and particularly if a parent has recently started back to work).