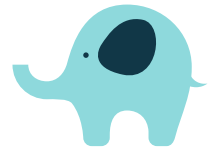


Multiple Necessities



Basics

- Diapers (150 at all times) !
- Baby wipes
- Wipes warmer ✕
- Burp cloths (12-16)
- Pacifiers (12 minimum)
- Receiving blankets (6-10)
- Swaddling blankets (6)
- Bibs (16-20) !

Clothing

- Homecoming outfits ★
- Bodysuits (10-14)
- Side snap shirts (8-10)
- Gowns (6) ★
- Socks (4-6 pairs/baby)
- Hangers (if necessary)
- Coat/bunting
- Pajamas

Bath Time

- Washcloths ✕
- Hooded towels ✕
- Bath toys
- Baby wash/shampoo
- Baby lotion/oil
- Baby bathtub !
- Bathwater thermometer !
- Cotton swabs
- Diaper cream/ointment
- Stain remover
- Dye-free detergents
- Baby nail clippers
- Brush/comb

Room for Two

- Cribs (2) !
- Crib mattress (foam) !
- Crib sheets (3 per baby min.) !
- Sheet savers !
- Waterproof mattress cover
- Crib bedding ✕
- Portable crib (pack n' play) ★
- Portable crib sheets ★
- Changing table
- Changing table pad !
- Changing table pad covers (6) !
- Dresser
- Glider/rocking chair ✕
- White noise machine ★
- Storage baskets
- Nursery decor ▲
- Diaper pail with bags ✕
- Humidifier

On the Road

- Infant car seats (2) !
- Infant car seat covers
- Car seat toys
- Travel mirrors
- Window sunshades
- Double Snap-N-Go ★
- Single Snap-N-Go ▲
- 2 single strollers ▲
- Full size double stroller !
- Stroller cup holder
- Stroller rain cover/netting !
- Stroller toys !
- Stroller travel bag !
- Diaper bag !
- Sunscreen (age 6 mo+)
- Baby sun hats

Feeding

- Double electric breast pump
- Hands free nursing bra (3) !
- Nursing pads
- Nipple cream
- Breast milk storage bags
- Travel bag with cold packs
- Twin nursing pillow !
- Microwave steam sterilizer bags
- Single breastfeeding pillow
- Formula !
- Baby bottles (16-20, 8oz) !
- Bottle warmer ✕
- Bottle drying rack
- Bottle brush
- Dishwasher baskets (min 2) !
- High chairs !
- Booster seats ★
- Food processor ★
- Baby food storage

Playtime

- Full size swing ★
- Bouncy seats !
- Exersaucers ▲
- Baby Carrier ★
- Twin Infant Carrier ▲
- Baby gym/play mat
- Play mat toys
- Nightlight near crib !
- Board books
- Music/DVDs
- Mobiles ✕
- Tummy time pillows
- Dog poop bags (for dirty diapers)

Twiniversity
community. knowledge. humor.



Amazon.com/shop/Twiniversity

Must Have ! Nice to Have ★ Borrow It If You Can ▲ Skip It ✕



Hospital Bag Packing List

- ___ Paperwork for hospital: Pre-admit papers, insurance card, photo id
- ___ Twins birth plan (5 copies)
- ___ Comfortable robe and pajamas
- ___ Slippers or socks with no skid bottom
- ___ Bag for dirty clothes
- ___ Socks for warmth (not too tight)
- ___ Extra pairs of oversized briefs that you don't mind trashing later
- ___ Pillow from home with extra pillowcases (not plain white)
- ___ Hair ties / clips
- ___ Chapstick / lip moisturizer
- ___ Face wash / facial moisturizer
- ___ Hand cream
- ___ Glasses/cleaning cloth/contacts/contact case/solution
- ___ Cell phone & charger (you may want to increase your minutes and data plan)
- ___ Snacks (dried fruit & nuts work best)
- ___ Small notebook and pen
- ___ Camera (extra battery and extra memory card)
- ___ Toothbrushes for both of you!

DON'T BRING: Work , lots of cash, jewelry, anything you don't want to lose!

Post Delivery

- ___ Nursing bras
- ___ Hands-free pumping bras
- ___ Nipple Cream for breastfeeding and pumping
- ___ Loose-fitting shirts and pants (maternity clothes work the best)
- ___ Extra heavy maxi pads with wings
- ___ Flip Flops to shower in
- ___ Fridet "momwasher" peri bottle
- ___ 2 single breastfeeding pillows for bottle feeding in the room
- ___ Twin breastfeeding pillow
- ___ Extra bag to carry home diapers, formula, etc. from hospital



Best Rest Boredom Busters

If you find yourself on bed rest, here are some tips to keep you sane and entertained!

- Keep a journal; begin writing a story to your twins! You can include memories of your childhood, and the childhood you hope your twins will have.
- Bond with babies. This is a time you can read to them, sing songs to them, and tell them stories....and they won't interrupt you!
- Start interviewing pediatricians over the telephone (see Pediatrician Interview Questions)
- Call all your friends you haven't seen in a while and see if they can drop by with dinner. Make a night out of it. Tell them to bring their pajamas and watch a movie on the couch together under the blankets like you did in high school.
- Think about your twins' birth announcement; find a great place online for them or design one yourself.
- Organize a binder of all your doctor visits, doctor questions, ultrasound pictures, interesting cravings, dreams, and anything else. You'll look back on this and laugh someday, especially the dreams!
- Shop Online. The internet is the bed-bound mom-to-be's favorite tool! Start shopping for your twins' stroller and all the other accessories you'll need. Try finding their first holiday outfit at specialty websites for multiples.
- Learn to knit. By the time your babies come home from the hospital, you may be able to bring them home in blankets YOU made them.
- Get a jump start on your thank you cards. If you had a baby shower, you can write a nice personalized note to all the folks who came, or you can even write a poem that describes your experience and excitement.
- Netflix. Binge-watch all the shows you never got around to.
- Enjoy the silence!

Most Important

- SET GOALS EACH DAY. If it's "write one story in my journal" or "finish eight thank you cards" give yourself a to-do list and check something off.
- Visit Sidelines.org - a nonprofit organization designed with your particular situation in mind!
- Join the Twiniversity Forums and search tons of topics regarding pregnancy and bed rest.



Pediatrician Interview Questions

- Why did they become a pediatrician?
- Do they have a subspecialty or any special medical interest?
- How long have they been practicing medicine?
- Do they have any children? (Bonus points if they are a parent of multiples)
- Are they authorized to work at the hospital where you are delivering?
- Are they authorized to work at the local children's hospitals? Which ones?
- Do they have any premie experience?
- What is their parenting philosophy on feeding (breastfeeding/bottle), sleep (cry it out, co-sleeping), immunizations, etc.
- How much time do they allow for appointments?
- Ask for patient referrals. (Find out if the doc rushes you out of the office, etc.)
- On average, how long is the wait in the waiting room?
- Do they have a separate room for sick children? Do they put them right in the exam room?
- Do they have separate "sick hours" drop in each day?
- Are they open on the weekends? Weeknights?
- How can you stay in contact with them for small questions? Email? Website? Telephone?
- If you have to take the twins alone to the doctor, how can they assist you?
- Do they offer resources for new parents, such as a breastfeeding clinic?

Things to think about AFTER you interview the doctor

- How close is the office to your home?
- How long did you have to wait?
- Did you have a good feeling about the staff? (desk staff, nurses, etc.)
- How was your doctor's attitude towards the interview?
- Would you feel confident if this doctor had to handle your child's emergency?



How Your Partner Can Get Involved

- Go to doctors appointments with your partner. First, this lets you support your partner all along the twin journey. Second, you can ask your questions and get the answers straight from the doctor without having to wait or hear them second hand. Third, you get to see your twins!
- Learn the mechanics of changing a diaper, soothing a baby, and bottle-feeding an infant.
- Recruit family and friends to come help once the babies are born. Reach out to all of your extended family. Call in all your favors. Get people to commit to a day, week, or more that they can stay with you.
- Prepare the house for your twins. Anchor furniture to the walls. Put together cribs and baby gear that needs assembling.
- Learn how to install the car seats and get them checked by a car seat technician.
- Get involved in the baby gear registry process. You're going to be using all of this stuff a LOT so make sure you have a say in what you're getting.
- Step up and help in every way you can. Whatever your home responsibilities were before twins will need to be re-evaluated. Whatever you can do, please do it.
- Refill her water bottle whenever you see it getting empty.
- Pamper your wife! She's growing two people and could use some extra care.
- Set proper expectations with your employer. Talk to your boss about the fact that you're expecting twins. Despite your due date, twins arrive early. You might even need to spend time with them in the NICU at the hospital. Your boss must know that you need flexibility.
- Decide when you'll take your paternity leave. Will it be right when the twins arrive or after all your helpers go home? Would you like to work part-time for a few weeks instead of taking off full-time? Make those arrangements.
- Have an open discussion with your partner about money; what are absolutely essential expenses and what isn't? Stop spending money on things you don't actually need and use that money to save for your twins.
- Research child care options if both of you are going back to work.
- Find local support groups for both of you. There are moms of multiples and dad groups in most major cities, but online groups are really helpful no matter where you live.
- On delivery day, act as an advocate for mom. If she's getting an epidural, do all you can to have it administered by an attending physician.
- Once the babies are home, be involved equally with your partner. Change diapers, make bottles, do laundry, etc. If mom is breastfeeding, bring her babies and assist with feedings. Do whatever you can to be an equal partner in parenting.