

Having your first child is overwhelming enough, but preparing for twins, triplets or more can be downright scary.

I can still remember the moment I found out I was having twins. I had gone in for a check-up early in my pregnancy. As the doc moved the scanner over my belly, her eyes fixed on the ultra-sound monitor, she hit me with a nonchalant "And there are two in there." Two? Ohmygod. I fled to my husband in the waiting-room, first crying, then smiling wildly. When I told him the news, he was both thrilled and shocked. Join the club.

Immediately, I reached out to friends. Soon I was emailing a helpful mother who introduced me to a twins support group in Manhattan, where we were living.

Singapore has its own multiples support group, called Twins Plus. It has been a lifeline for many parents here, expats and locals alike. The group's

Multiplying the Fun



many resources are greatly appreciated – from organized playgroups to an annual garage sale – but what matters most to many moms is simply the interaction with other parents in the same boat.

"When I first found out I was pregnant with twins I cried for two weeks. I couldn't get my head around how I was going to cope with twin babies and our nearly three-year-old daughter," says member Jennifer Blau. A few days later, she attended one of Twins Plus's get-togethers to meet parents of multiples and hear their stories.

"That simple meeting was my single best planning tool in preparing for the birth of Colten and Sienna,

my boy-girl twins born on 3 June, 2007," Jennifer says. "Their advice and camaraderie were life-saving for me."

Mum Maxine Vaswani-O'Donnell feels the same way. She sought the support of the members when she developed gestational diabetes during her pregnancy and had to change her diet, and have insulin three times a day. Maxine also turned to Twins Plus for nursing advice and tips on getting her now eight-month-old twin girls, Ashling Kera and Casey Aiofe, to sleep through the night.

The day Tiffany Flaherty and her family moved to Singapore last summer, she found out she had to attend an important business dinner with her husband the following week. Her twins Graeme

and Liam were just a year old, and Tiffany hardly knew a soul here. She contacted Twins Plus and was given several suggestions on whom to take them to for childcare.

"Megan helped me in so many ways. She served as a type of mentor to me as a new mum in Singapore, and inspired me to become involved with Twins Plus," Tiffany says.

In the spirit of giving back, Tiffany has coordinated the group's official new mentoring programme, which matches expectant or new moms of multiples with experienced parents of older multiples.

"My boys are almost two now and I continue to have questions which are specific to raising twins. It's nice to have a support group to help answer questions and it's also great to share my experiences with parents of younger multiples," says Tiffany. ■



by Heidi Sarna

Above: Tiffany's twins
Below left: Maxine's team
Below right: Jennifer Blau and family



For Twins Plus membership information contact Kelly Bassett at 9620 2032 or kelly@twinsplussing.com, or visit www.twinsplussing.com.