

was little time for me to rest and I felt like a human cow. After one month, I gave up direct breastfeeding and become a "full-time pumping mother". My best friend was the Medela Pump-in-style breast pump machine. Though some say that the emotional bond of breastfeeding is lost when there is no latch on, I am glad that I can at least provide my babies with good nutrition and I seek other ways to bond with them. So far I have been able to provide my twins with almost 100 per cent breast milk and my aim is to continue till they are a year old."

- *Yvonne Lau, 25, brand consultant*

Daniel Ryan Hozell and Yazmin Elisha Hozell, 13 months old.

"Twins are definitely twice the fun and double the headache... I was never able to master tandem breastfeeding!"

- *Flan Hozell, 26, stay-at-home mum*

Faith, Keira & Gemma Ford, two years old

"We definitely need a bigger car and house than most people! It's difficult to take them out without three adults in tow - one to look after each. Of course, it's three times the expenses for everything, from food to nappies to upcoming school fees. It takes only one baby to awake the whole crew, and having said the above, nothing compares to having three cute little girls cuddle up and fighting to kiss you all at the same time before you leave for work in the morning. Oh! And there's getting them to smile and look at the camera at the same time."

- *Sharon Cheu-Ford, 34, in advertising sales*

Joy & Grace Ng, 17 months old

"The twins can get quite jealous and aggressive and even fight with each other! When it comes to taking care of them, my domestic helper and I have to keep an eagle eye on them while trying to get other things done. There's no way we can let them out of sight!"

- *Ng Su-Ming, 39, programme management executive*

Colten & Sienna Biau, six months old

"I was absolute overwhelmed to find out we were expecting twins. As it is, dealing with my first child, a very strong-willed two-year-old was a hefty challenge at times. How would I handle twins now? With three young children in the house, and only one of me with two arms - the biggest lesson I learned (very quickly) is to accept help and not be shy or feel bad about it!"

- *Jennifer K. Biau, 34, personal trainer*

Katelyn & Katherine Lau, 13 months old

"It's challenging to have our girls fall sick, because things can get really interesting at night. For starters, they somehow time it such that they take turns waking up. When we finally manage to settle one back to sleep, the other wakes up! My husband and

Help with Twins!

Twins Plus might just be your answer! This non-profit all volunteer group was formed in 1999 to provide support, guidance and information for parents with multiples. They have been actively arranging monthly gatherings and talks for parents to learn more. There's also an informal mentor programme, where members help give each other advice; an online forum, resource library and an email outreach service. Visit them at: www.twinsplusing.com or contact Kelly, Bassett at 9620 2032 or email her at Kelly@twinsplusing.com.