

Did you know?

Nature can be a strange force. Older mothers have a higher chance of delivering fraternal twins. The odds are increased to one in 27 when the mother is 35 and older!

I take turns to tend to our babies but it's not always possible to get a full shut-eye, just in case he needs help! During the day, I'm grateful that my parents help look after them – at least we get to catch up on a few much needed winks!"

– *Jessalite Lau, 30, human resource consultant*

Khayr and Kayhan Aqap, two years old

"The first three months passed in a daze of feeding and changing. Having been there, done that, it's important to ease yourself into a routine as quickly as you can, as this will help you manage your time and chores better. Don't worry – things will only get better as your babies grow! My boys will be turning three this month, and it's wonderful to see how much they've grown from the little premature bundles I held two years ago."

– *Suzana Seni Aqap, 27, stay-at-home mum*

Evan, Sasha, Ryan Yee, six months old

"Think three times the terror, three times the joy. Or Singapore's favourite line – buy two, get one free!"

– *Gillian Yee, 29, dental surgeon*

Matthieu & Luc Mercier, two years old

"During the boys' first year, they would take turns to wake up throughout the night, rendering me sleep deprived and somewhat like a walking zombie during the day. I came up with this little trick – I napped when they napped, and got the household chores and cooking done during their waking moments. Our oversized play yard took up quite a bit of space in the living room too, and it was great to get inside for a catnap while they slid, jumped and sat all over me – hello full body massage!"

– *Adeline Kheng-Mercier, 38, stay-at-home mum*

Raphael & Gabrielie Palera, 10 months old

"Being first-time

parents and the parents

of fraternal twins, we're constantly in panic mode! Our twins were premature at 33 weeks – too small to latch on and had to depend on a combination of formula and whatever I could produce. My first drop of colostrums was almost non-existent. I pumped and squeeze until I almost turned green. Breastfeeding was something I wanted to do, and I felt like a failure whenever I saw the other mothers in the NICU bringing in bottles of expressed breast milk, while I just couldn't produce enough. Nevertheless I preserved and kept expressing as regularly as I could. Before I knew it, I went on to milkmaid status, asking for extra bottles because I was producing so much! For new mummies, the stress will be there – try to be patient, relax and not demand so much from yourself. Because once you are upset or stressed, the quantity of your breast milk will drop!"

– *Joanne Heng, 35, regional marketing manager*

Chantel & Aiden Lee, three years old

"The first two years is usually the period where most adjustments take place. Now that they are older, the challenges faced are dealing with two very different personalities and temperaments at the same time. One approach may work well with Chantel, but not on Aiden. They also learn at different speeds. Potty training was a good example - Chantel got the hang of it in three days, while Aiden took about two months longer to coax!"

– *Delina Lee, 37, stay-at-home mum* ■

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