



NEWBORN TWINS HELPFUL HINTS:

- 01** Always place the babies in alphabetical order.
- 02** Use color codes for bottles, pacifiers, lovies and clothes.
- 03** Journal (Baby Connect app).
- 04** Mat on the floor with two nursery pillows: for changing diapers, clothes, feeding and burping.

Two not just one
means double the
fun...

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LOVING CARE

PROPER SLEEP

INTERACTION AND
ENGAGEMENT

NUTRITION

BABIES ROOMS

01 Place the cribs and white noise machine in a **small, dark and warm** room that is **only used for sleeping**. This will keep them from being awakened by the baby crying, being fed or needs a diaper change.

02 In a **second room** (or you also can convert the dinning room into a "babies second room") add: 1 big mat on the floor with changing and feeding stations. In this area you can also have a rocking chair.



If it's within your budget and you have the space, you may want to purchase a baby monitor, 1 or 2 baby swings and/or bouncer chairs, bottles sterilizer, 2 bottle warmers, a good quality breast pump like Medela (if you will breastfeed your twins) or a formula milk mixer machine like Baby Breeza (If you will feed them with formula milk). **The "must have" items** for twins arrival is the following 10 Essentials Checklist.



10 ESSENTIALS FOR THE FIRST MONTH AT HOME

- 01 **Cribs:** 2 Rest travel baby beds like Reste or 1 Pack'n Play Portable Crib.
- 02 **Blankets:** 8 Muslins Blankets. 2 Allergy Free 100% Cotton & Warm Blankets.
- 03 **Health Care Kit:** 2 **Bulb Serynges** and 2 **Thermometers**. **Tylenol** for infants. 1 Infant **Nail Clipper**.
- 04 4 **Swaddles** (I recommend Miracle Blanket or Muslins. No velcro no zippers or bottoms on it).
- 05 2 **Boppy Pillows** individual or twins style. We also can use the Boppy Pregnancy Body Pillow.
- 06 **Clothes** (Organic and cottom fabric): 6 short and 6 long sleeves **onesies**. 4 Pajamas and/or 4 **Sleeper Gowns**. 8 pairs of **socks**. 4-8 **bibs**.
- 07 6-12 **Bottles and nipples** (if you will bottle feed) 1 **Bottle Brush**.
- 08 **Diaper changing kit:** Newborns average about 10 **diapers** a day per baby. So your **newborn twins** will **need** about 10 **diapers** X 30 days X 2 babies = at least 600 **diapers** for the first month. After about a month **diaper** consumption goes down to about 8 **diapers** per day. 2 **diaper rash oitment** and 1-2 boxes of **wipes**.
- 09 1 **Double Stroller** (I recommend a Travel Double System like "Joovy Twins Roo + Infant Car Seat Stroller" if you intent to drive or travel with your infants).
- 10 **Bath kit:** 4 baby **towels** and Washcloths. Baby **wash and shampoo**. 1 organic moisturizer (lotion, oil).

