

# What Are Your Top 3 Must-Have Twin Items?

*I asked mums to tell me what their top three essential items were. Thanks to all the mums who replied – here's what you said:*

## ENTERTAINMENT

- ☺ Noddy video (this is what allows me at least 20mins to get myself dressed in mornings)
- ☺ Baby Einstein DVD - especially Mozart and World of Animals. Used it every morning from about six months so that I could have a shower and get ready in peace!
- ☺ Teletubbies every morning always guaranteed I'd be able to get a cup of coffee with feet up for a while!
- ☺ In the Night Garden on tape, my boys are glued to this for the whole program even though they are now 4 years old!!
- ☺ Nursery rhyme tapes/ 'nursery rhyme aerobics' - put them side by side on a play mat and do the actions to 'head, shoulders, knees and toes' etc. Keeps you fit and them amused!
- ☺ Ringwood Recreation Centre's Playsite. An indoor soft play area, which is cheap, safe and twin friendly. My kids love it. Call 01425 478813 for info.
- ☺ Fisher Price Laugh and Learn Learning Home - effectively a wall with a door, letterbox, and window, that teaches them all about opposites, in/out, up/down, day/night, open/closed etc. But it does stop the tantrums/arguing over the same toy as one twin plays "inside" and the other plays "outside".
- ☺ A couple of little board books, a few crayons and some paper kept in your handbag for those times when they are bored.
- ☺ Not exactly an item, but I achieved a whole day's respite from 24/7 twin-care, and re-discovered me, when I booked them at a lovely local day nursery for just one day a week from age 1.5yrs.
- ☺ My toddler group – support, coffee and an excellent incentive to get out of the house!
- ☺ My mp3 player - absolute godsend when I am getting bogged down with twin life and CBeebies is driving me mad.



## BEDTIME

- ☺ CD player with nursery rhyme/story cds for bedtime (always done the trick for us from the beginning!)
- ☺ Tiny Love cot mobile with classical music on. Turned on as we leave the room to cue sleep time!
- ☺ Blankies (god forbid if I didn't have them with us at all times on standby)
- ☺ Nursery blinds – the darker, the better as the longer they sleep!
- ☺ Dummies – mine couldn't suck properly when they were born and dummies taught them how
- ☺ Swaddles/Grobags for sleeping no worries about sheets coming off and a great way to regulate heat via tog ratings.



## EATING/FEEDING

- ☺ Ikea Antelop highchairs – dirt cheap – under £15, easy to clean, can be dismantled for car journeys etc. Excellent as spare seats for visiting friends or to use outside in the summer without lugging your normal seats about
- ☺ Fabric highchairs - these can be kept in the bottom of your changing bag and I've used them in loads of coffee shops and cafes when there weren't two spare highchairs. Also used a home sometimes to sit at big table. Handysitt seats and Tot Seats ([www.totseat.com](http://www.totseat.com) 0870 242 5569 [eat@totseat.com](mailto:eat@totseat.com)) were among the brands mentioned.
- ☺ Microwave steriliser . Sad, I know, but as you know, time is of the essence when you have multiples
- ☺ Powdered milk pots - simple but saves so much time having the correct amount of formula ready measured out.
- ☺ Bananas! - The ultimate convenience food...they even come in their own wrapping.
- ☺ Eggs - my 2 are going through a won't be fed by spoon, want to do it ourselves, but don't know how to use a spoon yet phase. So I chop up lunch items, i.e. meat or fish and their vegetables and then whip up a couple of eggs, get an omelette going, cook till firm, turn over, cook a bit more, then cut into fingers!
- ☺ Plenty of alcohol (this suggestion was offered by a dad!)



## CHAIRS/SEATS ETC.

- ☺ Doomoo Seat. Top of the range bean bags for popping them down safely when you have your hands full. (<http://shop.babyworld.co.uk>)
- ☺ Bumbo seats were great for them to sit in as they loved sitting upright so they could look around (but being supported).
- ☺ 2 x door bouncers - we had a double doorway so they could each be in a bouncer and have someone to smile at!



## OUT AND ABOUT

- ☺ Reins; it's like walking a pack of dogs at times, each having his or her own idea as to where you are going
- ☺ Little Life day sacks – basically small rucksacks with a single, detachable rein on the back. They get to carry their own nappies and wipes and you can hold on to them easily. <http://www.littlelife.co.uk>
- ☺ Many people put their buggy in the top 3. The following 3 were mentioned more than once:
  1. My absolute essential that I have used every day since they were born and is still going strong today (& they will be 3 on Thursday!) Is the Out n About Nipper Twin! It's the only buggy I have ever had would never have any other! Worth its weight in gold!
  2. Peg Perego Duette twin travel system. Car seats clip on to the frame directly, babies can see each other and the pram is narrow and long which is more suited for shops.
  3. Jane PowerTwin travel system - For someone who spends a lot of time out and about, this buggy has been a dream for me. So maneuverable, so easy, never an issue getting through doorways or around shop corridors etc. I have loved it and would definitely recommend this buggy to anyone, without any hesitation!!
- ☺ An estate car to accommodate everything we needed (double buggy, travel cots, etc.,etc.,) for weekends away and day trips!



## SAFTEY

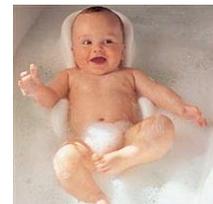
- ☺ Stair gates everywhere, particularly to protect my older son's toys and the agro it causes when someone destroys his Lego model.
- ☺ Large playpen - was filling up the dining room until we got gates, now it is in the garden, which means I can potter around outside, hang out washing etc without having to keep darting in opposite directions to retrieve babies from flower beds/off the deck/under the table etc! And being outside = loads of fresh air = good night's sleep!
- ☺ Paddling pool with high sides used as a makeshift playpen with gazebo on top to provide shade.
- ☺ Mothercare UV play shade 'tent' - pop up tent that is up in seconds and you can pack up in seconds once you have worked it out (which admittedly did take me several hours!). Useful for the garden and beach. Packs away into a bag that fits easily into the buggy's side pocket

## BOOKS/WEBSITES

- ☺ [www.netmums.com](http://www.netmums.com) this has been great for pointing me in the direction of all my local toddler groups and the chat rooms are great.
- ☺ Gina Ford The New Contented Little Baby Book - helped me get the girls in a routine quickly
- ☺ Secrets of a Baby Whisperer Book ... Helped me so much in the early stages, to realise how best to get the babes into a routine. I found Tracy Hogg's advice (is that her name?) Invaluable
- ☺ Incidentally we have both of these titles in our club library.

## BATH TIME, CHANGE TIME ETC.

- ☺ Natures Way disposable nappies - these are 70% bio-degradable and the most eco friendly on the market at the moment. Hate to think of my babies adding to the horrendous nappy mountain, just wish there were some that are 100% (other than washable obviously)
- ☺ Changing station - practical and helpful if you are less able to bend over.
- ☺ Muslin, cotton squares - for use as a bib, a dribble mopper, something to put bums on when caught short and nappy needs to come off, and most recently a comfortor.
- ☺ First aid kit with extra plasters!
- ☺ Arnica bruise cream – known as 'magic cream' in our family – it instantly soothes tears away after a tumble
- ☺ Moulded plastic bath seats – from Tigex. Perfect for bathing 2 babes single handed and they loved the freedom of being able to kick their legs - we often had 2 baths a day for amusement purposes!!



## AND FINALLY - THINGS MONEY CAN'T BUY!

- ☺ A calming view to get you past those difficult moments. I think to myself when they are all screaming at once before school, or they have spread yogurt somewhere inappropriate, that by 9 am, they will all be at school and I can relax for a bit!
- ☺ Family & friends to keep me sane with adult conversation!
- ☺ A good sense of humour for when it all goes wrong and you can't leave the house before 4 o'clock in the afternoon and you have to be back at half past for their tea!!
- ☺ The ability to feel sorry for the 10th person who stops you in the supermarket and says ooh twins, you've got your hands full!!! Yes, full of 2 beautiful babies, aren't I just the luckiest?!!
- ☺ Friend with identical twin girls the same age, I always have someone who understands what I am going on about!!!

*Someone also rightly said that an Ebay account is essential, no point buying anything new if you don't have to and when finished with you can sell it all to someone else and get most if not all your money back towards buying the next round of things!*