



DAILY LIFE IN A MULTIPLE BIRTH FAMILY

A great start to multiple birth parenthood





ATTENTION TO THE PURCHASES OF MULTIPLE BIRTH FAMILY

- Prams / strollers
- Beds
- Safety cradles for the car
- Bouncer chairs
- Nursing table
- Tools for breastfeeding
- Utilize the flea markets, the membership benefits of multiple birth family organizations, buy only the necessary





RESOURCES FOR THE DAILY LIFE

- Regular routines
- Children to the same rhythm
- Help at home
- Peer support
- Time for the relationship
- Me- time
- Enjoy the small moments





INDIVIDUAL ATTENTION FOR MULTIPLE CHILDREN

- Avoid similar names
- Dressing in non-identical outfits
- Benefit from the small moments together: when getting dressed, bathing, nursing
- Support the individual interests of the children
- Celebrate the name days





ATTENTION FOR OTHER SIBLINGS

- Make the pregnancy and caring for the children sibling- inclusive
- In day-to-day life, give attention to the children when feeding, bathing, reading fairy tales, playing, doing groceries
- Defiance and toddler tantrums are normal, give space for child's emotions
- Make use of other adults important for the child

