

How I Survived And Mostly Thrived Through The First Three Years Of Mothering Twins

Being a mother is already an incredible journey filled with ups and downs, but when you find out you are expecting twins, the excitement and apprehension are multiplied. As a mother of twins, I can confidently say that the first three years were a rollercoaster of emotions, sleepless nights, and overwhelming joy. Today, I want to share my experiences, tips, and tricks on how I not only survived but mostly thrived during this challenging time.

1. Embracing the Chaos

When you have two babies crying at the same time, it can be overwhelming. The key is to embrace the chaos rather than fight it. Accept that there will be moments of mayhem and understand that it is okay to ask for help. Develop a routine that works for you and your babies, and remember that flexibility is crucial in this journey.

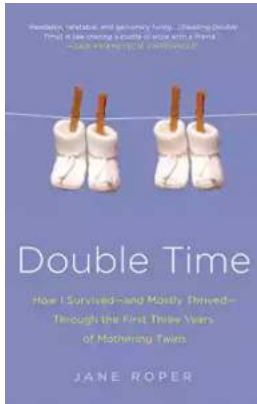
2. Establishing a Support Network

No one can do it all alone, especially when you have twins. Building a support network is essential for your well-being. This can include family, friends, support groups, or even online communities of twin moms. Reach out to others who have been through similar experiences, as they can offer advice, a listening ear, and reassurance during the challenging times.

Double Time: How I Survived---and Mostly Thrived---Through the First Three Years of Mothering Twins by Jane Roper(Kindle Edition)

★★★★☆ 4.2 out of 5

Language : English



File size	: 453 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 272 pages



3. Prioritizing Self-Care

Taking care of yourself is vital when you are constantly caring for two little ones. Self-care looks different for everyone, so find what rejuvenates you. Whether it's taking a long bath, reading a book, or going for a walk alone, make sure to carve out time for yourself. Remember, a happy and well-rested mom means happier babies.

4. Accepting Imperfection

As a perfectionist, it was challenging for me to accept that things wouldn't always go as planned. I had to learn to let go of my expectations and embrace imperfection. Accept that some days will be chaotic, and mistakes will be made. Embrace the messy moments, and remember that you are doing your best. Be kind to yourself during this journey.

5. Creating Individual Bonding Moments

It can be easy to focus solely on the fact that you have twins, but it's essential to create individual bonding moments with each child. Spend quality one-on-one time with them, doing activities that they enjoy. This not only strengthens your

connection with each child but also gives them a sense of individuality within their twinship.

6. Celebrating Milestones

In the midst of the chaos, don't forget to celebrate the small and big milestones. It's incredible to watch your twins grow and develop at their own pace. Capture these moments through photographs or keeping a journal. Celebrate their accomplishments and marvel at their unique personalities.

7. Seeking Professional Help

If you find yourself struggling with the overwhelming demands of mothering twins, don't hesitate to seek professional help. A therapist or counselor can provide guidance, support, and coping mechanisms to help you navigate this challenging journey. There is no shame in asking for help when needed.

8. Finding Joy in the Journey

Despite the sleepless nights and constant demands, being a mother of twins is an incredible journey filled with immense joy. Take time to soak in the precious moments, and remind yourself of the blessing it is to be their mother. Surround yourself with positivity and gratitude, even during the most challenging days.

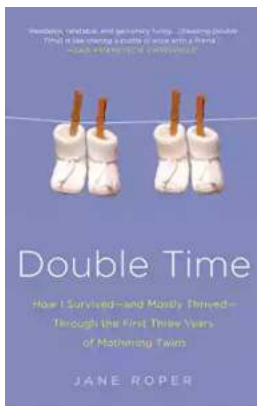
9. Cherishing the Twin Bond

Watching the bond between your twins grow is a truly magical experience. Cherish and nurture their connection, allowing them to forge an unbreakable bond. Encourage cooperative play and allow them to develop their unique language. The twin bond is a lifelong treasure, and being witness to it is an indescribable joy.

10. Trusting Your Instincts

Above all, trust your instincts as a mother. No one knows your twins better than you do. Embrace your intuition and make decisions that feel right for you and your family. Remember, there is no one-size-fits-all approach to parenting, especially when it comes to raising twins.

, the first three years of mothering twins are undoubtedly challenging, but with the right mindset, support network, and self-care, you can not only survive but also thrive. Embrace the chaos, accept imperfection, and trust your instincts. Cherish the unique bond between your twins, celebrate the milestones, and find joy in this incredible journey of motherhood. Remember, you are stronger than you think, and you have the power to make these years unforgettable for both you and your twins.



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Becoming a mother is rarely what you expect.

Jane Roper never expected she'd have twins—or that they'd be such a spirited twosome. She didn't expect that finding the right balance of work and home

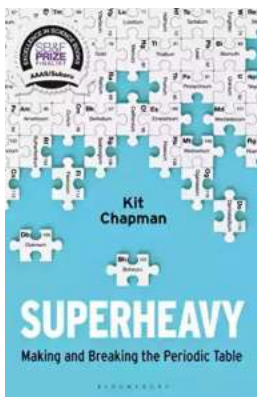
would be so tricky. And she certainly didn't expect she'd grapple with a diagnosis of bipolar disorder during her daughters' toddler years. But she also didn't anticipate just how much joy, laughter and self-discovery motherhood would bring.

Full of warmth, honesty, occasional advice, and a generous helping of humor, *Double Time* is a smart and engaging account of the first three years with multiples and a refreshingly candid and vulnerable look at clinical depression. It's a memoir that will resonate countless women—especially those parenting in double time.



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