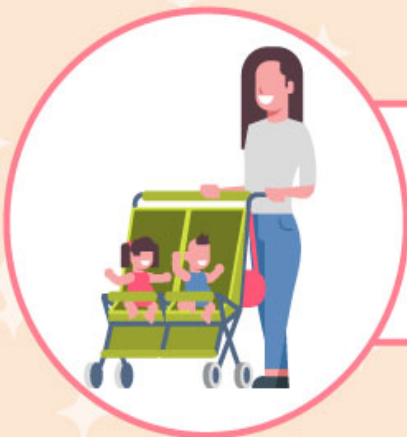


Practical Tips On Caring For Your Twins



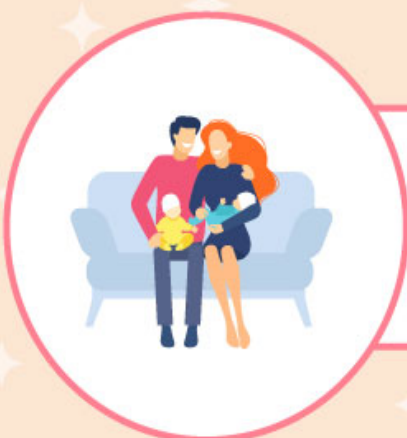
Create a fixed routine for the twins

Bathe and feed your twins simultaneously



Consider purchasing a stroller or carrier designed explicitly for twins

Avoid buying clothes that are specifically for one gender



Seek help and alternate responsibilities for taking care of the twins

Connect with other parents of twins for support and advice

