

## 14 Rules for Parents of Multiples

1. Find some way to get a solid 4 hours of solid sleep at night. (hint: parents can alternate shifts)
2. Keep the ability to just laugh.
3. Learn and master the "push-pull" for grocery store carts.
4. Learn to say yes to help.
5. Absolutely learn this mantra "THIS TOO SHALL PASS".
6. Have a camera at the ready at all times. You will NOT remember these early days.
7. Remember 8 weeks. Every 8 weeks your babies will be totally different little people. And anyone can do anything for 8 weeks.
8. It gets easier.
9. If you're changing one baby, you might as well just do the other(s) while you've already got poop on you.
10. You must match sleep routines and nap times. It's the only way to survive.
11. When they get older, assign each one a "token" color and use this to identify them by clothing or identify their cups, etc.
12. Remember your local twins/multiples' club... they can help.
13. Of course you can do this - I mean, you have to right?
14. You didn't choose to have multiples, you were chosen.