

NOVEMBER 2010 • Free

What Every Parent's Talking About

parentingOC

WIN!
A \$300 Ice Cream
Party at Farrell's.
ParentingOC.com

BEST FRIENDS &
MOMPREENERS
COURTNEY
NOELLE-MADDOX
& EXPECTANT MOM
TIFFANY BRESSAN-
CORBETT OF GIRL
EXTRAORDINAIRE
WITH SWEET PEA
THE BUMBLE BEE

OC mompreneurs

RAISING A
FAMILY WHILE
GROWING A
BUSINESS

HOLIDAY MOVIE SNEAKS

From 'Megamind'
to 'Narnia'—A
Parent's Guide

BABY GUIDE INSIDE

- Whooping Cough Update
- Infant & Maternity Resources





Double the Joy

Q
Parents

I just found out that I am going to be giving birth to twins. While I am incredibly excited to learn this news, it also makes me a little nervous. Can you offer any tips for handling the extra effort of caring for twins?

A

As a parent of identical twin daughters, I still remember the moment when my wife and I discovered our amazing news. During a routine ultrasound, our obstetrician said, “Everything looks to be doing well ... but you also have an extra surprise.” With shock, joy, fear, and elation, I remembered thinking, “Don’t drop your three-year-old daughter who is still in your arms.” After about two days in disbelief, my wife and I started to plan.

The first thing not to forget is that caring for twins starts from within the womb. Moms-to-be should have great prenatal care guided by their

obstetrician. By definition, a twin pregnancy is at higher risk for potential complications, so you will be monitored more closely with regular exams and evaluations. Take good care of yourself so that your twins may continue to thrive yet another day closer to term.

Besides the basics, you will need to decide whether you need two of everything. For example, my wife and I discovered that we needed two high chairs, but only one swing and one bouncer. Keep in mind that it is not an absolute must to have every detail worked out. With time, the rest of your needs will become more obvious and you will learn what works best for you and your twins.

Although sleep becomes a precious commodity with the birth of any newborn, it becomes even more so with twins. The first few months can be especially challenging, but it will help organizing each day and week into tentative shifts and delegating responsibilities where appropriate. Accept offers of assistance and do not feel discouraged if you cannot do it all yourself. Some parents might take the opportunity to recruit family and friends or nurses and nannies to help with the nighttime schedule. Sometimes it does take a village to raise twins!

Try to coordinate feedings and sleep times. If one twin woke up to feed, we would also wake the other one to feed to try keeping them on roughly the same schedule. It was tempting to let them sleep, but doing so helped us create a chunk of time to do other things (eg. laundry, cleaning, napping, etc.).

Be prepared to adapt to the needs of each twin. Although you want to be firm and consistent, all babies and their parents have different temperaments and abilities. For instance, you might find that one twin is taking well to the breast, while the other is having more challenges latching on. Consulting with your pediatrician and lactation specialist will help you approach this type of problem with flexibility, allowing you to set realistic expectations and to enjoy each twin’s success.

The great thing about having twins in the digital age is that information is only a keystroke away. Although a quick search will link you to more resources than you have time for, you can find lots of information for moms, dads, siblings, and grandparents. Look to others through support groups like the National Organization of Mothers of Twins Clubs (www.nomotc.org).

Just remember that the initial effort required to take care of your twins will get easier as you become more efficient with the daily routine. As each twin is already born with a best friend, we have the rare opportunity to experience their unique bond firsthand. Soon you will start



Dan Kouwabunpat, M.D., F.A.A.P is a board-certified pediatrician practicing at Sea View Pediatrics in Aliso Viejo and San Clemente. www.SeaViewPeds.com



Dr. Joanna Du works at Saddleback Memorial hospital as an OBGYN. Her research interests are contraception, obesity and menopausal hormones.



Candace Basich, MD is a board-certified Family Medicine physician practicing in San Clemente. www.scfamilymedicine.org



Dr. Suzanne McNulty is a pediatrician in Mission Viejo and co-owns Mia Bella Pediatrics with Dr. Jennifer Stahl. She has two daughters who are 5 and 8! www.miabellapediatrics.com

Editor’s note: you can meet these doctors at the OC Baby & Toddler Fair on November 13th. See page 68 for details.



Aetna Anthem blue of california
 Health Net A Better Decision KAISER PERMANENTE

- Affordable Health Insurance
- All Carriers
- 25 Years Experience with Family Plans
- No Broker Fees

SERVING ALL OF ORANGE COUNTY

⇒ DAN GOLDMAN Call 949-545-0163
 www.EveryHealthPlan.com
 dgoldman@goldmanwalker.com

to enjoy the world through their eyes. Given the added responsibilities that come with caring for twins, the time will pass by faster than you can imagine. Before you know it, they are grown up and you will find yourself longing for those sleepless nights again! —Dr. Dan Kouwabunpat

Food for Conception

Q
 Pregnancy

I've been trying to get pregnant for the last few months now and I'm looking to find any extra little thing that I can do to help my chances. A girl friend of mine mentioned that foods such as shark's fin and pine nuts could be beneficial. Is it true that certain foods can help me conceive?

A

This is a great question. It points out how important nutrition and lifestyle habits affect our health and fertility. First, I will directly answer the question about shark fin and pine nuts. Shark fin is popularized as shark fin soup in many Asian cultures and is touted for its health benefits in improving kidneys, lungs, and bones. However, there are no large clinical trials that demonstrate this benefit. Even worse, the U.S. Environmental Protection Agency and Food and Drug Administration (FDA) warn women to avoid shark products because they have high levels of mercury, which can harm a developing baby's central nervous system.

There is no evidence of pine nuts improving fertility but pine nuts are low in glycemic index (does not give your blood a sudden sugar boost), high in fiber, low in cholesterol and high in protein and iron, so it should be part of a healthy diet, but watch how much you eat – they are high in calories.

When it comes to natural fertility, there are three requirements that every couple needs to meet.



eat cleaner
 ALL NATURAL FOOD WASH

PROTECT + PRESERVE

Take food safety and savings into your own hands for your family. **Eat Cleaner**® is the only line of all natural food wash + wipes that removes unwanted residue from fresh produce, seafood and poultry. Also extend shelf life up to 200%, saving you money.

- ALL NATURAL, PLANT-BASED FORMULA MADE WITH ORGANIC AND KOSHER INGREDIENTS
- DOESN'T CONTAIN ALCOHOL OR CHLORINE
- BIODEGRADABLE, RECYCLABLE AND REUSABLE INGREDIENTS AND PACKAGING
- MADE IN SOUTHERN CALIFORNIA
- A PORTION OF PROCEEDS BENEFITS THE NON-PROFIT HEALTHY CHILD HEALTHY WORLD

Difference you can taste. Difference you can feel. Difference you can see.

INHIBITS THE BROWNING EFFECT

NOT SPRAYED SPRAYED WITH EAT CLEANER® RINSED WITH WATER WASHED WITH EAT CLEANER®

JOIN :: WATCH :: FOLLOW :: LEARN

Eat Cleaner products are now available at Ralphps, Stater Bros and select retailers

Eat Cleaner®, made by Grow Green Industries, Inc. T: 949-768-IEAT W: www.eatcleaner.com