

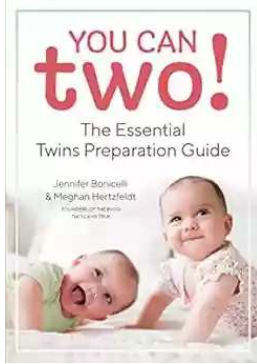
# You Can Two: The Essential Twins Preparation Guide



The journey of becoming a parent is already overwhelming, but when you learn that you are expecting twins, it takes the excitement to a whole new level. Twins bring double the joy, double the love, and double the responsibility. It's essential to be fully prepared for what lies ahead. In this comprehensive guide, we will cover everything you need to know to ensure a smooth transition into parenthood with twins.

## Creating the Perfect Nursery

Setting up a nursery can be an exciting yet daunting task. With twins, organization is key. Start by designating specific areas for feeding, changing, and sleeping. Investing in two cribs, changing stations, and rocking chairs will make life easier when juggling two babies.



## You Can Two!: The Essential Twins Preparation

**Guide** by Jennifer Bonicelli (Kindle Edition)

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1979 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 183 pages
Lending	: Enabled



# Set yourselves up to thrive as twin parents!



**WELCOME, TWIN PARENTS-TO-BE!** Whether you were hoping for twins or have been thrown for a loop by the sound of two heartbeats, the most important thing now is to get ready. Before you start to feel overwhelmed, know that successful and enjoyable parenting is all about the preparation. And that's exactly what *You Can Tivo!* delivers.

In these pages, twin parents and parenting bloggers Jennifer Bonicelli and Meghan Hertzfeldt brush away any nerves and negativity you may have by focusing on the topics that are most important for twin parents to think about and tackle. They provide a treasure trove of parenting preparedness by arming readers with practical strategies, tried-and-true recommendations, and tips from professionals. From mental and emotional prep, to baby gear guidance, to feeding and sleeping schedules, and everything in between, *You Can Tivo!* will educate and empower you to be successful, happy twin parents.



Step-by-step prep for everything coming your way: parenting together, baby gear, delivery and the early days, feeding, sleeping, and keeping your relationship strong

A planning tool kit that includes checklists, trackers, to-do lists, and answers to FAQs

Real support that offers tips and tricks from other twin parents, along with stories of reassurance and inspiration



**JENNIFER BONICELLI  
& MEGHAN HERTZFELDT**

are the founders of *Two Came True*, the popular twin parenting website where they blog candidly about raising multiples. They have poured their storehouse of recommendations and resources into this book to help others approach their twin parenting journey joyfully and confidently. Find them online at [TwoCameTrue.com](http://TwoCameTrue.com).

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Optimize your space by utilizing vertical storage such as wall shelves and hanging organizers. Labeling drawers and bins will help you find items quickly during those sleep-deprived nights. Remember to decorate the nursery with a touch of personalization for each baby to give them their unique space.

## Stocking Up on Essentials

Twins mean double the diapers, formula, and clothes. It's crucial to stock up on these essentials to avoid last-minute runs to the store. Create a list of necessary items such as diapers, wipes, bottles, and burp cloths and purchase them in bulk. Look for discounts, promotions, or membership programs to save on your expenses.

**The Babies' Bedroom**

One	Two	Three or More
<input type="checkbox"/> Changing table	<input type="checkbox"/> Cribs and mattresses	<input type="checkbox"/> Waterproof mattress pads (2)
<input type="checkbox"/> Changing pad	<input type="checkbox"/> Camera for your video monitor	<input type="checkbox"/> Extra shirts (2 years)
<input type="checkbox"/> Rocking chair	<input type="checkbox"/> Changing pad covers	<input type="checkbox"/> Burp cloths
<input type="checkbox"/> Small lamp or night light		<input type="checkbox"/> Diapers and wipes
<input type="checkbox"/> White noise machine		<input type="checkbox"/> Diaper cream, lotions
<input type="checkbox"/> Bookshelf		<input type="checkbox"/> Swaddles (don't go crazy here until you know what works for your babies like)
<input type="checkbox"/> Side table		<input type="checkbox"/> Clothes
<input type="checkbox"/> Clock		<input type="checkbox"/> Baskets and bins for organization
<input type="checkbox"/> Thermometer		<input type="checkbox"/> Hangers for clothes to clean
<input type="checkbox"/> Set of black-out shades		<input type="checkbox"/> Pacifiers (optional)
<input type="checkbox"/> Video monitor		
<input type="checkbox"/> Ramp		
<input type="checkbox"/> Dresser		

**Your Bedroom**

One	Two	Three or More
<input type="checkbox"/> Breast pump	<input type="checkbox"/> Certified safe sleep surfaces ( bassinets, Dock-A-Tots, etc.)	<input type="checkbox"/> Burp cloths
<input type="checkbox"/> Mini fridge (optional but can save you from running down stairs at 2 a.m.)	<input type="checkbox"/> Pump part sets	<input type="checkbox"/> Diapers and wipes
<input type="checkbox"/> White noise machine		<input type="checkbox"/> Pacifiers (optional)
<input type="checkbox"/> Diaper changing mat		<input type="checkbox"/> Extra pajamas
<input type="checkbox"/> Diaper pad		<input type="checkbox"/> Swaddles
<input type="checkbox"/> Large water bottle		<input type="checkbox"/> Bottles

**The Living Room**

One	Two	Three or More
<input type="checkbox"/> Playard to set babies down	<input type="checkbox"/> Nursing pillows (if you don't have a Twin 2 pillow)	<input type="checkbox"/> Extra jennies
<input type="checkbox"/> Swing or stroller		<input type="checkbox"/> Diapers and wipes
<input type="checkbox"/> Excuser		<input type="checkbox"/> Pacifiers (optional)
<input type="checkbox"/> Playmat		
<input type="checkbox"/> Diaper-changing station		
<input type="checkbox"/> Nursing station (masks, water, snacks from hospital, etc.)		
<input type="checkbox"/> Twin 2 pillow		

94      HOW CAN THIS      99      GEAR AND OTHER ESSENTIALS

Don't forget to invest in a reliable breast pump if you plan to breastfeed. Pumping milk can help you maintain a consistent feeding schedule for your twins and ensure that they receive the necessary nutrients. Additionally, consider purchasing a bottle sterilizer to make cleaning and sterilizing bottles easier and more efficient.

## Scheduling and Sleep Training

Establishing a feeding and sleeping schedule is essential when managing twins. Maintaining a routine will bring stability to your daily life. Coordinate with your partner and create a shared calendar to keep track of feedings, diaper changes, and nap schedules.

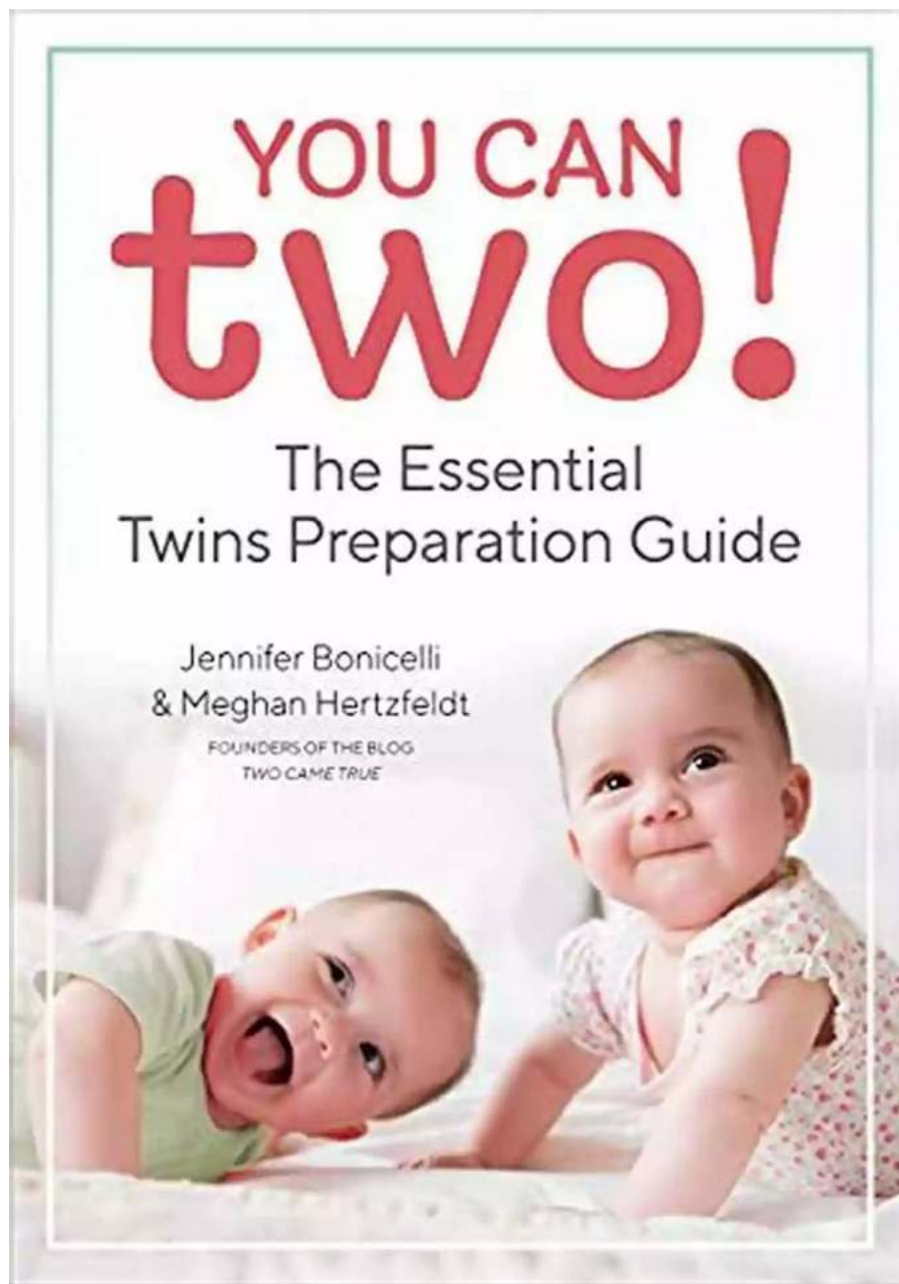


Implement sleep training methods to help your twins develop healthy sleep habits. Consistency is key when sleep training. Gradually teach your babies to fall asleep on their own and soothe themselves back to sleep when they wake up at night. Remember, patience and persistence will pay off in the long run.

### **Getting Help and Support**

Parenting twins can be challenging, so don't be afraid to ask for help. Reach out to family, friends, or support groups who have experience with twins. They can

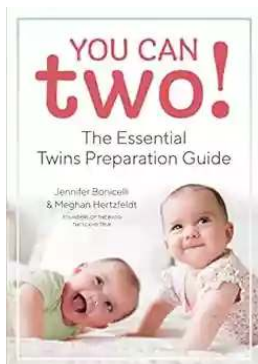
provide valuable advice, lend a helping hand, or offer much-needed emotional support during this transformative journey.



Consider hiring a babysitter or nanny to help you with the daily tasks. Having an extra pair of hands can provide you with some much-needed rest and rejuvenation. Take care of yourself, both physically and emotionally, to ensure you have the energy to care for your twins.

Preparing for twins requires careful planning, organizing, and gathering a supportive network around you. Remember that every family is unique, and what works for one may not work for another. Embrace the challenges and joys of this remarkable journey, and be prepared for a lifetime of love, laughter, and endless adventures with your twins.

So, get ready to enjoy the incredible experience of parenting twins. With the essential preparation outlined in this guide, you can confidently embark on this beautiful journey of raising two amazing individuals simultaneously!



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Don't just survive twin parenting—thrive every step of the way with practical preparation strategies and advice from You Can Two.

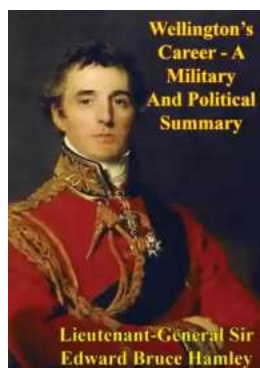
It's no secret that raising two babies at once has its challenges, but with the right preparation you can conquer fears for good. You Can Two delivers essential information and practical prep strategies to get expecting parents ready for the joys of twinfancy.

From mental and emotional prep to feeding, and everything in between, this action-oriented guide covers the broad spectrum of how to tackle the first few months after your babies arrive. Complete with real advice and encouraging anecdotes from parents who have been there, *You Can Two* is a go-to reference to remember that you can do this.

Get ready for two heartbeats, 20 fingers, and 20 toes, with:

- Step-by-step prep that guarantees you'll be ready for whatever comes your way, from gathering gear for your hospital bag to teaching your tiny humans to eat and sleep.
- A planning toolkit that includes checklists, trackers, questions for need-to-know answers, and to-do lists.
- Real support that offers insider techniques from other twin parents, along with stories for reassurance and inspiration.

Whether you were hoping for twins, or are still staring in disbelief at an ultrasound with two heartbeats, *You Can Two* gives you the confidence to head into twin parenting with excitement—not fear.



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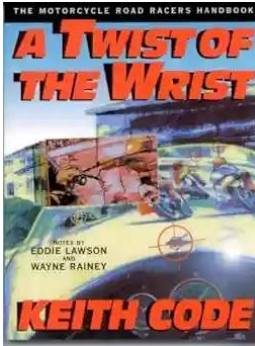
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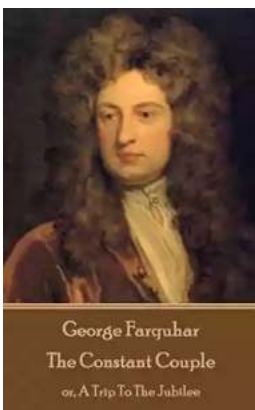
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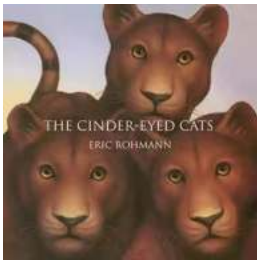
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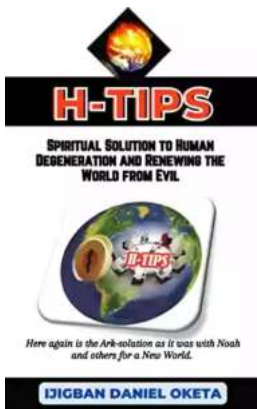
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