



Words of Wisdom from other FWMOMS

"Advice to New MOMs of Multiples"



- Take a bath – the real kind with bubbles or bath salts and no one else.
- Make time for yourself!
- Purchase a gift card at grocery store & add a small amount each time you go while pregnant to have extra money for diapers & formula after the babies are here.
- Be deliberate about planning time for yourself with friends ahead of time. It won't come as naturally once the babies are here.
- Wait to buy double of everything until you need them.
- If possible, hire a housekeeper – even if only for once a month.
- Diaper Champs save \$\$ because you can use any trash bag.
- Use your instincts and trust yourself.
- Find a good Pediatrician that listens to you.
- Don't be afraid to call your pediatrician even if its 2AM!
- Always give Tylenol before shots.
- Make taking care of yourself a priority – including hair appointments, exercise, doctor's visits and quiet time!
- Set a structured routine – it helps them & you.
- Don't compare yourself to other moms & your kids' development.
- Make dates with your husband.
- Don't take a full size diaper bag in everywhere – use a small one and keep the big one in your car.
- Buy the lightest infant car seats you can find.
- Postpartum depression is a physical ailment and not a personal weakness so get help and take medication if you need it.
- Stay involved on BigTent by posting questions, journaling to vent and just reading what others are going through.