

The

Challenges & Happiness

of twins or multiple babies.



The preparation of Welcoming twins or multiple babies



Awareness of changes in pregnancy and prevention of premature birth

- Be aware of the physical changes



Take care of emotion

- Maintain stable mood
- Accept possible anxiety
- Confidence in ability to adjust



Family Support

- Understanding and provide support
- Preparedness of whole family members



Resources from Society

- Collection of related informations
- Participation of related groups

To be aware of the physical changes during pregnancy



More severe vomiting



Belly enlarge quickly, and drop in later stage



Difficulties in getting up and other movements



Edema, breathing, sore back and fatigue



High blood pressure and high blood sugar



Points to consider



★ Maintain good mood and adjust diet/ schedule

Life

- 1 Reduce stress
- 2 Avoid too much work and exercise
- 3 Prepare to deal with burden of stress
- 4 Prepare substitute for caregiver



Diet



- 1 Balanced meal, less amount and more frequency
- 2 Consult with dietitian about diet recommendations of twins
- 3 Enough intake of Vitamin, mineral and folic acid



Points to consider



★ Prepare for premature birth, pay attention to physical checkups

Action

- Slow and soft in movement
- Support baby with waist belt

Take care!

- Premature delivery for twins 50-60%
- Premature delivery for multiple babies 90%



Physical checkup

- 1 Pay attention to blood pressure, blood sugar and baby weight
- 2 Recommend to do ultrasound (high level)
- 3 Regular checkup
 - Early sign of water break, or vaginal discharge
 - Abnormal bleeding
 - Regular contraction
 - Watch fetus movement



Twins/ Multiple babies, happiness and challenges



Curiosity of babies and imagination

Special feeling of two babies

Intimacy of mother and babies

Welcomed by the whole family of twins

Happiness



Prepare to adjust role of mother

Physical discomfort and life changes

Prevention of premature birth
and baby health

Mutual Support and learning of family

Challenges



Warning signs



★ Take care of yourself and emotion, ask for help



Some situations to be aware, and ask for help

Difficulty to sleep, easy to wake up , fatigue, not enough sleep



If there are other changes of mood, ask for professional help

Feeling sad, no interest in anything

Not comfortable with no reason

Not able to think clearly, confused

Nervous, anxious, depressed, alone, helplessness or suicidal idea



Help *Handwritten scribble*

Methods to maintain good mood



★ HAPPY MOM HAPPY LIFE



Listen to inner positive voice

- Understand where emotion comes from
- Discover needs
- Seek for ways to take care of herself
- Build confidence

Encourage yourself

- Soft talking to babies
- Listening to audiobook music, do massage relax, go outdoors and meditation



Ask for help

- To express needs
- To get support from family members, rest and sleep
- To join parenthood class or groups for baby



Family support



★ More preparation emotionally and action support

1 Adjust together about changes
Proactive action to care, diet and listen hug

2 Plan together the new life
Get related informations and discuss with nurses

3 Mutual learning and accompany delivery
Accompany checkup and interaction with baby,
record advices from doctor

4 Active participation of rearing and share chores
Active participation of child rearing and share untraditional chores



Family support and communication



- To also pay attention to other kids
- Encourage bigger kid to help
- Maintain relationship with other kid
- Guide siblings to interact
- Remind other family members to not compare (such as weight, behavior etc..)
- Pay equal attention to twins with different gender





Informations

- Baby care assistance
- Welfare rights



Sharing

- Experience
- Recommendation

Mutual help and kindness

- Care support
- Double happiness

Learning to grow

- Parenthood classroom
- Twins group



Social Support and resources



孕產婦關懷專線
0800-870-870

安心專線
1925 (依舊愛我)

★ 資源連結：



台北市
雙胞胎協會



衛福部國健署
孕產關懷網
(多胞胎)



台灣早產兒
基金會



各縣市社區
心理衛生中心



心快活
心理健康
學習平台

Accept challenges and be resilient

Welcome new life ♦ build support network ♦ comes with happiness

委辦單位：



衛生福利部
Ministry of Health and Welfare

執行單位：



中華心理衛生協會
Mental Health Association in Taiwan

廣告