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Multiples of 32

Since the 1970s, Americans have been of the opinion that two children are the perfect number to round out, according to a survey conducted by the Pew Research Center [source: Livingston]. For many, these two children are born single, one baby at a time, often a few years apart between siblings. But for an increasing number of Americans, twins are becoming more common. Naturally, twins appear in about one in 250 pregnancies. The probability of getting naturally occurring triplets is about one in 8,000 pregnancies, and quadruple births occur once in a blue moon (one in 700,000 births). You probably don't have to worry much about delivering naturally designed and high-quality lot-times. For example, sextant occurs spontaneously in only about one in 4.7 billion pregnancies [sources: ASRM, CBC News]. But these statistics do not give an accurate picture of the number of once-and-forths that have emerged in the United States over the last three decades. One in 53 babies born in 1980 was a twin, but by 2009 the number rose to one in 30 babies. That's a 76 percent increase in American twins between 1980 and 2009 [source: Rubin]. Of the 1,000 births between 2004 and 2006 in Connecticut, Massachusetts and New Jersey, more than 40 were twins. In 2009, Connecticut's double rose to 5 percent of births in that state, the highest in the United States. In Massachusetts, Nebraska and New Jersey, triplets accounted for more than 250 of the 100,000, which is also the highest figure in the country [source: CDC]. What's behind the multi-birth jump? A few things happen here, and it's not something in the water. Let's discuss factors related to increased probabilities of double odds, including parenting deferral, assisted reproductive technology (ART), and even how oral contraception can play a role. Why does someone have multiple accounts? As such, this is okay, but what if you use one of these accounts to ask unexplained questions, and then use another person or two to answer a question/start a conversation, and give yourself the best answer for an equally incomprehensible answer? Everyone's waste of time or just mine? Is there anything you can do? Do you want me to ignore him? Does this happen often and i haven't noticed? I've been stupidly in a conversation with this person. You have so many funny things that you might miss out on fear that you need a partner to make them enjoyable, but you really don't. Whether you're single or in a relationship, you really don't need a significant other or group of friends to try new things. Some of the fun things you can do alone outside might scare you, but it's worth taking them out of your comfort zone. Everybody needs me sometimes, that means. by the pool with a fascinating book, exploring nature solo, cooking or experimenting with new activities. Be inspired to venture out (or stay) sans a significant other or group of friends with these 32 things to do themselves. @thecivstyles 1 January 2007 Pack a picnic and enjoy an afternoon in the park. Bring your favorite pieces, a good book and a nice blanket. 2. Go to the museum. Wander the corridors and try to understand modern art with anyone else to impress. 3. Choose a new pasta recipe, buy all the ingredients and do your best to replicate the container at home. @babba.c four. Walk around your neighborhood. You can put in a fun playlist or simply listen to the sounds around you. 5. Go shopping. And we mean shopping, not e-commerce. Browse your favorite stores and take home something that tempts you to keep it straight from the store. 6. Put the green butt to the test and place room bags to brighten up your home or try your hand at gardening. @littleblackboots seven. Put on your swimsuit and head to the pool, beach or lake. Browse through the box and soak up the sun (but don't forget the sunscreen). 8. Register for class. Whether you're interested in photography, ceramics, painting, writing, cooking, graphic design or anything in between, there's probably a local class that you can take to hone your craft and meet like-minded people. 9. Head to the farmers market to change your grocery shopping routines. @ada_oguntodu 10. Stay home and enjoy a few guilty pleasures. Walk around in your underwear, eat your favorite food, read a book, catch up on your current TV obsession, write in your diary – do all the things you forget to do when you're too busy spending time with other people. 11. Rent a bike and see your neighborhood from a new perspective while getting a fun workout. 12. Arrange your locker. Donate everything you haven't worn in the last six months and find a place for forgotten jewelry, shoes and mixed items. @bandier 13th. Try a new sport. You can join the adult league from any beach volleyball and tennis to kickball and football. 14. Go to lunch. Do your best to forget about your phone and simply enjoy eating a good meal on your own. 15. Head to the theatre to see the movie you wanted to watch. Look for a matinee and enjoy not having to share popcorn with anyone else. @clair_e most 16. Make a list of things you need to achieve, whether it's in the short or long term. Brainstorm how to make some of them happen. 17. Please. Book an overnight stay at the luxe hotel in your city and enjoy fluffy white robes, room service and blackout tones. 18. Try a new training class. Most yoga, pilates and spin studios offer free new members, so take advantage. You might just stumble upon your new favorite hobby. @adenerah 19. Go on, go on Head to the flea market, a thrifty shop or change ways and see what hidden treasures you come home with. 20. Volunteer for something that means something to you. It can be as simple as visiting dogs in an animal shelter or spending time with the elderly. 21. Learn a foreign language. Take an hour, buy a book or even download the app. Once you've learned the basics, you can even treat yourself to a trip. Westend61 22. Enjoy the spa treatment. Book a massage or facial and spend the whole day spoiled. (If it's not on budget, take a bath, give yourself a facial at home and call the day.) 23. Make a hair mask. You are not inclined to sit wet, conditioner with slippery hair in front of a group of people, so grab alone the time to take care of your tresses. 24. Hit the bookstore. You could download an e-book, but there's something special about exploring the aisles of a bookstore and holding a load of paper in your hands. KatarzynaBialasiewicz 25. Redecor your living room. Or the bedroom, bathroom or office. Whether you're inspired to do a complete renovation or just want to rearrange your furniture, the new look will make your space (and you) feel fresh. 26. Head to the café. Import a computer or book and work or read outside your home. A change in scene can help inspire you. 27. Follow your favorite magazines. You know that pile that's been piling up on your desk for months? Now is the time to address it. 28. Try makeup. You're not inclined to try out a new, bold smoky eye before a date or dinner with your friends, so check out some YouTube videos and tutorials and play with makeup when you have time for some messes. 29. Meditate. If you never turn off your brain, this is for you. 30. Write. Write a book, write letters, write a blog – let your creativity flow when you have loneliness and no one around to interrupt. Caiaimage/Rafal Rodzoch 31. Diy. It sounds scary, but if you spend time researching, we can definitely do that IKEA hack that you've been watching on social media for months. 32. Get a craft. Whether you rely more on painting, sewing or ceramics, contact your inner artist. Go to content Regardless of whether you're waiting for re-attacks or navigating life with twins, triplets or others, you'll appreciate advice on surviving and succeeding. Here's what you need to know to get you through the phases in front of us. Start recruiting help now, whether you're going back to work or staying home. Planning additional help is one of the biggest gifts you can offer your babies, other children, husband and yourself, says Joan Friedman, PhD, author of Emotionally Healthy Twins. Many mothers are confused when thinking about many things that are out of their control. Cathy Swan of Lexington, Massachusetts, agonized: babies babies Okay? Do you want me to deliver early? But don't worry about what you can't control. Instead, focus on what you can, like your diet, says Nancy Bowers, author of The Multiple Pregnancy Sourcebook. Women of normal weight need about 2,700 calories every day, she says. They should gain 24 pounds in 24 weeks of pregnancy, then about 1.5 pounds a week. Underweight women should aim to gain 45 kilograms, and overweight women want to gain between 20 and 25 kilograms. Are you expecting triplets or more? You need to add 5-10 kilograms per extra fetus depending on your starting weight. Kacey Batterton, the mother of newborn twin girls in Fort Worth, Texas, was worried about being too big. People would say, 'You look like you're going to have that baby any day!', she says, and my due date was still months away. Bowers admits that unwanted comments can be hard to ignore. But remember, your body is doing this incredible thing, times two or more. Before you hang the Welcome Home signs, know that your babies may not be released from the hospital at the same time. Twins are almost always a pree man, says Kate Hall, president of the Bluebirds, a nocturnal childcare agency for twins in Boston. Dimes' march says that the many make up about 3 percent of all births, but they are 20 percent from the Neonatal Intensive Care Unit (NICU). Going home before babies or leaving one for the NICU might not be the homecoming you imagined. But the good news is that most preemie issues (infection, feeding intolerance, difficulty breathing, jaundth) are not life-threatening. When you're all (finally!) at home, wait for the joy, exhaustion and everything in between. Some days are full of tears, Batterton says. I have to choose between eating, sleeping and showering, because before I know it, it's time to feed the babies again. A multiple mother can be wrapped up in the physical needs of her babies so that there is no time to interact with them in other ways, Bowers says. But making friends with two or more babies can take up most of your day, and you may have to wonder when you'll ever get to sleep. The whole first month is a blur, Swan says. I've never been so tired. Putting babies in the same feeding pattern helps, Hall says. But it can mean that you need to wake up the babies to feed them every 2-3 hours. New York's Alyssa Shaffer kept her twins Nolan and Layla on a really tight schedule: With twins, it's no luxury waiting for them to be hungry. And most once-in-a-lots are born prematurely and underweight, so you feed them constantly. Experts also say that you should wake them up together for day feeding and provide that the last 10p .m. sleeping longer night-time stretches. You've emerged from the postpartum fog ready. Ready. Year. It can take six weeks or more to establish a routine when you interpret which baby needs what and when. Parents are concerned that not enough attention will be paid to another baby already, Hall says. If one baby wants to be constantly imprisoned and the other is not, they feel guilty spending more time with a needy baby. But Hall adds that your babies know what they need. If you keep your relaxed baby feeding and interacting with her when changing diapers, Bowers says you probably don't have to worry. Still, you want to know both babies, and there's only so much time in the day, right? Get help, Hall says. The new parent should say, 'Yes, thank you. And pay attention. When a neighbor asks for help, say, 'How about Tuesday between 9 a.m. and 11 a.m.?' Let her wash dishes and prepare bottles so you have more time with babies. When they're mobile, two babies crawling in different directions can be scary, Hall says. When one gets into cat food, the other is behind you pouring trash. There is a safe place - a play toy or bouncy seats - where babies can play while you make dinner. Hire carers before babies crawl so they gradually get used to the increased mobility of children. Life with twins on the move is not pure mayhem - the first year holds doubly exciting firsts: smiles, laughs, steps and words. It is tempting to compare the lines of development of twins, especially when one twin walks at the age of 11 months and the other at the age of 14. But there is a wide range of normals, and children develop at different rates. Carve individual time with each child, and you may find that your late walker is a genius in the building plotters when his brother doesn't walk rings around him. At this point, twins tend to entertain each other. When my sons move on to toddler years, they're definitely each other's playmates, Swan says. But for a double reason, solidarity can go too far. Parents of toddler two often feel that their children are allied with them, Friedman says. For example, if one twin refuses to eat their dinner, the other often does the same - he feels power when he joins a protest, tests boundaries and bends out of control, toddler style. How should you deal with the demands, bickering and mood swings of two toddlers who sometimes act like a unit and occasionally run in opposite directions? Often, twins crave individual attention, and their parents may not recognize this need, Friedman says. In fact, parents are sometimes concerned that spending time alone with one toddler causes enormous separation anxiety for another. Friedman predicts that even if your twins At first, they eventually adapt and expect to spend special time with you. In addition to their individual time with mother and father, doubles games also need separate play degrees to play degrees the possibility of developing its own interests. Report one to the gym, for example, and the other to a finger painting course. Friedman did this to his sons when they were little, and none of the kids in either class even knew that the boy he brought in was a twin. Bowers says raising twins is the best thing she's ever done: Parents of twins face double challenges - but also double down on love, hugs and kisses. TLC's Jon & Kate Plus 8's Kate Gosselin's advice on the left: The hardest part about re-endings is that we don't know what it's like to have one baby! We have never been able to sit and enjoy just one baby. Plymouth/Canton Mothers of Multiples Group advice in Canton, Michigan: You need a good strog - (we used Graco Duo Glider LXI) - that you can fold with one hand, notes Debra Ramsey, Jason and Paige's mother. Also hug your spouse once a day because she's tired too. We don't dress our identical twins the same way, says Pam Gharabeh, Mother of Lessa and Ivy. We want them to develop their own personalities. For the first six months, I put different nail polish in their top. We were never worried that one baby's crying would wake one - if one started and wakes the other, we'd let them figure it out for themselves, notes Colleen Myers, Mother of Emma and Madison. Lisa Madden, mother of triplets and single, lives several manias. That's why a Middletown, New Jersey, nurse co-founded Staying Sane, a company that provides support to couples who expect or have multiple babies at home. His tried and tested tips: Set up circuit training. We don't need everything. Put the swing, vibrating chair and action center on the floor and move your babies forward. Put it on a big board. Madden wrote the names of his three on the whiteboard, and below each one he listed the feed, the number of diapers used and the drugs. It's an easy way to track this information. Make a peace treaty. Exhaustion can lead to severity. If both parents are fed, promise that no one should be held responsible for anything that is said between 11:00 .m.00 to 7:00 .m. Find the drive-throughs. Avoid getting out of the car to get dry cleaning, get coffee, etc. Premies can have difficulty breastfeeding, swallowing and breathing, which makes breastfeeding more challenging, says Bowers. But if you can hang in there for the first few weeks, you're more likely to succeed. Some expert advice to help you: Breastfeed within a few hours of giving birth, one baby at a time per breast. Continue every 2-3 hours. When one baby is breastfeeding effectively, try breastfeeding at the same time (with the help of a breastfeeding specialist and breastfeeding pillow). If your babies can't breastfeed, start pumping milk with a hospital-grade breast pump within a few hours of birth. Continue every three hours and freeze the milk. When continue breastfeeding every 2-3 hours while family and friends are doing housework. Let a breastfeeding specialist come to your house in the first few days to check the positions of babies and show how milk production needs to be kept upright. 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