

RANDOM HOUSE  BOOKS



A Contented House with Twins

Gina Ford and Alice Beer

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About the Book

A Contented House with Twins unites the UK's leading baby expert, Gina Ford, and the highly regarded television presenter Alice Beer, a mother of twin girls.

Discovering you are expecting twins is both an exciting and a thoroughly terrifying prospect. Within weeks of the arrival of her beautiful daughters, Alice found that she was 'screaming out for a routine' and craving the knowledge of mothers who had been through it with two. This book is the result of those cries. Alice's front-line experience of coping with twins is combined with Gina's highly successful parenting advice and, for the first time, her groundbreaking routines, specially adapted for twins. Together, they tackle the practical and emotional aspects of parenting two babies, including:

- what you can expect in a multiple pregnancy
- how to feed two at once
- what to do when they each want a different story or both want a hug
- how to cope with everyday practicalities: shopping, bathtime, and much more.

Alice's humorous insights and Gina's essential advice, tips, support and successful routines will guarantee that parents enjoy their twins and get their lives back.

About the Authors

Gina Ford is Britain's bestselling childcare author. Her first publication, *The Contented Little Baby Book*, has sold over a million copies and continues to be a bestseller. Gina's wise counsel and extensive experience has enabled her to guide countless families through the early years of parenthood. She runs a hugely popular website, www.contentedbaby.com, and offers a consultation service for parents wanting specialist help with their babies and toddlers. She has published over twenty parenting books.

Alice Beer is one of the country's most recognisable names and faces in television. She has presented, produced and directed for the BBC since joining in 1987, working on series such as *Watchdog*, *Healthcheck* and *Holiday*.

A Contented House with Twins

Gina Ford and Alice Beer

Vermilion
LONDON

For Phoebe and Dora

Introduction

My first book, *The Contented Little Baby Book*, was based on my experience of working with over 300 babies and their families. It very quickly became a bestseller through word of mouth recommendation and hundreds of thousands of parents around the world are now following my *CLB* routines. During my time as a maternity nurse, I also helped care for over 16 sets of twins, and advised hundreds more parents of twins. It was this experience, together with the feedback I get from parents through my consultancy work and my website, www.contentedbaby.com, that made me realise there was a real need to adapt the *CLB* routines for twins. And with the number of multiple births rising each year, it would seem there is now an even greater need.

I first met Alice when her babies were six months old, and was immediately impressed by the way she was following the *CLB* routines. It was obvious from the very beginning that she was a hands-on mum, who was managing to meet the needs of her babies in every way. Sharing our experiences of the highs and lows of caring for two babies quickly made us realise that combining my adaptation of the *CLB* routines with Alice's experience of using them would be of great benefit to parents of twins. The result is this book. Each chapter begins with Alice's account of the problems and successes she encountered with her own babies which is followed by my advice on raising contented little babies.

I have adapted my original routines on the basis that in the early days you will probably find it easier to feed or

settle one twin before the other. The start times in the boxes at the beginning of each routine relate to the times you need to feed or settle the first twin and, as outlined in the routines themselves, you will need to do the same with the other twin 10 to 15 minutes later. Once you gain more confidence, however, you can adapt these times according to what suits your babies best.

Although at times having twins is undoubtedly more difficult than having just one baby, there is a huge amount of truth in the adage that twins are double the trouble but double the joy. I found it enormous fun working with twins and I hope that this book will enable help you to enjoy every minute with yours.

Gina Ford



If you are reading this book the chances are that you are expecting twins. Congratulations! It's a funny old journey you are starting, but I truly believe that we are the very lucky ones! Having twins is very special and through the exhaustion and complications somehow you will always remember that. Four years ago I was lying on my back with a 52-inch waist, yearning for a book like this, so I hope that with Gina's wisdom and Phoebe and Dora's inspiration we can help you on your way.

Expecting twins is, of course, never quite accurate. Yes, there were two little blobs on the scan but when the word 'twins' was mentioned, if I hadn't been horizontal you could have knocked me over with a pregnancy testing kit. This was not what we were expecting at all.

When my doctor first confirmed that I was pregnant, I had rushed to the bookshop and bought about five pregnancy manuals. When I discovered at seven weeks that it was twins, however, the books became largely irrelevant.

The monthly photos of the smiling woman with one little lump looked nothing like my poor stretching body and the token 'twin chapter' at the back of some of the books told me little more than that they would probably come early and I would probably need to take it easy.

As I was only two capsules into the packet of folic acid tablets when the blue line appeared in the pregnancy testing kit, I had to kick-start my 'healthy baby routine'. I think this is even more important with two - many expectant mothers of twins will agree that you can literally feel the little minxes robbing you of every nutrient as the pregnancy progresses. More vital than the advice of the nutritionist was the order of my obstetrician to take it easy which, being a stubborn Taurean control freak, I obviously ignored.

In the fifth month of pregnancy my partner, Paul, and I flew to Australia for Christmas, came home, moved house and I shot off to Spain filming. My body was incredible - so strong, so vital, so fantastic in the way it was adapting to these little inhabitants. Unfortunately, my cervix was not so incredible. At 22 weeks, I was told that I would lose the babies if I did not take myself to bed and stay there for the next three months. I was in the middle of filming a series of *Hot Property* for Channel Five in Spain and immediately had to tell the series producer I couldn't get in a car to Heathrow, let alone fly to Malaga the next morning. Fortunately, when the chips were down and the lives of two little 'nearly babies' were at stake, even the most hardened television types didn't question what I had to do. They recalled all their researchers, camera crews and contestants back from Spain - and I went to bed.

Until now I had been concentrating on the pictures in the pregnancy books of the mother, obsessing about how much bigger than her I was. But now, under doctor's orders and with the lives of our babies at risk, I became obsessed by the pictures of embryos. They were 22 weeks when they

started threatening to come out, and damn it I couldn't find a book or a doctor on the Internet that would tell me they could possibly survive an entrance into the world at that stage.

I was allowed out of bed for a scan once a week to maintain my health, and out of bed once a day to maintain my sanity. It seemed that every time I got vertical I got bigger and each week when I dressed for the hospital, it was touch and go what I was going to get into. At first I did suffer a little one-baby envy, sitting in the waiting room at the foetal medicine centre surrounded by mothers-to-be looking glamorous in their wraparound dresses and little cropped cardigans. I had surgical stockings to stop me getting blood clots and Simon Cowell trousers from the second month. But soon, perhaps like many other mums of twins, I developed a perverse pride in my two-baby bump. I got great pleasure in announcing loudly at the reception desk: 'Alice Beer to see Professor Nicolaides WITH TWINS. Put that in your designer pipe and smoke it!'

As a geriatric mother-to-be (aged 37 at conception), and as someone who wants all information available on any given subject, we had several appointments and scans to establish the health and well-being of the babies. I realised that incubating two little people inside me was a very complex procedure. Twin pregnancies can be complicated. If, as was suggested to me, one of the babies had been very sick indeed, there was no chance of doing anything to help without risking the other baby. And to have an amniocentesis on one baby to see if there MIGHT be something wrong was out of the question if there was a chance of losing both babies as a result. Nobody can make those decisions or suffer those dilemmas for you - they are for the wakeful hours in the middle of the night. But the firm odds are that you will get what you desperately hope for: two perfect babies.

As I lay in bed, my beautiful babies obediently grew and grew, and so correspondingly did my phone bill. As a journalist who had fallen into television via investigative research, there wasn't a pebble left unturned in my quest for knowledge. I sought constant reassurance and advice from brilliant organisations: unnoticed by millions but a lifeline to a few. Look at the back of this book under Further reading for the details of people who are just quietly getting on with researching and reviewing exactly the information you need to know as the prospective parent of more than one.

Because I couldn't make it to the antenatal classes, I relied on regular visits from pregnant friends to sit on the end of my bed and update me. Although my family was fantastic and friends completely dependable, apart from chats with my little babes, the closest relationship I was forming in my duvet weeks was with food. I was constantly hungry and constantly eating. It was a struggle to get enough food on the bedside table to last me until Paul came home to make supper.

Tears were also a big feature in those bed-ridden months. Multiply all those pregnancy hormones by two and throw in some dodgy scan results and the threat of a very premature labour and you will have more salt than a back-to-back showing of *Bambi*.

Maybe because of my hormones, my increasing size or, perhaps, my body trying to relieve itself of the boredom of bed rest, I began to develop the most absurd side effects. About halfway through the sixth month my wrists started aching and my third and fourth fingers started tingling. 'Ahhh! Carpal tunnel syndrome,' declared my lovely obstetrician. Nice to have a name for my bizarre symptoms but it developed into a painful, debilitating condition that woke me at night and prevented me picking up my babies once they were born.

At about the beginning of the sixth month I was getting ready to go for my scan, when I noticed a peculiar-looking wart developing on the side of my face. 'Ahhhh! Lupus Vigan,' declared the doctor. Painless and gone by the girls' first Christmas, it ruined those glowing mother-just-given-birth photographs. Following routine early blood tests and another 'Ahhh!' I was declared to have a blood-clotting condition called Lydon Factor Five. I had survived 37 years without even knowing about it (I still can't spell it), but it resulted in a daily injection of heparin in my thigh.

In spite of all this, I reached the eighth month and my little girls were still hanging on in there. My obstetrician declared I could get out of bed. Frankly, if the wonderful man had told me to go scuba diving at that stage I would have done it. It was his early detection and thorough care that saved our twins and if he told me it was safe to get up for the last month, then it was time to buy some shoes for the fat-footed.

By this stage I was huge - and uncomfortable. All pregnant women think they are bigger than anyone else has ever been. I found great comfort from long luxurious baths. Bubbles and books, I knew, would be in short supply over the next few years, so I wallowed for hours on end.

It is very common to feel quite isolated as a mother of twins, even before they arrive, so I decided quite early in those months of waiting that I would try and write a book about it, the kind of book I wish I had had to read in the bath back then!

Of course, during the first year very few words were written but when, with Gina's guidance, I began to see the light at the end of the tunnel I got back to the project.

Gina's methods were so effective for our family that I suggested to her that we try a joint project. Could we combine the wonderful *Contented Little Baby* routines with my experience of having twins and following her advice? She agreed and here it is!

I hope it gives every parent of twins confidence and hope. The first few months are exhausting without a doubt. But with Gina's routines life with your babies can quickly take shape. Phoebe and Dora have just turned three and are still napping and snacking the Gina way ... and yes, it is possible to have a very contented (albeit very messy) house with twins!

Alice Beer

Preparing for twins 1

'Expect the unexpected' - Alice

TRYING TO GIVE a parent who is expecting twins any kind of advice on how to prepare for their babies' arrival is a hopeless task. I suppose you could start a sleep-deprivation training programme early in pregnancy, or ask a friendly burglar to pop by every afternoon and trash the house, or, better still, you could attach bulky weights to each arm as you go about your daily tasks.

My partner, Paul, and I had different approaches. From my position of enforced horizontal stillness I read every pregnancy book I could lay my hands on. Paul was in denial and read the introduction to the Boots catalogue. Neither of us attended a single antenatal class. I am glad we could not know the way our lives would change when Phoebe and Dora arrived. Equally, without being able to anticipate the love we would feel for them and the thrill they would give us, there is a danger we would have explored the world of contraception a little further!

You cannot prepare for being terminally tired or never finishing a 'To Do' list ever again, so the best advice I can offer you, as a mother expecting twins, is that you swiftly crown yourself the Queen of Organisation. For one thing is certain: organising the complexities of family life will fall on your shoulders. If you are a mother having to cope with

limited resources and not a jot of help, you will have to be organised just to stop yourself drowning in the washing, feeding and sleeping cycles. And even if you have pots of money and a house full of staff, the organisation of your domestic empire will still be down to you.

During our preparation time, we discovered that there were two principal things for us to work out, and neither was straightforward: what equipment to buy and what help to hire. Since we were camping in a tiny townhouse while builders sat and smoked in our real home, it was not so much a matter of what equipment we needed, but what we could fit in the space. Our first decision was to get Moses baskets for the early months, as there simply wasn't enough room for cots. What could possibly be complicated about buying two straw baskets with handles? Well, the huge number of different types for a start. Time and again Paul would trot back to my bedside bewildered, with not a carrier bag in sight.

Eventually we acquired the Moses baskets and they proved to be a surprisingly versatile and useful investment. They fitted neatly alongside our bed, one in front of the other, and also on the back shelf of the car on the rare occasions we left the house to visit friends (although not with the babies in them, of course). The baskets sat on the bed while I got sorted in the morning, and they came downstairs for daytime visitors, which meant I had neither to wake the babies nor take coachloads of 'viewers' upstairs. It also meant that if one baby was yelling while the other was sleeping, we could easily separate them. The twins were out of them by the time they were four months old, but I expect the girls' dolls will find them every bit as serviceable.

Jumping ahead a little, peace, quiet and moments of repose come in the form of a place to put your babies where they are stimulated, safe and comfortable. The baby gym is good for one baby at a time, but early jealousy can

develop in the spectator stuck with a soft book. (And I think early on Phoebe developed her mother's indifference to the word 'gym'.) I then decided that a playpen was the way to go, and started designing one. I bought two metal hexagonal playpens and created a huge rectangle made up of different areas, some with soft books and others with noisy toys hanging on the sides. It became a haven when the girls were niggling each other, or when the doorbell rang. Later it became a safe place to shut the door on them for the moments when I would reach fever pitch. The playpen lasted for nearly 18 months, which made it worth the effort and justifiable in terms of expense, and it is certainly something I would recommend thinking about sooner rather than later.

In general, as far as equipment was concerned, I decided to adopt a 'How much should I spend on this piece of kit?' policy. I worked out how long things were going to be used for and on that basis slid up and down the price scale. Decent buggies, baby monitors, high chairs and travel cots are worth mortgaging the house for. Other items simply have to work, and frankly a cheap kettle (you will need two) will boil water in much the same way as an expensive one.

As far as clothes were concerned, I followed the fairly standard lists of items printed in all the baby books and magazines. Hats in different colours or with different symbols proved to be a useful identification tool in the early weeks. But when it came to buggies and bouncy chairs, I had no idea what I needed. Much of the time in the early months was spent moving the babies from one place to another, so buggies and car seats became more important than handbags - in fact they are just different versions of handbags. Paul might say that any handbag obsession of mine in a previous single life had been replaced and equalled by my passion for the perfect buggy or car seat - in the right colours, of course!

I was really lucky that a company, on hearing I was expecting twins, sent me two gorgeous bouncy chairs. These were invaluable and I would definitely recommend buying two if you can. Choose a style that can adjust from sitting to lying for the sake of those tiny spines and a little variety.

Since finding out we were expecting twins three years ago, I have found that the most demanding decision was not what to call the babies or how to bring them up, but what buggy to buy. Your buggy is your soulmate for the first four years, so choose wisely. You need to know how wide it is and, importantly, the width of the doorways where you want to go. If your corner store and coffee shop have double doors, you can relax - if not, you will need to find a buggy with a width of 75cm (30 inches) or less, otherwise your life could become very lonely. Pneumatic wheels may seem unimportant for newborn multiple babies that collectively weigh less than a couple of bottles of Evian, but by the end of the first year they'll make going up and down kerbs with a couple of robust babies on board much less jarring on your back. In addition, you need room underneath for shopping (mine has it, but you have to be on all fours to get to it) and the buggy must fit into a taxi (I took the buggy and a sales assistant out onto the street and hailed a cab before I handed over the money).

Once you have found your perfect carriage, you then need to find an alternative person to push it. It cannot always be you or you will go slowly crazy. The mother of multiples desperately needs extra help, although in my experience she may be the last person to accept it. I wanted to prove to my babies, my family and myself that I could cope and do it all. But it really is too much, and even if you are not planning on going back to work, an extra pair of hands will save your sanity.

A partner on paternity leave is wonderful, but not the long-term answer. I think at least one of you needs to get

out and see daylight and grown-ups each day. Unless you are lucky enough to have six members of your extended family living in the same street and all desperate to help, you will have the arduous and emotive task of finding someone trustworthy to look after your babies. Many parents cannot afford the luxury of a full-time nanny or au pair, but even a babysitter for an hour or two a week can make a huge difference. Any break is better than none.

A maternity nurse was the luxury that maintained my sanity in the first four weeks; she came highly recommended by people we knew well, so we had no difficulty with that particular appointment. Also, Paul and I have been extremely lucky in that my parents live only an hour away and would walk over hot coals to come and see their granddaughters at any time of the day or night. We have used and abused them and realise how precious their time is with the girls. I have never worried about the happiness of Phoebe and Dora when they go to visit Grandma and Grandpa, but I have worried about the health and sanity of my parents.

Otherwise, as far as help was concerned, I worked on the assumption that applicants were either psychotic or incompetent unless they could prove otherwise. I am confident that the way I have done things has never jeopardised the security of my girls, but I fear it may have worn me out more than necessary, and certainly driven their father to proclaim 'We need some help around here'. With hindsight, the best way to approach the search for help is not to try, as I did, to find someone with multiple qualifications and wide experience of twins. In simple terms, you just need someone with baby experience who can look after one child at a time. Even an hour a day of just having one baby to play with or bath while the other is having her own special time can make you feel much more relaxed. You learn so much about the baby you are with,

and it will give you the right to call up your 'single-baby' friends and say, 'I didn't realise it was so easy with one.'

After interviewing several au pairs without success, we enlisted the help of a woman who had worked for a friend. She was incredibly competent and supported us two days a week for the first 18 months of the girls' lives. Never mind if someone has travelled the world with a family of diplomat's children - capability and common sense are by far the most important attributes.

An organisation called Night Nannies was also a godsend on three desperate occasions. Before we got ourselves into Gina's wonderful routines, sleep was rare and unpredictable, and we were both becoming ill with the lack of it. To have someone arrive with experience and the gift of making babies settle when our anxious and exhausted arms no longer could was such a relief. The night nanny arrived at nine o'clock and left at seven the following morning. After the initial weirdness of welcoming a stranger into our spare bedroom within five minutes of meeting, and the novelty of doing the first hand-over, I realised that I did not have to explain how to use a steriliser or describe how to distinguish between Phoebe and Dora in the wee small hours. By the third visit I was already in my dressing gown when I opened the door, and in bed within 15 minutes of our night nanny arriving. The problem then is that you are just too excited about the prospect of sleep to actually sleep!

The girls were three weeks early, which meant I had successfully stopped them coming out for 37 weeks. My suitcase (filled with completely impractical, floaty white numbers) was packed and the cupboards were overflowing with tiny towelling sleepsuits, but our home and nursery wasn't ready, and we didn't yet have all the equipment we needed. Twins frequently arrive a month early, and often even sooner. With the benefit of hindsight, I would seriously recommend that you get everything prepared and ready

two months in advance. This is what Gina suggests, and I wish I had followed her advice a bit more closely. So my final tip on preparing for twins is: don't follow my advice, follow Gina's ...



The nursery

Many parents of singleton babies want them to sleep in the parental room at night. With twins, however, I always advise parents, wherever possible, to have a separate bedroom for the babies. Ideally, this room will also have a spare bed or a sofa bed that can be used by the parent 'on duty'. Feeding twins in the early months ([see here](#)) really has to be done in shifts with a partner, otherwise you will both end up going without sleep, which can have far-reaching consequences for your mental and physical health, let alone the health of your relationship. Whatever the circumstances, never sleep with your babies in bed; it's all too easy to roll over and cause suffocation.

Of vital importance is having the nursery ready on your return from hospital so that the babies can get used to their own room from day one. If, for the first few weeks, the babies doze on and off during the early part of the evening in car seats, when they are eventually put to sleep by themselves in an unfamiliar dark room they can feel very abandoned.

In order to avoid this unfamiliarity, I would suggest using the nursery for nappy changing and naps from the very beginning. In the evening, after your babies' bath, feed in shifts ([see here](#)) and settle the babies in the nursery from 7pm to 10pm. The night feeds should also take place in this room so that the parent 'off duty' can get some sleep in their own bedroom. If you get the babies used to their own room from the beginning, they will very quickly enjoy

being there and see it as a peaceful haven rather than somewhere unfamiliar or unpleasant.

Carpeting

A fully fitted carpet is preferable to rugs, which have the potential to trip you up when attending to the babies in dim light. Choose a carpet that is treated with a stain-guard, and avoid very dark or bright colours, as they tend to show the dirt more easily.

Chair

In the early days you may spend anything up to between 12 and 16 hours a day feeding your babies. A really sturdy, comfortable chair is an absolute priority. Ideally, a small, two-seater sofa bed is the best choice, as it can be used for both feeding and sleeping in the babies' room. If space is limited, choose a chair with a straight back. It should be wide enough to allow room for you and your babies as they grow, and ideally the arms should be wide enough to support you while breast-feeding. I would resist the temptation to buy a rocking chair, which is often sold as a nursing chair, as it can be dangerous when babies become more mobile and start pulling themselves up by holding on to it. In the early days it can also be tempting to settle your babies by rocking them to sleep, but this is one of the main causes of a baby developing poor sleeping habits.

Changing station

The most practical changing station is a long unit, containing drawers and a cupboard. The top should be long enough to hold both the changing mat and the top-and-tail bowl. The drawers can be used to store nightwear, underwear and muslins, while the cupboard can hold larger items, such as nappy packs.

Cot

Many baby books advise that a cot is not necessary in the early days because babies are happier in a Moses basket or small crib. I am not convinced they are either happier or sleep better in these. Generally, I prefer babies to get used to their big cot from day one but in the case of twins, I would advise you to invest in two Moses baskets and two cots. In the early days you may find that one twin will settle to sleep more easily than the other, so having two baskets allows you to separate the babies if necessary, as Alice did.

There may be a temptation to put the twins together in the same cot or basket, but in my experience this can lead to problems of one baby being disturbed by the other. Dealing with one unsettled baby is exhausting enough, so I would not take the risk of putting the two together and ending up with two unsettled babies. Even if they do settle together well in one cot, you may encounter problems later when they are too big to sleep together, but will not settle because they miss one another.

When choosing cots, it is important to remember that they will be your babies' beds for at least 2-3 years, and they should be sturdy enough to withstand a bouncing toddler (or two). If you have a large room for the nursery, you may choose to buy cot beds, which can be used up to five years of age. However, if space is at a premium, I recommend that you choose two normal-sized cots, which may allow space for a small sofa bed, futon or single bed in the nursery. This will allow one of you to sleep with the babies, should you wish, leaving your bedroom for whichever parent is trying to get a full night's sleep.

For the cot itself, I suggest choosing a design with flat spars instead of round ones, as pressing the head against a round spar could be quite painful for a young baby. Cot bumpers are not advised for babies of less than one year old as they can end up sleeping with their head pressed

against them, trapping body heat that would otherwise escape through the top of the head. This increases the risk of overheating, which is thought to be a contributory factor in cot death.

Other points to look for when choosing cots:

- Look for one with two or three different base height levels. In the early days you will be picking your babies up very frequently so you will need to set the cot at a height that minimises the risk of back strain. Later, you can lower it to a height that suits their size.
- Drop-sides should be easy to put up and down without making a noise. Test several times.
- The cot should be large enough to accommodate a two-year-old child comfortably.
- All cots must comply with the recommendations set out by the British Standards Institute, Number BS1753. Spars must be no less than 2.5cm (1 inch) apart and no more than 6cm (2½ inches). When the mattress is at its lowest position, the maximum distance between it and the top of the cot should be no more than 65cm (26 inches). There should be a gap of no more than 4cm (1½ inches) around the edge of the mattress.
- Buy the best possible mattresses that you can afford. I have found that foam tends to sink in the middle within a few months. The type I have found to give the best support for growing babies is a 'natural cotton spring interior' type. All mattresses must comply with BS1877 and BS7177.

Cot bedding

Life will be made easier in the early days if you choose 100 per cent white cotton, as this can be put through a hot wash along with the babies' nightwear. Owing to the risk of overheating or smothering, quilts and duvets are not

recommended for babies under one year old. If you want pretty top covers for the cots, make sure that they too are 100 per cent cotton, and not quilted with a nylon filling. If you are handy with a sewing machine, or know someone who is, you can save a considerable amount of money by making flat sheets and draw sheets (see below) out of a large cotton double-bed sheet.

To allow for washing and inevitable accidents, I advise you not to stint on the amount of bedding you buy. You really don't want to be drying off sheets in the middle of the night if one or both babies leaks or possets. I recommend the following as a minimum:

- Six stretch-cotton, fitted bottom sheets. Choose the soft, jersey-type cotton rather than the towelling type, which can very quickly become rough and worn-looking.
- Six flat, smooth, cotton top sheets. Avoid flannelette, which gives off too much fluff for young babies; this can obstruct the nose and cause breathing problems.
- Six cotton, small-weave cellular blankets, plus two wool blankets for very cold nights.
- Twelve flat, smooth cotton pram sheets. These are small sheets used specifically for prams and Moses baskets, but are also ideal as draw sheets, which you should put across the head end of the bottom sheet. This eliminates the need to remake the whole cot in the middle of the night or during naps should one of your babies leak or dribble.

Making up a cot



- (a) Remove the mattress and lay a blanket and sheet lengthways across the base of the cot.