



Baby steps

REAL PARENTING ADVICE

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Seeing double

TWINS bring a particular set of challenges, especially when breastfeeding, sleeping and getting out and about.

And it can be tricky for parents of twins to find out which products best suit their specific needs.

So which is the best pram for twins? And the best car seat? Or the best cot?

We've sought the answers from Martine Pekarsky, mother of Astrid and Olsen, 4, and owner of online twins products store www.thinktwins.com.au.

Here are her recommendations, most of them widely available in baby stores or her website.

Safe-n-Sound Compaq RRP \$319

Smaller than most car seats so great for growing families when you need to fit three seats in the back.



Specialist baby stores. Stockists:

1 3 0 0 3 0 3 3 3 0, www.britax.com.au

ABC Twin Buggy RRP \$1199

Grows with your family — can be converted to carry three or four children with toddler seats. Extra seats put the weight over the rear wheels, so it's easy to manoeuvre even when pushing three or four littlies. Slim enough to fit through standard doorways. Suits newborns to about age four.

Sold at www.Gobubbago.com.au



www.Gobubbago.com.au, 1800 GO BUBBA. **Tip:** Plan ahead and choose a twin pram that can take a third or fourth child if needed. Most twin prams don't. And avoid twin prams that have toddler seat over



front wheels, which can make steering difficult.

Milk Band

RRP \$8.95 each

Here is an easy way to keep track of each baby's feeding times without having to use a diary.



Selected baby stores. www.lifestyleparenting.com.au, 1300 669 642

Double Cuddle Twin Feeding Pillow RRP \$149

Allows an adult to bottle-feed both at the same time and elevated neck position may reduce reflux symptoms. Sold at www.babybumbles.com

Tot-a-lot tops

\$49.90 for two

A cute twist on dressing twins in identical outfits, the Tot-a-lot range from Spain are comp-

lementary clothes for twins.

Only at www.thinktwins.com.au, 8802 9446.

Itzbeen Baby Care

Timer RRP \$39.95 each

Keep track of each baby's feeding times, nappy changes and sleeps. Countdown with alarm helps you plan your time. Sold at selected baby stores. www.lifestyleparenting.com.au, 1300 669 642.

Dr Seuss Gift Box RRP \$69

A great gift for newborn twins, including Thing 1 and Thing 2 bodysuits and a plush toy for each twin in a



gift box. Only at www.thinktwins.com.au, 8802 9446.

Bloom Alma Urban Cot RRP \$799.95

Smaller than other cots, so great for twins who share a room.

Suitable up to age two and folds for easy storage.

Sold at selected baby stores. Stockists: 9521 8388. **Tip:** Don't buy joined cots available overseas — toddler twins will muck around together at sleep times.

Snuza Halo Baby Movement Monitor RRP \$179.95 each

Unlike pad-style monitors, the Snuza attaches to the baby's nappy — perfect for twins sharing a cot. An alert sounds if the baby stops moving. Sold at selected baby stores. www.lifestyleparenting.com.au, 1300 669 642



My Breast Friend Twins Plus Feeding Pillow RRP \$129.95

Allows hands-free feeding of both at once and the angled surface means the bubs roll towards the breast. www.goldbug.com.au, 9553 0024.



The latest



GET A GRIP

BUBS can eat a rusk or fruit stick without the food becoming mush in their fingers with the new Australian-designed Groovy Gripper. The cord and clip attaches to the child's wrist or clothes so the food can't fall on the ground. Buy for \$14.95 at www.buttonbaby.com.au, fork and spoon attachment for older children sold separately for \$9.95.

TOP BOTTLE

THE new BPA-free stainless steel water bottle gift sets from Agoo make a great long-lasting gift for bubs. The 350ml bottle comes with three interchangeable lids — a nipple, sipper top and sports top — to last from newborn through the toddler years. It comes in four designs and includes matching bamboo leg warmers, RRP \$29.99. Buy at www.agoo.com.au.



SAFETY FIRST

KEEP bub safe with the new ProGrade range of products from respected brand Safety 1st. Anchor your TV to the wall to prevent it toppling with the Flat Screen TV Lock (rrp \$29.99) or keep little fingers from making mischief with the Front Load Washer-Dryer Lock (\$12.99), No Drill Top Door Lock (\$14.99) or Cabinet Lock (\$9.99). Stockists: 1300 809 526.



WIN

One lucky Baby Steps reader will win a Fisher-Price Baby Studio Highchair, valued at \$329.99. It has a three-position recline, five-position height adjustment, dishwasher-safe tray, secondary snack tray, and wipe-clean and machine-washable cushioning. For a chance to win and to see terms and conditions, go to www.heraldson.com.au/lifestyle/ competitions. Vic residents only. Closes noon September 23, 2010, drawn 2pm on that day, winner published online on the same day.



Survival guide TIPS FROM NEW MUMS ON CHOOSING BABY NAMES

■ Consider the other names in your family. We have Glenn and Ben and I am always getting them confused! Also, consider the initials when they are put together.

Nicole Skinner, Newborough

■ As I and my partner have unusual names (and being a midwife and seeing some bad names!), we wanted something easy that people could spell and

so she could find her name on toys and such like. (We chose Lucy.)

Deaane Pickering, Wodonga

■ We are on the lookout for a name for number two baby. We are planning on walking through the old section of the cemetery to find names!

Belinda Nihill, Spring Gully

■ Don't make up a name or try to create a funky

spelling for a regular name. All it says is "my parents are bogans and they can't spell". Very tacky! Think about how their name will look on a resume.

Monique Fetherstonhaugh, Essendon

■ We picked our baby name on the basis that you could yell clear and loudly and can be heard from a distance. Two-syllable names work well for this. For instance ours is Kei-RA.

Kimberley James, Sunbury

NEXT WEEK: Mums' verdict on the best breast pumps