

Profile: Twins in the NICU

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I have identical twin daughters, Eva and Grace. Eva was in the NICU for 35 days and Grace was in the NICU for 30 days. They came home separately.

The first few days felt like I was talking to a lot of different doctors and nurses, and didn't really understand what they were talking about in terms of different screenings they were doing, different tests.

And after that point, I sort of treated the NICU like a job. I would get there in the morning. I would have my journal. I would write down how they were eating. I would talk to the nurses that were on staff about how they did overnight. And I think treating this like a job helped me feel empowered while I was in the NICU.

We were in the NICU everyday. I tried to be there during the day, about six to eight hours. And my husband would come in the evenings when he was working or on the weekends all day with me. Slowly we began to learn how to change their diaper, take their temperature, do some of their cares, feeding. My husband was actually the one who could always get them to take a full bottle, and I was always jealous of that.

The best parts were the times that I got to do cares for the girls and hold them during feedings. I tried to do kangaroo care during their feeding. Getting involved in pumping and providing breast milk for them made me feel good.

It also helps you feel like you're involved and you can hold your baby and feel very close to your baby while you're in the NICU.

There were a lot of great times that we spent our first together as a family.