

The degree of chemical modification of DNA and its accompanying histones varied significantly between twins in a third of the pairs overall. But the older the twins were, the greater was the variability. Among the participants older than 28 years, chemical modification of DNA was significantly different in more than 60% of twin pairs.

As Twins Grow

Learn to save your strength as you care for your twins [or any baby] by lifting them as seldom as possible, and when you do lift them, by using the muscles in your legs instead of those in your back. When they can crawl or walk, save steps by letting them come to you for playing and loving as you sit on the floor. Childproof your home very carefully, two inquisitive little people will find more than twice as many things to get into as one.

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It's wise to prepare yourself for strong jealousy of your twins among other children, both older and younger. Twins receive a great deal of admiration and attention from outsiders, they take more of their parent's time, and they are so often so devoted to each other that they shun other children. On the other hand, many twins wish they were singletons. They tire of always having to contend with a sibling of the same age who receives the same treatment.

That is one reason you will continue to treat your twins as individuals. Provide two birthday cakes. Don't always dress them alike. Encourage them to have different interests. Don't use nicknames that marks them as twins ["Pete and Repeat" for example] and try to discourage others from doing so.

Make a point of not worrying about your twins' development in comparison with other children their

BABY GIFTS & GIFT BASKETS

Identical twins may have less in common than they think. A study now shows that the expression of their genes gets more and more different with age.

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age. If they were born prematurely, think of them in terms of their gestational age-their expected birth date-rather than their chronological age. They may be so

Celestial Twins Basket



The heavens shine brightly to welcome the two new bundles of joy. A white wicker basket holds gifts for each precious little one, adorned with star and moon themed gifts. Includes 2 receiving blankets, 2 100% cotton gowns, 2 terry velour bibs, 2 terry burp pads, 2 pairs of booties, and 2 Plush bears.

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content with each other's company that they aren't in a hurry to move from one stage to another. Twins often develop their own special language, which only they can speak and understand; discourage this by speaking to one twin at a time and waiting for him or her to answer.