

## **Two Peas in a Pod**

Twins were always part of our life, twin aunts, twin cousins, and my husband was a twin himself. My fraternal twins were born at 38 weeks, which is full term for twins and only one minute apart. Adrian weighed six pounds and Arianna seven and a half pounds.

They were healthy precious babies, meeting their milestones until they were around 2 years 7 months old. Our pediatrician referred us to Early Intervention due to some speech delay. They were evaluated and they started getting services immediately since Early Intervention services were only for kids under the age of three. So, they received the services for about five months and then they were referred to continue the services at Children Specialized Hospital (CSH), where they not only got Speech and Language Therapy, but Occupational Therapy (OT), and Physical Therapy (PT) as well.

The thought of having to take them both to therapy several times a week was very stressful, but we were determined to do whatever was necessary in order to meet that milestone. We were told that twins were more likely to be delayed in language development, but they would catch up eventually. So, we were prepared for what was coming.

I have read that twins have their own language, and I believe it's true. It was incredible to see how they communicate with each other. Since I was a stay home mom with twins, I had the flexibility to gather as much information about twins' development. I learned how to increase their vocabulary by reading them more books, attending as many kids' workshops as possible. I also enrolled them in swimming, music, skating, soccer, ballet classes, story time at the libraries and bookstores. We found helpful to purchase educational toys, and buying the ones the OT recommended.

When they didn't have therapy sessions, I became their Speech and Occupational Therapist. I made sure that every homework left by the therapist was done before the next session. We even got the "My Baby Can Read," which was an Early Reading System that contained DVD's, flash cards and books. I remember the OT once told me that she thought my daughter could read, and later on we discovered that in fact she could read some words.

At the age of 3 after achieving their goals at CSH, they were enrolled into Prek-3. During their time in school, despite their difficulty focusing and concentrating, their school performance has been outstanding. The Pandemic was really challenging and overwhelming but that didn't stop them from learning and reaching their goals. During this time, I had to be not only their teacher but also the student, since a lot of things had changed since I graduated from college.

I used to be their advocate but they have learned how to do it by themselves. They have become more responsible, more mature and more aware of their goals.

Today, those precious twins are freshmen in high school, honor roll students, who try very hard to keep those A's in all classes, and focusing in what they want to become one day.

They have been through a lot of challenges during all the school years, but every single adversity at school have been overcome in a positive experience, and they continue to learn every day. We always encourage them to try to do their best and that a bad grade doesn't define them and there is always a new day and a new opportunity to try again. This would not have been achieved without the help of all the therapists, teachers, and our hard work as parents, because we are so proud of all their accomplishments. We just hope that one day we can witness their success, because hard work pays off.



**Resources:**

Lewis, B.A. & Thompson, L.A. (1992). A Study of Developmental Speech and Language Disorders in Twins.

Bowen, C. (1999). Twins' development and language.