PRESS RELEASE

NCS Agency Expands Twin and Multiple Birth Specialist Services

The Newborn Care Solutions Agency

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The Newborn Care Solutions Agency, the nation's only newborn care placement agency founded by an internationally accredited training provider, today announced expanded services for families expecting or caring for twins, triplets, and higher-order multiples. The specialized program connects families with CACHE-certified newborn care specialists who have advanced training and proven experience managing the unique challenges of multiple birth care, from coordinated feeding schedules to individualized developmental support.

Multiple births present distinctive challenges that extend beyond simply doubling standard newborn care. Families with twins or higher-order multiples require specialists who understand synchronized care routines, efficient feeding systems, developmental variations between babies, and the heightened physical and emotional demands on parents. The NCS Agency's specialized matching process ensures families receive specialists with relevant multiple-birth experience and advanced problem-solving skills. Families can learn about specialized twin care services or contact the agency at (602) 695-6775 for consultation.

"Caring for twins or triplets isn't simply twice or three times the work—it requires completely different strategies, logistics, and expertise," said Tonya Sakowicz, founder of The Newborn Care Solutions Agency and former co-president of the International Nanny Association. "From establishing feeding routines that allow both babies to eat efficiently, to managing different sleep patterns, to ensuring each baby receives individual attention and bonding time, multiple-birth care demands specialized knowledge that not all newborn care specialists possess."

The NCS Agency's specialists with multiple-birth expertise provide comprehensive support including coordinated feeding schedules whether families choose breastfeeding, bottle-feeding, or combination approaches, synchronized and independent sleep training tailored to each baby's needs, individualized developmental tracking and milestone monitoring, efficient care routines that maximize parental rest, strategies for ensuring individual bonding time with each baby, and guidance on equipment, supplies, and space organization.

The Newborn Care Solutions Agency prioritizes specialists who have completed CACHE International certification with additional training in multiple-birth care. This comprehensive education covers the physiological differences in twin development, feeding coordination for multiples including tandem breastfeeding support, managing different temperaments and sleep patterns, recognizing and addressing competitive dynamics, efficient care systems that prevent caregiver burnout, and supporting parents through the unique emotional challenges of multiple births.

Feeding coordination presents significant challenges whether families choose breastfeeding, bottle-feeding, or combination approaches. Specialists help establish systems including strategies for tandem nursing, efficient bottle-feeding techniques, proper milk storage and labeling systems, and schedules that allow adequate parental rest.

Sleep management requires specialized expertise because twins and multiples often have different sleep patterns and needs. Specialists assess each baby's individual needs and help families implement approaches that promote healthy sleep for all babies while maximizing parental rest.

Even identical twins develop at different rates and have distinct personalities. Specialists trained in multiple-birth care understand the importance of treating each baby as an individual, tracking developmental milestones separately, recognizing when differences warrant pediatric consultation, providing appropriate stimulation for each baby's developmental stage, and helping parents bond with each child individually.

The physical demands of caring for multiples can lead to parental exhaustion and increased risk of postpartum mood disorders. Specialists provide crucial support by ensuring parents get adequate sleep and recovery time, offering practical assistance with the physical demands of infant care, providing emotional support and validation during challenging moments, and recognizing warning signs of postpartum anxiety or depression that require professional intervention.

Understanding that families with multiples have diverse needs and circumstances, The NCS Agency offers flexible care arrangements. Most families with twins work with one highly trained specialist, particularly for overnight care. For higher-order multiples, the agency can arrange multiple specialists working coordinated schedules. Some families utilize a primary overnight specialist supplemented by daytime postpartum doula support. Families may need intensive support during the immediate postpartum period with the option to scale back as parents gain confidence.

"Our goal isn't to create dependence on professional care—it's to give parents the tools, confidence, and rest they need to thrive with their multiples," Sakowicz said. "By the time our specialists transition out, families should feel empowered and equipped to continue the routines and strategies we've established together."

The NCS Agency recommends families expecting multiples begin the planning process during the second or early third trimester. Early engagement allows families to establish relationships with potential specialists, develop care plans aligned with their goals, prepare their home environment, and reduce stress by having support systems confirmed in advance.

With CACHE-certified specialists experienced in multiple-birth care available nationwide, The Newborn Care Solutions Agency continues to provide families expecting or caring for twins, triplets, and higher-order multiples with expert support. Families seeking consultation can schedule a complimentary consultation or call (602) 695-6775.

About The Newborn Care Solutions Agency

https://www.youtube.com/watch?v=d14UQgvIDbg

The Newborn Care Solutions Agency is the nation's only newborn care placement agency founded by an internationally accredited training provider. Founded by Tonya Sakowicz, former co-president of the International Nanny Association and creator of a CACHE-accredited newborn care training program, the agency maintains the industry's highest standards for specialist vetting and family matching. The agency serves families nationwide with overnight care, twin support, premature infant specialists, and comprehensive postpartum services. For more information, visit thencsa.com or call (602) 695-6775.

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