

SKYLAR, JORDAN & CAMERON

Another Month. Another Adventure.

When people ask me what it's like to have triplets or how we do it, I just shrug and say, "It's an adventure!"

I guess you hear it from everyone, but I can't believe how quickly the time passes. I wish I had a photographic memory so I could remember all of the precious moments that have passed. At least my scrapbook hobby teaches me to take lots of pictures and journal my memories before they are forgotten.

I have an 8 year old son, Ryne, in the 4th grade and 4 1/2 year old fraternal triplet girls, Skylar, Jordan and Cameron that are starting kindergarten this year. I truly thought I would lose it at the girl's preschool graduation in June when they played Pomp and Circumstance, wore pink graduation gowns and caps, and marched down the auditorium aisle to sing some songs and receive their diplomas. It seems like only yesterday we were starting Kangaroo Care in the NICU.

I had difficulty conceiving and in 1992 had to start taking synthroid because I had low thyroid levels and Clomid to ovulate regularly for about 2 1/2 years. My husband also had to have a varicocele surgery. Our little boy was a blessing in 1995! I asked friends at church to pray for us. I was praying for another baby, maybe a girl this time. After 14 months on Clomid I was pregnant.

When we went for the routine ultrasound at 8 weeks to be sure there were no multiples we had a big shock. The technician said "Wow. You don't see this every day." I said, "See what?" She said, "There's three." And I said, "Three what?" "Three babies." My husband had a big dumb grin on his face as he could see the screen from a much better angle than I. I said "No, that's an ovary, that's an ovary and that's a baby." And she said, "Well those 'ovaries' have heart beats!" We went out to the car and cried for a little while.

I called my OB/GYN and was told she was on vacation. I started to cry and the receptionist immediately put on another OB who referred



me to a perinatologist. Although the perinatologist strongly encouraged us to consider reduction after genetic testing, the counselor at Thomas Jefferson Memorial Hospital in Philadelphia (where they referred me) went over the risks and we just didn't agree that it would be better for me.

When I went for a tour of the neonatology unit at the hospital there was another set of triplet girls that were about a week old. I later found out who they were from our local Triplet group (the Lyons family- Jan Lyons now runs our local triplet group in Montgomery County) and we remain friends.

I was put on limited movement at 20 weeks and home bedrest at 24 weeks. My pregnancy went without complications until the 32nd week when my blood pressure started to rise. I was put in the hospital twice for a few days to make sure I wasn't getting pre-eclampsia. They scheduled my c-section for January 13, 2000 (34.5 weeks) because they babies were a good size and it was getting hard to get a good reading on them. The girls were born healthy at 8:58 am, 3 lbs. 3 oz., 3 lbs. 14 oz., and 5.0 lbs.

They were all very healthy and were released after 9 days, 14 days and 20 days. Luckily my Mom lives with us (as well as my son's nanny) and could help us take care of the girls. She herself is a fraternal twin and a 'Super Grandma!' We had lots of family and church friends that could come and help. It was exhausting and exhilarating at the same time! Big brother Ryne was a huge help. They grew so fast it was amazing.

I went back to work after 3 months, at first part-time and then full-time and Grandma became the full-time nanny (did I mention she is a 'SuperGrandma!'). The girls started full-day preschool at 2 ½ years old and will start full-day kindergarten this year.

The girls are usually dressed alike as it helps eliminate fights over clothes. Now they wear uniforms at their private school, so everyone is dressed alike anyway. They have also been in the same class, and will continue to be, as their private school only has one class per grade level. So far this has worked out just fine. The girls are each very different from each other and fairly outgoing so they have lots of friends on their own while also still playing with each other.

Now they are on to so many new things – ballet, karate and piano lessons. It just

boggles my mind that they have learned so much. Even though we both work full-time, my husband coaches my son's baseball and soccer teams, I have led his cub scout den for 3 years and will probably lead the girls' Brownie group. Because Grandma lives with us and helps with the cooking, cleaning and childcare, our home is always filled with love and we are well cared for. Our family laughs often and plays together daily. It has been the greatest adventure I could imagine!

I wish you all joy and the best of adventures with your families as well! Thanks for all of the MOST and PreemieCare information over the past few years!

Pat and John parents of Ryne, Skylar, Jordan and Cameron, and Grandma Peggy of Maryland

