



support  
education  
research

**Dawn Keller**  
**Executive Director**

[info@multiplesofamerica.org](mailto:info@multiplesofamerica.org)

[www.multiplesofamerica.org](http://www.multiplesofamerica.org)

### **Baby or Toddler Troubles?**

Dr. Nancy Montgomery, speech language pathologist, and Smadar Zmirin, twin specialist, shared their expertise concerning developing language skills and building healthy sleep habits in this Zoom Connect.

Nancy offered an overview of communication development during the baby and toddler years.

- She reviewed the number of words a child should be able to say at various milestones, and suggested keeping a log of the words in each multiple's vocabulary as they develop.
- She mentioned that sign language can be a valuable tool, both for receptive and expressive communication.
- She offered a rundown of various early intervention services are available.
- She shared a few tips for parents navigating the IEP process.

Smadar shared practical tips and solutions concerning sleep issues during the baby and toddler years.

- She described newborn sleep patterns and newborn wake windows.
- She offered advice as to the question, "Same Cot or Not?"
- She shared sleep patterns and wake windows during toddler years, offering tips on ways to help children develop good sleep habits.
- She described the three essentials for a good sleep environment.

The Zoom Connect concluded with a question-and-answer session.

This zoom forum was held November 13, 2024.

Click on the link below to listen in. *(The presentations by Nancy and Smadar begin at 13:54 into the recording.)*

[https://us02web.zoom.us/rec/share/O98X36z0LaR8dkTUyGDE\\_aDELegflklqERo8j00VZ6rTbWipc3AFWYEswe6YITQn.FY C5Ex3vxBjanagT](https://us02web.zoom.us/rec/share/O98X36z0LaR8dkTUyGDE_aDELegflklqERo8j00VZ6rTbWipc3AFWYEswe6YITQn.FY C5Ex3vxBjanagT)

Passcode: DDaT8%rh

**Enjoy!**

Email us at [info@multiplesofamerica.org](mailto:info@multiplesofamerica.org) with questions or comments.

Look in the Members' Only section to register for an upcoming Zoom Connect.

**Executive Office:** 2000 Mallory Lane, Suite 130-600, Franklin, TN 37067-8231

**E-Mail:** [info@multiplesofamerica.org](mailto:info@multiplesofamerica.org) **Web Site:** [www.multiplesofamerica.org](http://www.multiplesofamerica.org)

**CONNECTING + SUPPORTING MULTIPLE BIRTH FAMILIES**

*(Also known as the National Organization of Mothers of Twins Clubs)*