

FAQs for Parents of Triplets, Quads or More!

Answers to frequent questions asked by parents of triplets, quads or more. You should also read Tamba's [Triplets, Quads or More! factsheet](#) and [case stories](#) that we produced along with these FAQs.

FAQ 1 - How will I cope with the financial strain?

Raising three or more children, especially all at once, will always be expensive. Members of Tamba can benefit from discounts in a variety of high street and specialist shops. There may also be some support available from the government if you are in receipt of certain benefits and you may be eligible for the Sure Start Maternity Grant.

Turn2us has an [online benefits calculator](#) which is very useful to help you see if you are entitled to any benefits.

For advice on paternity and maternity leave you can call [Working Families](#) on 0300 0120312.

To help you save money, some parents of triplets had the following advice:

“Don't stress about buying too many things. New born babies don't need much - even three of them.”

“Don't buy too much new stuff. Go for used baby equipment.”

FAQ 2 - What is it like being out and about with your babies?

In our survey of parents of triplets, quads or more, nearly 49% said they found it difficult to cope with getting out and about in the early days.

With help, or on your own, getting out



and about is important as even ten minutes of fresh air can help you and your babies.

Many parents of triplets and quads have said that they found they attracted a lot of attention when out and about. This can at times feel overwhelming. When asked what they found hard to cope with, several mothers said:

“...The amount of attention you are going to get once you have had the babies. Going out with a triple pushchair makes you an instant celebrity everybody wants to stop, stare and chat. It can be exhausting.”

“...Dealing with public attitudes towards multiples in the fact they feel they have to ask such personal questions.”

It can help to try and see it from a positive perspective. Your children are going to be admired and smiled at and you will undoubtedly be commended on your hard work far more frequently than mothers of singletons.

Trying to enjoy the praise and support you may receive from strangers can help you feel more positive.

FAQ 3 - What do I do if I feel like I am struggling to cope with crying babies?

Ask for more help if you can. If you feel overwhelmed, you should seek support from [Tamba Twinline 0800 138 0509](#). Open daily, from 10am to 1pm and 7pm to 10pm, our helpline is staffed by trained volunteers who are all parents of multiples themselves.

Tamba runs its very own [group specifically for parents of triplets or more](#), where you can get help and advice on how to cope and join the Facebook group and / or forum to talk to others in the same situation.

Tamba also have some video clips of one of our triplet mums talking about her experiences which you may find helpful.

Here are some ways of coping from a couple of our survey respondents:

“There will be times when all of you will be crying! It's ok to put them down in a safe place and take five minutes.”

“Make sure the babies are safe then go to the bottom of the garden and SCREAM! It helped with any frustration and I always ended up laughing and thinking how silly I must have looked. Later on I used yoga!”