

'The Fosters' star Sherri Saum is Expecting Twin Boys



By April Littleton

During the Television Critics Association press tour, Sherri Saum told [People](#) that she is expecting twin boys with her husband Kamar de los Reyes. The couple are “kicking around some names,” but won’t reveal anything until the babies are born. “I just want to meet them first and see if the ones we’re thinking of match them. We’ll see!” the mom-to-be said.

How do you prepare your family for twins?

Cupid’s Advice:

The arrival of one new baby is hard to deal with, but imagine having to prepare for two newborns at the same time. Don’t overwhelm yourself with the thought of having to raise two babies – it won’t be as difficult as it seems if you prepare

yourself now. Cupid is here to help:

1. Double trouble: Twins require twice as much love and affection. You'll also need to stock up on double the necessary equipment. Two cribs, two strollers, twice as many diapers, etc. Brace yourself for the amount of money you'll have to spend in order to take care of your new family. Being responsible for two new lives instead of one won't be an easy task, but it'll all be worth it once you see their faces.

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2. Mental prep: You and your partner will need to emotionally prepare yourself for what's to come. Both of you will need to be extremely hands on. Don't expect to get any sleep for awhile. You will spend hours feeding TWO babies, changing TWO diapers, etc. You'll be exhausted, but if you ready yourself now, you and your significant other should handle the pressure with ease after awhile. Read some pregnancy books and/or take a few birthing classes to help with the process.

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3. Get others involved: During the first few weeks of your newborns' lives, you'll need as many additional hands as you can get. Ask your family and close friends to help you and your honey out for while – at least until you get into a routine you can handle on your own.

What are some other ways to prepare your family for twins? Comment below.