

## Double Duty

Written by Elizabeth Barrett

Thursday, 05 June 2014 13:43 - Last Updated Thursday, 05 June 2014 14:38

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### Parents of Avenue G twins tell about leading double lives.

Interested in buying a house on Avenue G?

If so, you'd better pay attention to the disclaimer, according to Caroline Scott, which is:

"Twins."

Four sets were born within three months of each other and all live on Avenue G.

Each set includes a boy and girl.

The parents of the babies gathered recently in Ehmen Park to share what life is like with twins.

"It's way harder than what I thought," said Della Hengen, the mother of 13-month-old Grace and Dax. "It's overwhelming."

Katie Kamrath, mother of 13-month-old Hunter and Katie, agreed.

"It's the hardest thing I've ever done," Katie said. "You can't go anywhere by yourself."

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Nate, Katie's husband, said the first six months were the worst.

"Two newborns waking up three to four hours at a time. It was a blur," Nate said.

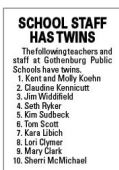
During the first few months when Dave and Della Hengen got up with their twins in the night, Dave said they often didn't know which child they were with.

Caroline said she remembers feeding bottles or changing diapers with her eyes closed.

She also recalls husband, Tom, falling asleep at doctor's appointments.

The Scotts are the parents of Jonathan and Abigail who are 15 months old.

And when parents venture from their homes, with twins in tow, it's double the work.



"You can't fit both of them in a grocery cart," Caroline said with a laugh. "You have to push a stroller and pull a cart."

Shalene Winter said she's noticed that twins garner a lot of public attention.

She and Chase White are the parents of Jase and Joree who are a year old.

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Caroline noted that parents of twins often have encounters with people who tell them about relatives who are twins.

And, according to several parents, twins run in their families.

Another challenge with twins, Tom said, is that it's difficult to let one twin cry.

"You can't let one cry it out because they'll wake the other one up," he said.

Della said she sometimes feels guilty about not bonding more with her children, especially since she and Dave also have a 3-year old.

Katie said she often feels stretched trying to give both twins all her attention.

Support is imperative, the parents said.

"That's one of the reasons we moved back to Gothenburg from Columbus," Katie said. "We know and trust the people here."

So far, community support is one of the best things about the experience, Caroline said.

"People seem to sense your need for help," she said, noting that the delivery of meals for three months to her family was incredible. "The community has been awesome in helping."

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The parents said it's easier now that their twins are older.

"The first six months was difficult but I wouldn't change it for the world," Nate said.

Everyday, Tom said something new emerges.

"One will figure something out like taking a drink and then the other one will do it," he said. "Their personalities evolve as twins and they're always the same age as they learn to talk and walk."



Grandparents have an advantage when it comes to twins, Tom said.

"They each get to hold a kid at the same time," he said.

Most of all, the parents said they feel blessed to have twins.

"And it will be fun to have them grow up together," Katie said.

[ebarrett@gothenburgtimes.com](mailto:ebarrett@gothenburgtimes.com)

308-537-3636