

Moms of twins, other multiples take a supportive 'splash' in La Mirada

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Photo gallery: Twins Day at Splash! in La Mirada

LA MIRADA - If you were at Splash! La Mirada Regional Aquatic Center Friday, you may have thought you were seeing double.

But your eyes weren't playing tricks on you.

The Southern California Mothers of Twins Clubs, Inc. presented its first-ever Twins Day at the center.

"The rate of multiple births has skyrocketed across the nation in recent decades," said Judy Gilmore, event organizer and member of Lakewood/Long Beach Mothers of Twins Club, which serves the local area.

She became a member of the club when she gave birth to identical twin daughters, Penny and Elizabeth, four and a half years ago.

Twins don't run in her family, so she and her husband, Richard, were surprised at the ultrasound.

There they saw two separate little ones moving around.

"It was quite a surprise," Gilmore said.

It was her first pregnancy.

Gilmore was happy that they had bracelets.

"It was hard to tell them apart at first," she admitted, "although my husband said he could do so."

She joined the club because being a mom of multiples can be isolating.

"Other moms (who gave birth to one child at a time) just don't get it," she said. "There are no quiet moments."

Fellow moms of twins, Brenda Diaz-Rodriguez, of Pico Rivera, and Dilyce McKaig, of Torrance, agreed.

"It's busy; I'm never sitting," said Diaz-Rodriguez, the mom of sons, Jake and Joshua, who are two weeks shy of their first birthday.

"They are on opposite schedules from sleeping to eating, and it's hard," she said.

The club is a haven for Diaz-Rodriguez.

"They understand me better than anyone else," she said. "They are supportive and very encouraging."

McKaig, who has identical twin 9-year-old daughters, Lily and Evie, was "100 percent surprised," to learn she was carrying twins.

Having twins was a different experience than when she had her older child.

"They wanted the same thing at the same time," McKaig explained. "That was very different."

The event, which was also in celebration of triplets and other multiples, was a fundraiser and helped to promote support groups.

Since 1968, The Southern California Mothers of Twins Clubs' organization has included local groups whose members conceived multiples naturally, by IVF, surrogacy or by adopting multiples.

For information, log onto www.llbmotc.org.

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