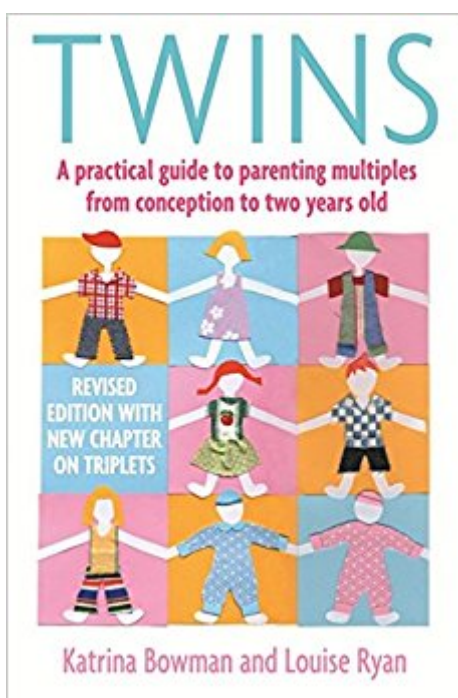


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# Twins: A Practical Guide To Parenting Multiples From Conception To Preschool



## Synopsis

This user-friendly guide explains how to prepareâ€”emotionally and physicallyâ€”for having and parenting more than one child. Based on extensive research as well as various parents' experiences of twin pregnancies, births, and toddlers, it offers sound advice from both medical and practical points of view. Detailed information and clear explanations of medical jargon are peppered with amusing and moving stories of catastrophe, chaos, and coping. From getting organized to breast feeding, and from finding time to sleep to toddler-proofing cupboards, this handbook offers useful advice for the new parents of twins or triplets.

## Book Information

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## Customer Reviews

Katrina Bowman is the mother of identical twins. Louise Ryan is the mother of non-identical twins, conceived through the in vitro fertilization program. Both are regular speakers at multiple birth conferences.

We found out we're having twins. Despite some gentle hints about the possibility from our GP and the ultrasonographer, nothing prepared us for the shock of the statement, "Yes, it's definitely twins," and the week of mental daze that followed it. I was prepared for having one baby, having read up and considered and reflected on the idea for months and years, not to mention having watched so many people deal with one - but what do you do with two? So I typed "Twins" into Google one day and just started reading, trying to get a handle on the subject, and this book appeared. It is utterly

fantastic. While I was hoping and expecting it to be at least a little useful, it's actually incredibly comprehensive, thoughtful, insightful, compassionate and complete. It's written by two very experienced and intelligent authors, checked by experts and contains numerous anecdotes from experienced parents of twins. Some of the latter even disagree with the regular advice in the book from time to time, which provides a refreshing insight into the complexity of the subject and the fact each family is unique (something the book stresses). Twins is great to read cover to cover, but also organised well enough to use as an ongoing reference. It covers every topic I can think of. I'm sure that particular issues and problems might not be covered in enough detail depending on their severity for an individual family, but the book provides a good starting point to check more in-depth references or access further community resources (especially for those in Australia). While our bubs haven't been born yet, and I expect that there will definitely be surprises in store, this book has helped me get a real handle on what to expect during the pregnancy and for when we finally get to meet them. I couldn't recommend it enough.

Maybe I missed something before purchasing this book, but I didn't understand that the authors were from Australia. Although I wouldn't have expected that to make much of a difference, there are quite a few linguistic differences that take some getting used to (e.g., nappies/diapers, theatre nurse/OR nurse, etc.). There are also references to Australian resources and agencies that won't really help me here in the U.S. Having said all that, though, the practical information is helpful and I found their birthing experiences to be valuable. I recommend this book as long as you realize that some of the content may get lost in translation, so to speak.

Katrina and Louise have written THE BIBLE for parents of twins and their friends and families. It begins with emotional reactions on finding out you're having two babies, takes you through a twin pregnancy, birth and those difficult early months with great medical advice and a good dose of humour. They interviewed 34 families with twins and have covered every aspect I could think of. From sibling reactions to marriage on the rocks and post natal depression. The design makes it easy to flick through and find the information you're after.

We really enjoyed this book. It is helpful, covers many issues, and easy to read and use. We bought it at week 28 with our twins.

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Twins: A Practical Guide to Parenting Multiples from Conception to preschool Raising Twins:

Parenting Multiples from Pregnancy Through the School Years  
Healthy Sleep Habits, Happy Twins: A Step-by-Step Program for Sleep-Training Your Multiples  
Mothering Multiples: Breastfeeding and Caring for Twins or More! (La Leche League International Book)  
The Everything Twins, Triplets, and More Book: From pregnancy to delivery and beyond--all you need to enjoy your multiples  
The Baby Bump: Twins and Triplets Edition: 100s of Secrets for Those 9 Long Months with Multiples on Board  
The Everything Twins, Triplets, And More Book: From Seeing The First Sonogram To Coordinating Nap Times And Feedings -- All You Need To Enjoy Your Multiples  
The Everything Twins, Triplets, And More Book: From Seeing The First Sonogram To Coordinating Nap Times And Feedings -- All You Need To Enjoy Your Multiples (Everything®)  
Magical Multiple Moments: Parents of Multiples Share Stories and Advice on Raising Happy, Healthy Twins, Triplets, Quads, and More!  
Dad's Guide to Twins: How to Survive the Twin Pregnancy and Prepare for Your Twins  
Dad's Guide to Raising Twins: How to Thrive as a Father of Twins  
Number Tracing Practice Workbook: Preschool Tracing Numbers Book, Ages 3-5 (Preschool Workbooks)  
Children's book: "A FAIRY-MARY": Bedtime story, Beginner readers, values(sleep goodnight) Rhyming bedtime Story About Caring for Your Teeth(Level 1) preschool ... children's 4-8 (preschool books Book 7)  
Building a Foundation for Preschool Literacy: Effective Instruction for Children's Reading and Writing Development (Preschool Literary Collection)  
The Princess Twins Play in the Garden (I Can Read! / Princess Twins Series)  
The Princess Twins and the Puppy (I Can Read! / Princess Twins Series)  
The Princess Twins Collection (I Can Read! / Princess Twins Series)  
The Princess Twins and the Birthday Party (I Can Read! / Princess Twins Series)  
Baby log book for twins: My Baby's Health Record Keeper, Baby's Eat, Sleep & Poop Journal, Log Book, Activities baby for twins (Volume 3)  
Raising Twins After the First Year: Everything You Need to Know About Bringing Up Twins - from Toddlers to Preteens

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