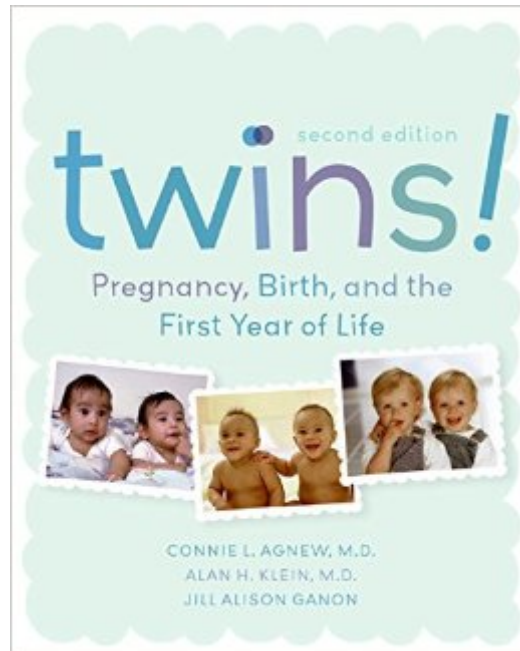


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# Twins! Pregnancy, Birth And The First Year Of Life, Second Edition



## Synopsis

Twins! is a comprehensive guide for all parents preparing for a multiple birth. It is filled with practical advice from specialists who work with expectant mothers and their twins every day. From the moment the expectant mom knows she's getting more than she expected, Twins! provides complete information on pregnancy, birth, and the postpartum experience: Your relationship with your practitioner Pre-pregnancy planning Fetal and embryonic development Healthy weight gain for expectant mothers Once the babies are born, Twins! sees the whole family through the exciting and challenging first year, examining such issues as: Sleeping and feeding schedules Your babies as individuals Redefining the family and supporting the needs of other children Survival tips for extra-busy parents Insightful roundtable discussions with other parents of twins New in this second edition: Complimentary medical practices, including acupuncture, supplements and herbs as well as current safety guidelines for the use of prescription and over-the-counter medications 3-D ultrasound images of developing twins What parents need to know about immunizations and their safety An up-to-date resource guide to twin-specific organizations, periodicals, and Internet links And much more! Twins! gives you all the information you need to have a safe and sound twin pregnancy so you can concentrate on the joy of raising happy, healthy children. Congratulations!

## Book Information

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## Customer Reviews

At last! A book that I can recommend to the hundreds of couples who are hungry for information about the special pregnancy they are going through. This is a positive, well written book that parents

will turn to again and again. The Elizabeth Noble book is scary and so negative. This easy to read book is not only a joy to read from cover to cover, but also well indexed so parents can go directly to the chapters they need. Most parents expecting twins cannot find material, let alone information that is both practical and up to date. I publish children's books for families of multiples and receive up to 30 calls a day which mostly consist of Moms and Dads in shock over the news that they are having twins or more! This book fills an important need and I am happy to send my customers to buy it. What a great shower gift and along with the author's 2nd book, "Caring for your Premature Baby," these parents will be fully prepared to be knowledgeable concerning this wonderful time in their lives. I only wish that it had been available when my daughter was expecting her twins. Don't walk, run and get this book, read it and then relax, enjoy this special time. God Bless you all.

My husband and I are the parents of four month old twins and got this book about a month before our daughters were born (at 36 weeks). It has been great! We bought the Elizabeth Noble book early on in the pregnancy and did not find it uplifting and, while it had a lot of information, the tone was generally negative and judgmental. I happen to be nursing both of my babies but it was clear to me that, while the writers of TWINS! were encouraging breast feeding, they were also trying to support mothers who chose or need to bottle feed. I felt like TWINS! offered lots of information (we really liked the list of questions to ask a potential pediatrician and I think it helped us make the right choice). The focus on seeing yourself and your doctors as members of a team was extremely helpful. I still refer to the book a lot and would recommend it to any expectant parents of twins. I give it four stars. How about sequels for the toddler and elementary years?

I was extremely disappointed in this book and am not sure why so many people gave it such high praise. If you haven't read any other books about pregnancy, birth, or infants I suppose this book provides some good general background. However, I was looking for more in-depth discussions of how twins specifically develop during pregnancy and in their first year, how they relate to each other, and how I can better meet their needs and help them to thrive. Instead I found a lot of general comments such as, "...you will need to decide whether or not you want to put your twins in two cribs, or co-sleep them in one." Obviously I will have to make this decision, but the book offers absolutely no perspective on how to decide, the benefits of each arrangement, etc. Again this book provides decent general perspective on babies, but it simply takes the basic information one finds in other, more thorough, books and replaces the word "baby" with the plural "babies" - offering little or no insight into the deeper challenges and decisions involved in parenting twins. In addition, I found the

round table discussions somewhat difficult to follow and not terribly helpful. I do not recommend this book.

I am currently 28 weeks pregnant with fraternal twins and this book has been a great help to me. The book's monthly sections on fetal and maternal progress are missing from many twins books, and are a god-send to anyone expecting twins or more. I especially appreciate the sections on how to make your other children comfortable with the idea of new babies during your pregnancy, and how to include them in your new family structure post-partum. The only problems I have with this book are pretty minor. I would've appreciated longer, more detailed sections on pregnancy itself and less of the forum discussions by parents of twins. Although interesting, the forum discussions are far less useful to me than hard facts. Also, for a book on twins, there is a real lack of information on the possible complications a mother of twins may face during her pregnancy. When I suffered an abruption of the placenta 3 weeks ago, it was not this book that helped me one bit, but my old standard *What to Expect When You're Expecting*. I really feel this book could be improved by a section on pregnancy complications. For anyone who is expecting twins, I would definitely suggest you purchase this book. I would also recommend that you buy a good book on high risk pregnancies as well.

I found this in a bookstore ... where it was the only book on twins anywhere in my hometown. It's a fascinating read and helps ease the jitters in this new mom-to-be!! It's very helpful and with week-by-week guides to your symptoms as you go through pregnancy. For example, did you know that when you're carrying twins, the hormones are raging twice as hard than in mothers carrying just one baby ... and that morning sickness may continue throughout the whole pregnancy. I am so glad that I found this book ~~ it's one I keep in the bathroom whenever I need a tibat of advice or encouragement! 2-15-02

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