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## Twins! Pregnancy, Birth and the First Year of Life, Second Edition

By Agnew, Connie; Klein, Alan; Ganon, Jill Alison

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 Summary: 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...



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