

Twin Sense A Sanity Saving Guide To Raising Twins From Pregnancy Through The First Year

[#raising twins guide](#) [#twin pregnancy advice](#) [#first year with twins](#) [#twin parenting tips](#) [#newborn twins care](#)

Twin Sense offers an indispensable guide for new and expecting parents of twins, providing sanity-saving strategies and practical advice to navigate the journey from pregnancy through their demanding first year. Discover essential tips for managing daily life, fostering development, and maintaining your well-being while raising your twin infants.

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Although everyone experiences unexpected challenges with the arrival of a new baby, the parents of twins face their own unique sets of joys and frustrations. As the parent of three children under the age of six, including three-year-old fraternal twins, Dagmara Scalise knows firsthand just how daunting that all-important first year can be. Now, in Twin Sense, she offers real-world advice on dealing with the many issues that arise when caring for newborn twins. Concise and easy to follow, this book shows harried parents everything they need to know, including: baby-proofing • stocking up on what they really need • preparing and involving previous children • breast-feeding two babies at once • making errands possible • getting through the night • bathing the babies • traveling with twins • keeping the peace • responding to probing questions about having twins • and much more! Filled with lively anecdotes and practical advice, this is a true insider's guide that will make raising twins a pleasure.

Twin Sanity

An Air Force wife and mother of identical twins, Susanna teaches sanity-saving strategies to help parents handle the logistics of caring for multiples-even without having family nearby or hiring extra help. Sanity-saving topics include:* Preparing for two babies-what parents really need to buy and where they can find it (without breaking the bank!)* Maternity wear for an expectant (and expanding) mom of two* Bed rest, labor, delivery, and the possibility of preemies* Breastfeeding twins-yes, it can be done!* Sleep-how to get it sooner rather than later* The daily routine-the sanity-saving details that

new parents crave about how they will successfully manage caring for two babies. With a master's degree in education and experience as a second grade and fifth grade teacher, Susanna understood how to manage a classroom, but found few resources on how to manage caring for two infants. Twin Sanity provides soothing encouragement to new and expectant parents of twins, both through practical, research-based how-tos and "I've been there, thought that, you're not going crazy" journal excerpts from when the author was an expectant mother of twins, herself. "Susanna's book was my go-to survival guide my first year of twin mommyhood." -Julie-Rose Tedrick "I wish I'd had this book when my twins were born! This is the best advice book for twins that I've seen. I highly recommend this book for any mom (or dad) expecting twins!" -Ellengray Schroeder

What to Do When You're Having Two

Revised and updated in 2020 The creator of Twiniversity delivers an essential update to her must-have manual to having twins, now with expanded info on twin pregnancy and tandem breastfeeding, and advice on the best gear to help save your sanity. With almost two times as many sets of twins today as there were forty years ago, What to Do When You're Having Two has quickly become the definitive resource for expectant and new parents of multiples. A mom of fraternal twins and a world-renowned expert on parenting multiples, author Natalie Diaz launched Twiniversity, the world's leading global resource for twin parenting information and support online. Now, with her expanded edition of What to Do, she includes new information on breastfeeding, gear, sleep, and having two when you already have one, as well as: • creating your twin birth plan, • maintaining a realistic sleep schedule, • managing tandem breastfeeding, • stocking up on what you'll need (and knowing what high-tech products are now available and what's a waste of money), and • building a special bond with each of your twins. Accessible, informative, and humorous, What to Do When You're Having Two is the must-have manual for every parent of twins.

Dad's Guide to Raising Twins

You survived the twin pregnancy and have brought the twins home. Now the real adventure begins. This guide will walk you through the challenging and exciting aspects of raising twins. You can thrive as a father of twins even during the crazy early years with twins. In this book, you'll learn how to: * Keep balance in your personal life with twins! * Juggle work and family life * Feed your twins and get them on a schedule * Get your twins to sleep through the night * Keep your twins healthy and deal with inevitable sick kids * Encourage individuality in your twins * Teach your twins to be self-sufficient * Keep your other kid(s) happy along the way * Escape diapers and potty train your twins * Travel with twins * Create and capture memories with your twins Joe's first book for fathers of twins, the "Dad's Guide to Twins," got you ready for your twins' arrival. This companion book continues the journey and helps you from the moment you get the twins home. It guides you through what to expect and how to handle those precious twins through the first couple of years. If you are expecting twins, have newborns, or are struggling through that first year (or more) with twins, this book is for you. You'll find tips and tricks to tackle each stage of your twins' development plus ideas to improve what you're already doing.

Double Duty: The Parents' Guide to Raising Twins, from Pregnancy through the School Years (2nd Edition)

Not 10, but 20 fingers and 20 toes! The classic guide to parenting twins-now completely updated and revised! You're excited to hear your baby's heartbeat during the ultrasound. But what happens when you hear two heartbeats instead of one? Having a baby can cause any parent to feel overwhelmed, and with twins those concerns are multiplied by two. Having twins is a unique experience, and expert Christina Tinglof brings you the fully updated essential guide to help you cope with any issue that can arise-from pregnancy through the school years. With multiple pregnancies becoming more common, the second edition of this timely book provides you with the much needed information, practical tips, and strategies for handling the everyday challenges of parenting twins. Double Duty includes: Up-to-date information on diagnosis and treatment of complications common to multiple pregnancies-plus dietary guidelines specific to a twin pregnancy The latest must-have products that simplify day-to-day life Survival tips and trouble-shooting techniques for the critical first month Tips on how to breastfeed or bottle feed two infants at once Money-saving advice for accommodating two new additions to the family The pros and cons of placing twins in the same classroom Advice on how to discourage unhealthy sibling rivalry Includes the TOP FIVE: Exercises for extremely pregnant women Ways to bond with premature babies Baby wardrobe essentials Bedtime strategies Ways to establish each

child's individuality VEndorsements for Double Duty 2nd Edition (ISBN: 0071613447) by Christina Baglivi Tinglof "Double Duty 2nd Edition is singularly successful in combining practical advice with reassurance and encouragement from seasoned parents of twins. It neither sugar coats nor overstates the challenges, but presents a straightforward picture of what parents can expect from their twins at every stage, from pregnancy through the teen years. Tinglof mingles thorough research with personal anecdotes to present a comprehensive resource for parents of twins. With updated information about the medical issues of multiple pregnancy and new insights about the psychology of the twin relationship, the new edition is recommended reading for all prospective parents of twins" -Pamela Fierro, Guide to Twins & Multiples at About.com

Twin Sense

Although everyone experiences unexpected challenges with the arrival of a new baby, the parents of twins face their own unique sets of joys and frustrations. As the parent of three children under the age of six, including three-year-old fraternal twins, Dagmara Scalise knows firsthand just how daunting that all-important first year can be. Now, in *Twin Sense*, she offers real-world advice on dealing with the many issues that arise when caring for newborn twins. Concise and easy to follow, this book shows harried parents everything they need to know, including: baby-proofing • stocking up on what they really need • preparing and involving previous children • breast-feeding two babies at once • making errands possible • getting through the night • bathing the babies • traveling with twins • keeping the peace • responding to probing questions about having twins • and much more! Filled with lively anecdotes and practical advice, this is a true insider's guide that will make raising twins a pleasure.

A Contented House with Twins

A Contented House with Twins unites the UK's leading baby expert, Gina Ford, and the highly regarded television presenter Alice Beer, a mother of twin girls. Discovering you are pregnant with twins is both an exciting and a thoroughly terrifying prospect. Within weeks of the arrival of her beautiful daughters, Alice found that she was "screaming out for a routine" and craving the knowledge of mothers who had been through it with two. This book is the result of those cries. Alice's front-line experience of coping with twins is combined with Gina's highly successful parenting advice and, for the first time, her groundbreaking routines, specially adapted for twins. Together, they tackle the practical and emotional aspects of parenting two babies, including what you can expect in a multiple pregnancy; how to feed two at once; what to do when they each want a different story or both want a hug; and how to cope with everyday practicalities: shopping, bath time, and much more. Alice's humorous insights and Gina's essential advice, tips, support, and successful routines will guarantee that parents enjoy their twins and get their lives back.

Juggling Twins

A must-have parenting book for anyone who doesn't know what to expect when they're having twins! From getting through the pregnancy to managing toddlers, this is the definitive guide to raising good humans—two at a time! The best twin-tested tips used by real moms! The stresses that come with raising two babies are numerous—but they are predictable and manageable. From a mom who's been there, *Juggling Twins* is a funny, realistic, and reassuring guide for every new mom of twins who may be asking herself, "Can I really pull this off?" With a focus on positive parenting, from pregnancy to health issues, to eating, sleeping, bathing, and leaving the house, *Juggling Twins* is packed with the detailed, authoritative information that parents of multiples crave. You'll learn how to: Nurse two babies at the same time, comfortably and efficiently Get exactly the help you need from family and friends in those first few weeks Safely transport two babies at once when it's just you and them Survive the nights by breaking them into shifts (that include you sleeping) Stockpile the right food and supplies in advance of their arrival Maintain your identity and your marriage through the madness Get prepared, stay calm, and count your blessings (two!)—raising twins can be a wonderful, intense challenge that draws on the best in you. With this pregnancy, baby, and toddler book on your side, you'll have a firm grasp on child development and raise happy twins! "Practical advice and a healthy dose of humor—this book has exactly what parents need to help them survive and thrive with multiples. Recommended reading for all mothers of twins."—Deborah Platek, MD, Director of Maternal Fetal Medicine, Harvard Vanguard Medical Associates

Expecting Twins?

Written by a team of experts, this is a reference book for the expectant mother of twins, explaining everything a parent needs to know for the pregnancy, birth and first year. It describes the fascinating ways that identical and non-identical twins are conceived, how your pregnancy might develop and how to deal with the extreme symptoms often associated with a twin pregnancy.

Double Duty

The mother of twin toddler boys provides real-life solutions, parent-tested suggestions, and expert advice on everything from pregnancy-related weight gain to whether or not to put the children in the same class in school. Illustrations.

The Ultimate Twin Mom Survival Guide

Accessible, informative, and humorous, this book is the must-have manual for every parent of twins. The author's humorous yet realistic perspective provides new parents of twins with a great starting point from which to embark on that all-important first year. Topics include: - Money-Saving Secrets to What You Need, What you Need Two of, and What You Can Skip Altogether - How to Stay Connected to the Person Who Got You Into This Mess - Breastfeeding Twins (Two Mouths + Two Breasts = Not as Simple As It Sounds) - Bottlefeeding: Why It's Okay and Won't Thwart Their Admission to Harvard - Fielding Unsolicited Advice and Questions: Stories from the Trenches - Getting Twins on a Schedule - Preferably the Same One - How to Return to Work (and Speak Coherently and Intelligently While There)

The Newborn Twins Sleep Guide

Parenting twins: Double the joy, double the fun, and double the sleep deprivation! Let the dynamic duo of Natalie Diaz from Twiniversity and Sleep Lady Kim West come to the rescue, equipping you and your adorable twinnies with the ultimate gentle sleep solutions, right from the moment they enter this world through the first five months. Raising twins doesn't have to fill you with sleep dread. There are many small ways to help them sleep just a little bit better right now—long before your duo is ready for sleep training—and together, these can add up to significantly better sleep for everyone! As founder of Twiniversity, Natalie Diaz has welcomed millions of parents into the rewarding world of parenting twins. Now, she and longtime friend Kim West, known around the world as The Sleep Lady®, turn their attention to helping parents of twins navigate their babies' early months. In month-by-month chapters that are easy to navigate (even in the middle of the night!), this sleep road map will teach you: How sleep shaping can begin during your twin pregnancy through nursery setup and more How feeding, attachment, soothing, and temperament all factor into your babies' sleep—with strategies to navigate the unique demands of caring for two Alternatives to the "cry it out" method once your babies are developmentally ready to self-soothe Key developmental milestones from birth through five months and how to encourage sleep at every stage How preterm birth, and therefore sleep, impact your twins' early life and how to best support your duo during that time Why it's so important to take care of yourself during this sleep coaching stage It's easy to get overwhelmed by conflicting advice on sleep training, nap coaching, sleep schedules, and more. The Newborn Twins Sleep Guide provides clear guidance and a gentle approach to help you feel better about the entire sleep process, from A to ZZZs.

Twins 101

"A must-read for expectant or multitasking mothers of multiples by an academic pediatrician and mother of twins, *Twins 101* provides practical tips and wise words in a readable style that fits into the fast pace of these mothers' lives." —Theodore Sectish, MD, associate professor of pediatrics, Harvard Medical School; program director, Children's Hospital Boston Dr. Le-Bucklin's new parenting book is the first by a pediatrician who is also a mother of twins. No other pregnancy and parenting book for multiples offers this unique and much-needed perspective. *Twins 101* features practical advice and well-researched information in an easy-to-read format. From maintaining a healthy twin pregnancy to meeting the daily challenge of caring for twins, *Twin 101* guides families through each stage with insightful tips, practical advice, useful resources, and inspirational stories.

Dad's Guide to Twins

Essential Survival Tips Every Expectant Father of Twins Needs If you are an expectant twin dad wondering what your twin pregnancy and future holds, help is on the way... This guide will help you be

prepared and ready to tackle life the next several months without having to wade through a lengthy book you don't have time to read. It is perfect for the expectant twin dad whether your twins are your first and second children or ninth and tenth. Read this guide and you'll uncover money-saving tips, understand your preparation options, and eliminate common surprises that accompany every twin pregnancy and the early days of newborn twins: preparations you must make for your newborn twins answers to "How am I going to pay for all of this?" recommended twin supplies and gear: what you should get and what you don't need real-life twin dad experiences that you can learn from valuable mindsets to help conquer the overwhelm of twins brutal challenges twin dads must face happy things to look forward to nagging frustrations that you can minimize or avoid the reality of surviving the twin pregnancy After reading this guide, you'll be informed, cool, calm, and collected and ready for the challenge ahead. Implement my tips and by the time your twins arrive, your home will be the epitome of preparation and you'll be waiting for the curve balls to start flying with a smile on your face.

Twin Sense

Accessible, informative, and humorous, this book is the must-have manual for every parent of twins. The author's humorous yet realistic perspective provides new parents of twins with a great starting point from which to embark on that all-important first year. Topics include: - Money-Saving Secrets to What You Need, What you Need Two of, and What You Can Skip Altogether - How to Stay Connected to the Person Who Got You Into This Mess - Breastfeeding Twins (Two Mouths + Two Breasts = Not as Simple As It Sounds) - Bottlefeeding: Why It's Okay and Won't Thwart Their Admission to Harvard - Fielding Unsolicited Advice and Questions: Stories from the Trenches - Getting Twins on a Schedule - Preferably the Same One - How to Return to Work (and Speak Coherently and Intelligently While There)

Ready Or Not- Here We Come!

In her first humor-packed guide to raising twins, Elizabeth Lyons highlights the experiences and strategies of a group of friends who met in a multiples birthing class, and survived their pregnancies and first year with twins together. Topics include: Preparing the Lair: Mandatory gear for babies and mom. Getting Organized: The key to success. Getting those babies on a schedule-Preferably, the same one! Out and about with Twins: Methods of appearing as though you've got it (and them) under control. Lyons provides the all-important feeling of camaraderie that will keep expectant and new parents of twins smiling, remaining optimistic and remembering how much they are blessed through it all.

Twins

Includes practical advice for parents of twins from pregnancy through to their first birthday. Guides you through pregnancy, birth and the first year of caring for twins. Packed with top twin-tested tips, strategies for coping with twins and essential buys for the babies' arrival.

The First Year Is Survival

In the second edition of this popular parenting book, Shelly Vaziri Flais, MD, FAAP helps readers prepare for their twins' arrival, birth and infancy, and provides sage advice for raising them through toddlerhood and the school years. Dr. Flais' book will help parents of twins and other multiples: Prepare for the arrival of their babies; Survive the first few days, weeks and months by providing information on feeding, sleeping, scheduling and outings; Navigate the toddler years from mealtime to potty training, one-on-one time to loving discipline; Move into the school years with ideas on managing things like socialization and competition, family dynamics and individuality. Combining her experience as a mom and her expertise as a pediatrician, Flais brings a unique blend of heartwarming personal experiences and professional knowledge to deliver a real survival guide for every family with twins, triplets, quads or more.

The British National Bibliography

3rd edition of the best-selling Ready or Not...Here We Come! The REAL Experts' Guide to the First Year with Twins --- updated and expanded (and re-titled) Pregnant with Twins? Need a funny, strategies-filled, up-to-date book on exactly what you need as you're expecting twins and getting through the first year? This book has been supporting expecting and new twin parents for over a decade. "Smart, funny and refreshingly real advice that will change your life." -Hollie Gyarmati, Designer & Mom of 5 (including

2 sets of twins) You've expanded (and traded high-fashion maternity wear for your husband's XXL T-shirts), answered way too many questions about your babies' conception, and endured your dynamic duo's in-utero boxing matches. Just think, the adventure has only begun! In the 3rd edition of her bestselling, humor-packed guide to raising twins, Elizabeth Lyons and her "multiples" sorority offer the wisdom of their combined experience in the form of practical shortcuts, real-world strategies, and sage advice. Topics include: - Preparing the Lair: Mandatory Gear for Babies and Mom - Twinproofing Your Marriage - Breastfeeding Strategies (and why it's okay if you don't) - Handling Unsolicited Advice: Stories from the Trenches - Getting Twins on a Schedule - Preferably the Same One Lyons balances the day-to-day challenges of raising twins--from double feedings to sleep deprivation to getting out while pretending to have everything under control--with a sanity-saving dose of camaraderie. By the end, you'll be smiling, relieved, and professing, "Thank heaven, I'm not alone!" "The advice you need in the short, funny format your sleep-deprived mind can absorb." - Lisa Earle McLeod, author of *Forget Perfect* "Elizabeth Lyons' humorous yet realistic perspective provides new parents of twins with a great starting point from which to embark on that all-important first year." - Dr. Bob Covert, leading Chicagoland neonatologist "Elizabeth Lyons captures the universal discourse of sisterhood while guiding new mothers of twins through the first year." - Kathy Voit, RNC, Labor and Delivery nurse

Raising Twins

From squabbling siblings to bosom buddies. Every parent's dream is within your reach. Constant bickering, hurtful name-calling, intense fighting over toys and your attention... Surely, this wasn't what you had in mind when you first found out you were giving your child a new sibling. When you dreamed of having a family, you probably imagined happy laughter, peaceful playtime, and generous sharing between your kids. Instead, what you got were frequent fights, shouting matches, and maybe some kicking or hair-pulling. No one wants to see their kids not getting along. Not only is this stressful for your kids, it's stressful for you as a parent too. It can be an added burden to keep breaking up arguments when you could be doing more productive tasks instead. There's also the worry that the constant conflicts will have lasting effects on your children's relationship, even up to adulthood. From resentment over a newborn baby, to toddlers struggling with sharing, and to unhealthy competition between your school-age children, each stage of childhood comes with its own set of problems. And each requires their own actions and solutions. If your stern reprimands and firm rules don't seem to be working, it might be time to try a different approach—one that doesn't focus on ending quarrels, but on making your kids closer to each other. In *Parenting Siblings Without Rivalry*, you will discover: How to equip your kids with the right skills to manage conflicts on their own, so you won't have to How to prepare your children for a new arrival in the family, regardless of their age, so they won't feel overlooked The essential family activity you should regularly schedule to defuse any issues before they escalate Why you shouldn't treat your children equally, and how to treat them instead How to handle your child's feelings of jealousy when one child needs or gets more attention than the others The nighttime routine that will build a lasting bond between siblings, even if they usually can't stand each other The surefire way to end any altercation over a coveted toy, without having to bribe or scold your kids Crucial mistakes you could be making that could fuel anger and resentment between your children And much more. Any relationship will come with its own issues and conflicts. No matter how close people are, inevitably, disputes will arise. And when it's kids that are involved, even the tiniest disagreement can intensify into a full-blown war. But when your children are guided on how to respond, and encouraged to communicate, the outcome doesn't have to be ugly. Raising kids who get along isn't easy, but it's also not impossible. Whether you're a blended family, a family with adoptees, or a family with a newborn baby, increasing closeness and minimizing discord is certainly achievable. And even if you've got more kids than you can handle—or if you're facing the challenging task of raising troublesome twins—this comprehensive guide has got you covered. Your kids can grow up to be the best of friends, but even if they don't, they can remain friendly and supportive of one another even when they have their own families. If you want your children to fight for each other rather than with each other, then scroll up and click the "Add to Cart" button right now.

Holy Sh*T... I'm Having Twins!

In the second edition of this popular parenting book, Shelly Vaziri Flais, MD, FAAP helps readers prepare for their twins' arrival, birth and infancy, and provides sage advice for raising them through toddlerhood and the school years. Dr. Flais' book will help parents of twins and other multiples: Prepare for the arrival of their babies; Survive the first few days, weeks and months by providing information on feeding, sleeping, scheduling and outings; Navigate the toddler years from mealtime to potty training,

one-on-one time to loving discipline; Move into the school years with ideas on managing things like socialization and competition, family dynamics and individuality. Combining her experience as a mom and her expertise as a pediatrician, Flais brings a unique blend of heartwarming personal experiences and professional knowledge to deliver a real survival guide for every family with twins, triplets, quads or more.

Parenting Siblings Without Rivalry

This book offers plenty of reassuring advice and practical strategies for coping with the challenges that lie ahead. Featuring a wealth of tips from couples with twins who've lived to tell about it, **DOUBLE DUTY** covers everything from managing a multiple pregnancy to the first days of school. Whether you're concerned about bonding with two babies at once, getting them on the same schedule, or separating your inseparable duo for a day, **DOUBLE DUTY** suggest many comforting solutions.

Raising Twins

A hybrid of prescriptive "how-to" guidebook and intimate diary, *Twinspiration* recounts with unabashed personal detail the tribulations and triumphs of a twin pregnancy and first year of life with twins. Incorporating a conversational, humorous tone throughout, Cheryl Lage provides a double dose of user-friendly suggestions, real-life advice, and heartfelt empathy. This updated and revised edition includes Q&A segments with readers, musings on life with growing multiples, and reflections on life beyond the first year.

Double Duty

Good sleep is essential for your children's health, growth and development. But establishing a successful sleep schedule is not easy, and training twins and multiples offers an even greater challenge for parents. Leading paediatrician and renowned sleep expert Dr Marc Weissbluth combines specialised advice for parents of twins with his tried-and-tested sleep-training methods to show exhausted parents how to get their babies to sleep on their own, stay asleep and sleep regularly. This practical, step-by-step guide: - Explains how fraternal and identical twins may sleep train differently - and what to do about it - Addresses specific problems that can arise from training more than one baby at the same time - Describes ways to get your babies to synchronise their internal clocks and fall asleep at the same time - naturally - Reveals the common mistakes parents of twins make to get their children to sleep Healthy Sleep Habits, Happy Twins is an invaluable guide based on proven techniques that will not only get your babies to sleep through the night, but help you stay healthy and rested too.

Twinspiration

" Written and approved by Australian Breastfeeding Association and approved by the Australian Breastfeeding Association Advisory Panel, each of these booklets deals with specific topics related to breastfeeding. Drawing on current medical and technical information and the vast counselling experience of Australian Breastfeeding Association Breastfeeding Counsellors these easy to read booklets contain practical suggestions and reflect Australian Breastfeeding Association policies on the management of lactation." -- Australian Breastfeeding Association.

Parents

Psychic Self-Defense Dion Fortune - "Psychic Self-Defense" is one of the best guides to detection and defence against psychic attack from one of the leading occult writers of the 20th century. After finding herself the subject of a powerful psychic attack in the 1930's, famed British occultist Dion Fortune wrote this detailed instruction manual on protecting oneself from paranormal attack. This classic psychic self-defence guide explains how to understand the signs of a psychic attack, vampirism, hauntings, and methods of defence. Everything you need to know about the methods, motives, and physical aspects of a psychic attack and how to overcome it is here, along with a look at the role psychic elements play in mental illness and how to recognise them.

Healthy Sleep Habits, Happy Twins

In *Selfish Reasons to Have More Kids*, contrarian economist Bryan Caplan argues that we've needlessly turned parenting into an unpleasant chore, and don't know the real plusses and minuses of having kids. Parents today spend more time investing in their kids than ever, but twin and adoption research

shows that upbringing is much less important than we imagine, especially in the long-run. Kids aren't like clay that parents mold for life; they're more like flexible plastic that pops back to its original shape once you relax your grip. These revelations are wonderful news for anyone with kids. Being a great parent is less work and more fun than you think—so instead of struggling to change your children, you can safely relax and enjoy your journey together. Raise your children in the way that feels right for you; they'll still probably turn out just fine. Indeed, as Caplan strikingly argues, modern parents should have more kids. Parents who endure needless toil and sacrifice are overcharging themselves for every child. Once you escape the drudgery and worry that other parents take for granted, bringing another child into the world becomes a much better deal. You might want to stock up.

Breastfeeding Twins

A comprehensive guide for parents who are unfortunately given the bad news regarding their preborn child with either an ultrasound or laboratory diagnosis of a potential or real congenital problem. It explains to them both secular and religious faithbased strategies on how to emotionally, psychologically and spiritually prepare for and assimilate the multiple and various emotions they will have to reconcile, as well as how to deal with the mixed messages they will be receiving from family members, friends, physicians, and their own inner conflicting feelings. My prayers have been answered in Madeline Pecora Nugents My Child, My Gift. From the Foreword by MARK X. LOWNY "This volume is a must read for each parent, grandparent and friend. Nugent has answered every question asked regarding the pains and joys of motherhood. Madeline's words are written to mothers who crave honest counsel and anticipate earnest guidance. To call this book "Every Mother's Bible" would sound irreverent. But sincerely this is undoubtedly the most profound and complete guide to understanding what love means at the heart of becoming a mother. This treasure piece is essential to occupy every woman's library. TERRI GREEN Author of Simple Acts of Kindness Includes many insights and experiences of parents, along with bw photos of their children.

Psychic Self-Defense

'I'm a HUGE fan of Alison Green's "Ask a Manager" column. This book is even better' Robert Sutton, author of The No Asshole Rule and The Asshole Survival Guide 'Ask A Manager is the book I wish I'd had in my desk drawer when I was starting out (or even, let's be honest, fifteen years in)' - Sarah Knight, New York Times bestselling author of The Life-Changing Magic of Not Giving a F*ck A witty, practical guide to navigating 200 difficult professional conversations Ten years as a workplace advice columnist has taught Alison Green that people avoid awkward conversations in the office because they don't know what to say. Thankfully, Alison does. In this incredibly helpful book, she takes on the tough discussions you may need to have during your career. You'll learn what to say when: · colleagues push their work on you - then take credit for it · you accidentally trash-talk someone in an email and hit 'reply all' · you're being micromanaged - or not being managed at all · your boss seems unhappy with your work · you got too drunk at the Christmas party With sharp, sage advice and candid letters from real-life readers, Ask a Manager will help you successfully navigate the stormy seas of office life.

Selfish Reasons to Have More Kids

The only book new parents will need for the extraordinary first year of their baby's life. This comprehensive book covers every moment of the first twelve months of your baby's life - from their first moments at home, feeding, and sleeping arrangements, to travelling, building their body strength, and starting to eat solids. A team of expert paediatricians, midwives, psychologists, and nutritionists provide unrivalled detail on everything new parents can expect. This new edition has been updated with the latest medical advice for a new generation of parents, and includes reassuring answers to common questions, offering additional support for whenever you need it. The Month-by-Month Baby Book perfectly complements the bestselling The Day-by-Day Pregnancy Book, and is the essential and supportive companion for your baby's first year.

My Child, My Gift

"[An] engrossing survey of the history of childbirth." —Stephen Lowman, Washington Post Making and having babies—what it takes to get pregnant, stay pregnant, and deliver—have mystified women and men throughout human history. The insatiably curious Randi Hutter Epstein journeys through history, fads, and fables, and to the fringe of science. Here is an entertaining must-read—an enlightening celebration of human life.

Ask a Manager

THE INSTANT NEW YORK TIMES BESTSELLER A stunningly clever thriller made doubly suspenseful by not one, but two unreliable narrators.--People Sally Hepworth, the author of The Mother-In-Law delivers a knock-out of a novel about the lies that bind two sisters in The Good Sister. There's only been one time that Rose couldn't stop me from doing the wrong thing and that was a mistake that will haunt me for the rest of my life. Fern Castle works in her local library. She has dinner with her twin sister Rose three nights a week. And she avoids crowds, bright lights, and loud noises as much as possible. Fern has a carefully structured life and disrupting her routine can be...dangerous. When Rose discovers that she cannot get pregnant, Fern sees her chance to pay her sister back for everything Rose has done for her. Fern can have a baby for Rose. She just needs to find a father. Simple. Fern's mission will shake the foundations of the life she has carefully built for herself and stir up dark secrets from the past, in this quirky, rich, and shocking story of what families keep hidden.

Subject Guide to Books in Print

Argues that children must learn to make their own decisions and accept the consequences, and shows parents ways to encourage responsibility while maintaining discipline.

The Month-by-Month Baby Book

Indispensable advice for flourishing in baby's first year. Discover the sanity-saving, must-have manual for every new mom! From nursing and teething guides to managing anxiety and finding support, 50 Things to Do in Baby's First Year is bursting with simple and straightforward tips, plus plenty of encouragement. You'll find the most important information for making the most of your baby's first year--including suggestions for ways to get enough sleep and be your best self. 50 Things to Do in Baby's First Year includes: Baby care begins with self-care--From reconnecting with your partner to refreshing your wardrobe, make sure you remember you between all the diapers and doctor appointments. Easy-to-navigate--The book is divided into three-month sections, making it easy to locate the tips you want right now--and the ones you'll want soon. Expert help is here--Get supportive advice for making it through baby's first year from experienced professionals, including doctors, nutritionists, doulas, preschool directors, and more. Take a deep, cleansing breath and relax--50 Things to Do in Baby's First Year is here with the baby (and mommy) care help you need!

Get Me Out: A History of Childbirth from the Garden of Eden to the Sperm Bank

The founders of the blog Two Came True deliver essential information and practical prep strategies to get expecting parents ready to discover the joys of twin parenting. From mental and emotional prep to feeding and everything in between, this action-oriented guide covers the broad spectrum of how to tackle the first few months after the babies arrive.

The Good Sister

Parenting with Love and Logic