

Twins Parents Guide



Twins Parents Guide: Navigating the Double Trouble (and Double Joy!)

Congratulations! Welcoming twins into your life is an incredible journey, filled with double the love, double the laughter, and, let's be honest, double the challenges. This comprehensive twins parents

guide will equip you with the knowledge and strategies you need to navigate this exciting, often overwhelming, adventure. We'll cover everything from the initial shock and adjustment to long-term strategies for managing the unique demands of raising twins. Get ready to conquer the double duty and embrace the double blessings!

H2: The First Few Weeks: Survival Mode Engaged

The initial postpartum period with twins is a whirlwind. Sleep deprivation is a given, and managing two newborns simultaneously requires meticulous planning and a hefty dose of teamwork.

H3: Feeding Frenzy: Breastfeeding, Bottle-Feeding, or Both?

Whether you choose breastfeeding, bottle-feeding, or a combination, establishing a reliable feeding routine is crucial. Consider tandem nursing (breastfeeding both babies simultaneously), employing a supportive partner or family member to assist with bottle-feeding, and utilizing tools like a double electric breast pump to maximize efficiency. Don't hesitate to seek lactation consultant support; they are invaluable in navigating breastfeeding challenges with twins.

H3: Sleep Deprivation Strategies: Rest When You Can!

Prioritize sleep whenever possible, even if it's in short bursts. Consider implementing a structured sleep schedule for your babies, even if it means waking one slightly earlier than the other to establish individual routines. Remember, it's okay to ask for help - lean on family and friends for support during this demanding phase. Consider co-sleeping options safely, but always prioritize safe sleep practices for both infants.

H2: Organizing Your Time and Resources: The Ultimate Juggling Act

Managing two babies effectively requires a well-organized approach.

H3: The Power of Teamwork: Partnering for Success

Clearly defined roles and responsibilities between parents (or caregivers) are essential. Open communication is vital; discuss individual strengths and weaknesses to maximize efficiency. Don't try to do it all yourself. Delegate tasks whenever possible and accept help without guilt.

H3: Smart Scheduling: Creating a Routine

Establishing a routine, albeit a flexible one, will significantly reduce daily stress. This might involve coordinated feeding, sleeping, and playtime schedules. Consistency is key; even small routines can improve predictability and reduce chaos. Don't be afraid to adjust the schedule as your twins grow and their needs evolve.

H3: Utilizing Support Systems: Family, Friends, and Professionals

Don't underestimate the importance of your support network. Communicate your needs clearly to family and friends and accept offers of help. Consider professional support, such as a postpartum doula or a nanny, even if only for a few hours a week. This respite can make a huge difference in your well-being.

H2: Twin-Specific Challenges and Solutions

Raising twins presents unique challenges beyond those faced by parents of singletons.

H3: Individuality and Development: Recognizing Unique Needs

Remember that even though they are twins, your children are individuals with distinct personalities, temperaments, and developmental paces. Avoid comparisons and focus on nurturing each child's unique needs. Early intervention services can be helpful if you notice significant developmental delays in either child.

H3: Identity and Sibling Rivalry: Nurturing a Positive Relationship

Twin relationships are complex. While they often share a close bond, rivalry can emerge. Focus on fostering individuality, providing individual attention, and teaching them to share and cooperate. Celebrating their unique strengths and attributes will help them develop positive self-esteem and a healthy sibling relationship.

H3: Managing Finances: The Double Expense

Raising twins is undeniably expensive. Plan your budget carefully, explore cost-saving measures (like buying used baby equipment), and consider financial assistance programs if needed. Don't be afraid to ask for help from family or explore financial resources available in your community.

H2: Long-Term Strategies: Thriving as a Family

Raising twins is a marathon, not a sprint. Here are strategies to help you thrive long-term.

H3: Self-Care is Not Selfish: Prioritizing Your Well-being

Prioritizing your physical and mental health is crucial. Make time for yourself, even if it's just for a few minutes each day. Exercise, healthy eating, and mindful practices can help manage stress and improve your overall well-being. Don't hesitate to seek professional help if you're struggling with postpartum depression or anxiety.

H3: Embracing the Journey: Celebrating the Uniqueness of Twin Parenthood

Raising twins is challenging but incredibly rewarding. Embrace the chaos, celebrate the milestones, and remember to savor the unique joys of twin parenthood. Your journey is unique; connect with other twin parents for support, share experiences, and celebrate the extraordinary bond you share

with your little miracles.

Conclusion:

Navigating the world of twin parenthood requires preparation, adaptability, and a strong support system. Remember, you are not alone. By implementing the strategies outlined in this guide and prioritizing your own well-being, you'll not only survive but thrive in this incredible journey of raising twins. Embrace the double the love, the double the challenges, and the double the joy!

FAQs:

1. My twins are constantly fighting - is this normal? Sibling rivalry is common, especially in twins. Focus on teaching conflict resolution skills and providing individual attention to minimize competition.
2. How do I manage two babies' different sleep schedules? A flexible routine is key. Try to establish some overlapping sleep times but don't force identical schedules. Prioritize safe sleep practices for both.
3. Are there special considerations for dressing twins? Using matching outfits can be cute, but prioritize dressing each twin in clothing appropriate for their individual needs and comfort.
4. What are the best resources for twin parents? Online forums, support groups, and books specifically focused on twin parenting offer invaluable advice and community support.
5. My twins are developing at different paces - should I be concerned? While twins often develop similarly, some variation is normal. Consult your pediatrician if you have concerns about significant developmental discrepancies.

twins parents guide: Having Twins and More Elizabeth Noble, Leo Sorger, 2003 Considers the needs of prospective multiple-birth parents.

twins parents guide: *The Parent's Guide to Raising Twins* Elizabeth Friedrich, Cherry Rowland, 1990-01-15 Written by mothers of twins, this is a comprehensive and medically sound guide to the special problems of coping with twins or triplets . . . or more! Quotes from 35 parents of multiples who share a variety of experiences and suggestions.

twins parents guide: **The Third Twin** CJ Omololu, 2015-02-24 If you loved Natasha Preston's *THE TWIN*, you'll race through this edge-of-your seat thriller about identical twins with a shocking twist. *IT STARTED AS A JOKE*. When they were little, Lexi and her identical twin, Ava, made up a third sister, Alicia. If something broke? Alicia did it. Alicia was always to blame for everything. *NOW THE GAME IS ALL GROWN UP*. The girls are seniors, and they use Alicia as their cover to go out with guys who they'd never, ever be with in real life. But sometimes games just aren't worth playing. A boy has turned up dead, and DNA evidence and surveillance photos point to only one suspect—Alicia. The girl who doesn't exist. *IDENTICAL TWINS. IDENTICAL DNA. IDENTICAL*

SUSPECTS. Ava insists that if they keep following the rules for being Alicia, everything will be fine. But Lexi isn't so sure. She must find the truth before another boy is murdered. BECAUSE EITHER AVA IS A KILLER . . . OR ALICIA IS REAL. Praise for THE THIRD TWIN: [An] original, riveting thriller. -- Melissa Marr, New York Times bestselling author of Made for You Delicious and deceptive, The Third Twin is a twisty-turny thrill ride! I couldn't flip the pages fast enough! --Kimberly Derting, author of The Taking A classic whodunit.--Kirkus Reviews "Driven by the adrenaline pump of whodunit and who's next to die."--BCCB "[A] fast-paced thriller . . . fans of "whom can I trust?" mysteries will find much to like."--Booklist

twins parents guide: The Phantom Twin Lisa Brown, 2020-03-03 A young woman is haunted by the ghost of her conjoined twin, in Lisa Brown's The Phantom Twin, a sweetly spooky graphic novel set in a turn-of-the-century sideshow. Isabel and Jane are the Extraordinary Peabody Sisters, conjoined twins in a traveling carnival freak show—until an ambitious surgeon tries to separate them and fails, causing Jane's death. Isabel has lost an arm and a leg but gained a ghostly companion: Her dead twin is now her phantom limb. Haunted, altered, and alone for the first time, can Isabel build a new life that's truly her own?

twins parents guide: Double Duty Christina Baglivi Tinglof, 2009

twins parents guide: Between Shades of Gray Ruta Sepetys, 2011-03-22 The inspiration for the major motion picture Ashes in the Snow! Few books are beautifully written, fewer still are important; this novel is both. --The Washington Post From New York Times and international bestseller and Carnegie Medal winner Ruta Sepetys, author of Salt to the Sea, comes a story of loss and of fear -- and ultimately, of survival. A New York Times notable book An international bestseller A Carnegie Medal nominee A William C. Morris Award finalist A Golden Kite Award winner Fifteen-year-old Lina is a Lithuanian girl living an ordinary life -- until Soviet officers invade her home and tear her family apart. Separated from her father and forced onto a crowded train, Lina, her mother, and her young brother make their way to a Siberian work camp, where they are forced to fight for their lives. Lina finds solace in her art, documenting these events by drawing. Risking everything, she imbeds clues in her drawings of their location and secretly passes them along, hoping her drawings will make their way to her father's prison camp. But will strength, love, and hope be enough for Lina and her family to survive? A moving and haunting novel perfect for readers of The Book Thief. Praise for Between Shades of Gray: Superlative. A hefty emotional punch. --The New York Times Book Review Heart-wrenching . . . an eye-opening reimagination of a very real tragedy written with grace and heart. --The Los Angeles Times At once a suspenseful, drama-packed survival story, a romance, and an intricately researched work of historical fiction. --The Wall Street Journal * Beautifully written and deeply felt . . . An important book that deserves the widest possible readership. --Booklist, starred review "A superlative first novel. A hefty emotional punch."--The New York Times Book Review "A brilliant story of love and survival."--Laurie Halse Anderson, bestselling author of Speak and Wintergirls * "Beautifully written and deeply felt...an important book that deserves the widest possible readership."--Booklist, Starred Review

twins parents guide: Untwine Edwidge Danticat, 2015-09-29 "A genuinely moving exploration of the pain of separation" from the New York Times-bestselling author and National Book Award finalist (The New York Times Book Review). NAACP Image Awards Outstanding Literary Work 2015 VOYA Magazine Perfect Ten CCBC Choices List Selection Bank Street College of Education Best Children's Books of the Year, 2016 New York Public Library Best Books for Teens Selection Giselle Boyer and her identical twin, Isabelle, are as close as sisters can be, even as their family seems to be unraveling. Then the Boyers have a tragic encounter that will shatter everyone's world forever. Giselle wakes up in the hospital, injured and unable to speak or move. Trapped in the prison of her own body, Giselle must revisit her past in order to understand how the people closest to her—her friends, her parents, and above all, Isabelle, her twin—have shaped and defined her. Will she allow her love for her family and friends to lead her to recovery? Or will she remain lost in a spiral of longing and regret? Untwine is a spellbinding tale, lyrical and filled with love, mystery, humor, and heartbreak. Award-winning author Edwidge Danticat brings her extraordinary talent to this graceful

and unflinching examination of the bonds of friendship, romance, family, the horrors of loss, and the strength we must discover in ourselves when all seems hopeless. "While Danticat fully grounds Giselle in her identity as a Haitian-American teen in Miami, this gentle young artist could speak to any teen anywhere coping with a major loss." —The Philadelphia Inquirer

twins parents guide: Ling & Ting Grace Lin, 2013-09-10 Ling and Ting are twins. They have the same brown eyes. They have the same pink cheeks. They have the same happy smiles. Ling and Ting are two adorable identical twins, and they stick together, whether they are making dumplings, getting their hair cut, or practicing magic tricks. But looks are deceiving--people can be very different, even if they look exactly the same.

twins parents guide: A Parent'S Guide To Autism Charles Hart, 1993-06 Given in memory of Pete Palasota by The ARC of Bryan/College Station.

twins parents guide: Jake and Lily Jerry Spinelli, 2012-05-08 Beloved Newbery Medalist Jerry Spinelli, author of *Maniac Magee* and *Wrinker*, addresses issues of identity, belonging, family, and bullying in this humorous and heartfelt novel about twins. Jake and Lily are twins. Despite their slightly different interests and temperaments, they feel exactly the same—like two halves of one person. But the year they turn eleven, everything changes. Their parents announce it's time for separate bedrooms. Jake starts hanging out with a pack of boys on the block. And Lily is devastated, not to mention angry. Who is she without Jake? And as her brother falls under the influence of the neighborhood bully, he also must ask himself—who is the real Jake? This is an often funny, poignant, and profound story of growing up, growing apart, and the difficult process of figuring out who you really are.

twins parents guide: Dad's Guide to Raising Twins Joe Rawlinson, 2015-02-25 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.

twins parents guide: What to Do When You're Having Two Natalie Diaz, 2013-12-03 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.

twins parents guide: The Ordinary Parents Guide to Teaching Reading Jessie Wise, Sara

Buffington, 2004-09-28 Providing a wealth of tools, instructional advice and easy-to-follow guidelines.

twins parents guide: The Field Guide Holly Black, Tony DiTerlizzi, 2023-08-17 Celebrate the 20th anniversary of the international bestselling Spiderwick Chronicles with the first instalment in the adventures of the Grace children. After finding a mysterious handmade field guide in the attic of the ramshackle old mansion they've just moved into, the Grace children - Jared, Simon and Mallory - discover that there's a magical and maybe dangerous world existing parallel to our own - the world of faerie. The children want to share what they know, but the faeries will do everything possible to stop their secrets being revealed . . .

twins parents guide: Runaway Twin Peg Kehret, 2011-01-20 Thirteen-year-old Sunny runs away from her current foster parent in search of her twin sister, from whom she was separated ten years earlier. On the way, she'll face a tornado, bullies, and a stray dog- and the fact that her sister may not be who Sunny hoped she would be.

twins parents guide: The Parent's Guide to Eating Disorders Marcia Herrin, Nancy Matsumoto, 2010-02-01 The Parent's Guide to Eating Disorders shows that effective solutions begin at home and cost little more than a healthy investment of time, effort, and love. Based on exciting new research, it differs from similar books in several key ways. Instead of concentrating on the grim, expensive hospital stays of patients with severe disorders, the authors focus on the family, teaching parents how to examine and understand their family's approach to food and body-image issues and its effect their child's behavior. Parents learn to identify an eating disorder early, to establish healthy attitudes toward food at a young age, and to intervene in a nonthreatening, nonjudgmental way. The authors concentrate on teens, the age group most often affected by eating disorders, as well as younger children. Individual chapters cover boys at risk, relapse training, dealing with friends, school, and summer camp, and much more. The book includes an appendix and sections on further reading, organizations and websites, residential and hospital programs, and references.

twins parents guide: Multiple Pregnancy L.G. Keith, E. Papiernik, 1995-04-15 From the Foreword by John J. Sciarra, M.D., Ph.D., Thomas J. Watkins Professor and Chairman of Obstetrics and Gynecology and Past President of FIGO, Northwestern University Medical School, Chicago: This book is by far the most comprehensive and up-to-date source on multiple pregnancy. It discusses cutting-edge options and technologies, and co

twins parents guide: Cinder Marissa Meyer, 2013-01-08 Queen Levana is a ruler who uses her 'glamour' to gain power. but long before she crossed paths with Cinder, Scarlet, and Cress, Levana lived a very different story - a story that has never been told ... until now.

twins parents guide: The Everything Parent's Guide To Children With Depression Rebecca Rutledge, 2007-06-04 Does your child seem sad, withdrawn, or lethargic? You know something's wrong, but you're not sure what to do about it. You're not alone—around six million children suffer from depression. Your child needs help—your help. With The Everything Parent's Guide to Children with Depression, you can ensure that your child receives the right support and treatment. In this reassuring, practical handbook, Drs. Rebecca Rutledge and Thomas Bannister offer the professional advice you need to determine: -If your child is at risk -How and when to get professional help -The best treatment options -Benefits and side effects of medication -What you and your family can do to help Rutledge, an expert psychologist, and Bannister, a clinical psychiatrist, are both known for their work with depressed children and adolescents. With their help, you'll understand why your child is unhappy—and what you can do about it.

twins parents guide: Twins, Triplets, and More Elizabeth M. Bryan, 1998-12-15 Twins and higher multiple births bring parents unique joys-and unique challenges. Dr. Elizabeth Bryan, founder of the Multiple Births Foundation, addresses everything the parents of multiple births need to know, from conception to adulthood. For example: -The real difference among fraternal, identical, and half-identical siblings -Naming-resisting the John and Jane urge -Twin languages and their effect on speech development -Treating multiples equally without homogenizing them -How to ask for and manage help-all parents of multiples need it! -Separation and independence: getting the right mix

The increased use of fertility drugs combined with the trend toward later motherhood has made multiple births more common than ever. In frank but reassuring language, Dr. Bryan guides parents through the inimitable journey of parenting twins, triplets, and more.

twins parents guide: *Dad's Guide to Twins* Joe Rawlinson, 2013-04-03 When you find out that you are expecting twins, you are in total shock. Your mind races with a million questions and you start to stress out about what to do to get ready. 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.

twins parents guide: *I'll Give You the Sun* Jandy Nelson, 2015-10-27 A New York Times bestseller • One of Time Magazine's 100 Best YA Books of All Time • Winner of the Michael L. Printz Award • A Stonewall Honor Book The radiant, award-winning story of first love, family, loss, and betrayal for fans of John Green, Becky Albertalli, and Adam Silvera Dazzling.—The New York Times Book Review A blazing prismatic explosion of color.—Entertainment Weekly Powerful and well-crafted . . . Stunning. —Time Magazine "We were all heading for each other on a collision course, no matter what. Maybe some people are just meant to be in the same story." At first, Jude and her twin brother are Noah and Jude; inseparable. Noah draws constantly and is falling in love with the charismatic boy next door, while daredevil Jude wears red-red lipstick, cliff-dives, and does all the talking for both of them. Years later, they are barely speaking. Something has happened to change the twins in different yet equally devastating ways . . . but then Jude meets an intriguing, irresistible boy and a mysterious new mentor. The early years are Noah's to tell; the later years are Jude's. But they each have only half the story, and if they can only find their way back to one another, they'll have a chance to remake their world. From the acclaimed author of *The Sky Is Everywhere*, this exhilarating novel will leave you breathless and teary and laughing—often all at once.

twins parents guide: *While Waiting* George E. Verrilli, Anne Marie Mueser, Ed.D., 2002-11-23 Third Revised Edition—A fully revised, expanded edition of the book that millions of women and care providers have depended on for facts about pregnancy More than 4.5 Million Copies Sold Written by an obstetrician and a mother: The information you need to know about pregnancy, labor, and delivery. With more than four and a half million copies in print, the must trusted prenatal guidebook in America is now newly revised, updated, and expanded. It includes: - Questions to ask your care provider - Explanations of medical terms and procedures - Helpful exercises and tips for staying fit, healthy, and comfortable - Record-keep sections - Warning signs to watch for - Expanded and updated coverage of pain relief, prematurity, Caesarean delivery, birthing positions, and other key topics. The book is arranged in an easy-to-use format with space to keep track of prenatal appointments, notes and questions, and any special instructions for personal care.

twins parents guide: *The Templeton Twins Have an Idea* Ellis Weiner, 2012-08-03 This special edition of *The Templeton Twins Have an Idea: Book One* also includes a sneak preview of *The Templeton Twins Make a Scene: Book Two* and a Q&A with the author. Suppose there were 12-year-old twins, a boy and girl named John and Abigail Templeton. Let's say John was pragmatic and played the drums, and Abigail was theoretical and solved cryptic crosswords. Now suppose their father was a brilliant, if sometimes confused, inventor. And suppose that another set of twins—adults—named Dean D. Dean and Dan D. Dean, kidnapped the Templeton twins and their ridiculous dog in order to get their father to turn over one of his genius (sort of) inventions. Yes, I said kidnapped. Wouldn't it be fun to read about that? Oh please. It would so. Luckily for you, this is just the first in a series perfect for boys and girls who are smart, clever, and funny (just like the twins), and enjoy reading adventurous stories (who doesn't?!).

twins parents guide: *Eragon* Christopher Paolini, 2013 In Aagaesia, a fifteen-year-old boy of unknown lineage called Eragon finds a mysterious stone that weaves his life into an intricate tapestry of destiny, magic, and power, peopled with dragons, elves, and monsters.

twins parents guide: *The Parents Guide for the Transmission of Desired Qualities to Offspring, and Childbirth Made Easy* Hester Pendleton, 1876

twins parents guide: From the Hips Rebecca Odes, Ceridwen Morris, 2007-05-22 Drawing on the experiences of hundreds of real parents and the expertise of doctors, midwives and other birth and baby pros, this indispensable resource is filled with the most accurate and up-to-date information about having and caring for a baby, including: Decisions, Decisions: A judgment-free breakdown of every major choice, including prenatal testing, natural vs. medical childbirth, circumcision, breast or bottle feeding, and work/life options The Endless No: What not to eat, take, and do when you're pregnant-get the real facts behind the prohibitions I Want My Life Back: Anxiety, regret, ambivalence, and other rarely discussed postpartum emotions Parents and partners: A look beyond the one-size-fits-all approach to family, with strategies for minimizing perfect-parent pressure and managing your real-life relationships through the changes Sorting Through the Voices: A user-friendly guide to the dueling gurus, trendy techniques, and conflicting theories that confuse new parents A forward-thinking book that includes a wide range of voices and approaches, From the Hips reflects the many ways of being pregnant and parenting without suggesting that there is one right way.

twins parents guide: A Parent's Guide to Childhood and Adolescent Depression Patricia Gottlieb Shapiro, 1994 The latest addition to the successful parenting series with the doctors at the renowned Children's Hospital of Philadelphia, this comprehensive, illustrated guide teaches parents how to recognize and cope with depression in their child or adolescent.

twins parents guide: A Parent's Guide to Autism Diagnosis Adele Devine, Sophia Mooncey, 2021-11-18 Autism diagnosis can be an overwhelming time for many families. This is an accessible, easy to navigate guide for parents, answering the questions they may have before, during and after diagnosis. Written by a highly experienced author team, this book will support parents from the moment somebody mentions autism, through the diagnosis process and beyond. It provides reliable advice on every stage, with guidance on what to do during the long wait for assessment and diagnosis. Working from a pro-neurodiversity perspective it encourages parents to see beyond the diagnosis and to celebrate each child's unique personality and strengths. Combining information on medical diagnosis, educational needs and more, the book shares case studies and direct quotes from families to help parents to give their children the best start following an autism diagnosis, and help them to achieve their full potential. There is also a bonus downloadable chapter with information from the key professionals involved in the diagnostic process, so you know who you can turn to for the support and help you need.

twins parents guide: A Parent's Guide to Intuitive Eating Yami Cazorla-Lancaster, 2019-09-17 Learn techniques and tips to raising children who eat well and have an overall healthy relationship with food. Breaking down intuitive eating in a way that's easy to understand and even easier to implement, this book shows you how to help your children develop a positive relationship with food. It offers a system that builds healthy habits and better mindsets that will last a lifetime. Through the techniques and tips in this book, you'll discover how to eliminate stress, anxiety and food battles and instead enjoy feeding your confident eater! Written by a board-certified pediatrician and mom, this book will set your family up for success when it comes to making decisions in the kitchen, grocery store, and restaurant. The actionable advice in A Parent's Guide to Intuitive Eating will transform healthy eating from a chore into a happy habit! "A complete guide for raising healthy children from pregnancy to late childhood. [Dr. Yami] underscores the importance of providing children with well-rounded meals filled with fruits, vegetables, beans, and whole grains, along with covering topics such as picky eating, body image, and important lifestyle habits. You won't want to miss this comprehensive resource!" —Neal Barnard, MD, FACC, president, Physicians Committee for Responsible Medicine. "This book will lead you along the path of peace, joy, and nourishment for your child and your family." —Elyse Resch, MS, RDN, CEDRD-S, FAND, author of The Intuitive Eating Workbook for Teens, co-author of Intuitive Eating and The Intuitive Eating Workbook

twins parents guide: The Parent's Guide to Children's Congenital Heart Defects Gerri Freid Kramer, Shari Maurer, 2001 Provides answers to parents' concerns about congenital heart defects, discussing the various types of problems, their causes and long-term prognoses, the treatment

options available, and what parents can do to help their children.

twins parents guide: *The Art of Parenting Twins* Patricia Malmstrom, Janet Poland, 1999-06-15 CONGRATULATIONS--YOU'RE EXPECTING TWINS! Remember when you first heard the news? After regaining the power of speech, you allowed the joy and anxious anticipation to settle in. Though family and friends simply suggest buying two of everything, parents of twins (triplets, quadruplets, right on up) need more than multiple strollers. For along with equipment, they need more facts, more advice, more patience, more support. Now help is here with *The Art of Parenting Twins*. Whether you have just discovered you're expecting two (or more) babies, are about to give birth, are struggling through those incredible first weeks, or are engaged in the whirlwind of child-rearing, here are the answers and resources you've been looking for. Written by the president and founder of Twin Services, Inc., this complete up-to-date guide will give you the skills you need. *The Art of Parenting Twins* covers such vital issues as - Bonding with more than one baby - Breast-feeding techniques - Coping with multiples - Managing sibling rivalry - Helping your children achieve independent identities - Understanding the special twin relationship - Financing your children's future And much more--including the latest research on special health concerns, mental and physical development of twins, and social behavior.

twins parents guide: *The Everything Parent's Guide To Raising Girls* Erika V Shearin Karres, Rebecca Rutledge, 2007-04-02 A Simon & Schuster eBook. Simon & Schuster has a great book for every reader.

twins parents guide: *Twins* Varian Johnson, 2020 Maureen and Francine Carter are twins and best friends. They participate in the same clubs, enjoy the same foods, and are partners on all their school projects. But just before the girls start sixth grade, Francine becomes Fran -- a girl who wants to join the chorus, run for class president, and dress in fashionable outfits that set her apart from Maureen. A girl who seems happy to share only two classes with her sister! Maureen and Francine are growing apart and there's nothing Maureen can do to stop it. Are sisters really forever? Or will middle school change things for good?--Provided by publisher.

twins parents guide: *The Everything Twins, Triplets, and More Book* Pamela Fierro, 2012-03-18 Everything you need to know, times two—or three! It can be a surprise and even a shock to learn that you're not having just one baby, but two, three, or more! What you should expect? How should you prepare? In what ways will your life change? From what to anticipate during pregnancy and delivery to surviving those first sleepless nights—you will find answers to all your pressing questions in this comforting and easy-to-access guide. Inside, you'll learn: What to expect during each trimester How to budget for extra expenses How to set up your home for your precious new arrivals The trick to coordinating naptimes and feedings What to eat while pregnant, with more than 75 recipes for ultimate nutrition As parents of multiples, your time is precious, so inside, you'll find quick chapter shortcuts that provide the most important advice at a glance. Make *The Everything Twins, Triplets, and More Book*, 2nd Edition your go-to guide for preparing your home and your life for this happy change—so all you need to worry about is adoring your new bundles of joy!

twins parents guide: *Twins 101* Khanh-Van Le-Bucklin, 2008-11-03 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.

twins parents guide: *Eating Expectantly* Bridget Swinney, Tracey Anderson, 2000-08 Rated one of the ten best parenting books of 1993 by Child magazine, *Eating Expectantly* (newly revised and in its third edition) is the most comprehensive and up-to-date book on pregnancy nutrition. Its

friendly style makes it easy to read; its practical tips make eating well a map. Eating Expectantly shows: * How women -- and men -- can improve their diets before pregnancy to increase their fertility and their odds of having a healthy baby. * How women with high-risk conditions, such as diabetes, multifetal pregnancy, or hypertension, can help themselves and their babies with special care and good nutrition. * How to lower the risk of food poisoning and reduce exposure to environmental pollutants like lead, mercury, and pesticides. Eating Expectantly also includes: * Hundreds of handy menus and tasty recipes complete with nutrient analysis. * Hints on healthy eating when dining out, using convenience foods, or sticking to a budget. * Hundreds of reliable health, nutrition, and parenting resources, including websites. * Advice on postpartum weight loss and breastfeeding.

twins parents guide: The Twin Natasha Preston, 2024-09-26 Get ready for another heart-racing, twist-filled thriller from the #1 NEW YORK TIMES bestselling author NATASHA PRESTON. CAN YOU TRUST YOUR OWN TWIN? After their parents divorced, 10-year-old twins Ivy and Iris were split up - Ivy lived with Dad, Iris with Mum. But after a tragic accident takes their mum's life, the devastated sisters are reunited when Iris moves in with Ivy and their dad. Iris takes their mum's death especially hard, unwilling to speak to anyone except Ivy. Unable to stand seeing Iris so sad, Ivy promised her that she can share her life now. After all, they're sisters. Twins. It's a promise that Iris takes seriously. And before long, Ivy's friends, her teachers, and even her boyfriend all fall under Iris's spell. Slowly, Ivy feels she's being pushed out of her own life, but tells herself she's being paranoid. Iris isn't dangerous . . . is she?

twins parents guide: The Lost Girl Anne Ursu, 2019-02-12 Three starred reviews A Publishers Weekly Best Children's Book of 2019 Anne Ursu, author of the National Book Award nominee The Real Boy, returns with a story of the power of fantasy, the limits of love, and the struggles inherent in growing up. When you're an identical twin, your story always starts with someone else. For Iris, that means her story starts with Lark. Iris has always been the grounded, capable, and rational one; Lark has been inventive, dreamy, and brilliant—and from their first moments in the world together, they've never left each other's side. Everyone around them realized early on what the two sisters already knew: they had better outcomes when they were together. When fifth grade arrives, however, it's decided that Iris and Lark should be split into different classrooms, and something breaks in them both. Iris is no longer so confident; Lark retreats into herself as she deals with challenges at school. And at the same time, something strange is happening in the city around them, things both great and small going missing without a trace. As Iris begins to understand that anything can be lost in the blink of an eye, she decides it's up to her to find a way to keep her sister safe.

twins parents guide: Twintuition: Double Vision Tia Mowry, Tamera Mowry, 2015-04-21 From actresses Tia and Tamera Mowry comes the story of tween twins Cassie and Caitlyn and their discovery that they have the ability to see things before they occur! This is the first book in the popular Twintuition series. When their mother's new job forces them to move from bustling San Antonio to middle-of-nowhere Aura, Texas, Caitlyn tries to stay positive, focusing on meeting new people and having new adventures. Cassie, on the other hand, is convinced that it's only a matter of time until they'll be sick of Aura and ready to move back to the big city. But being the new kids isn't their only challenge. The girls start experiencing strange visions, and they must work together to change the future before it can happen. Tia Mowry-Hardrict and Tamera Mowry-Housley gained initial fame on the '90s sitcom Sister, Sister. Tia can now be seen starring in and producing the Nickelodeon series Instant Mom and on the Cooking Channel's show Tia Mowry at Home. Tamera is a host and producer on the hit daytime talk show The Real, currently airing on FOX. Together they've created a magical series about twin sisters with a powerful gift and an even stronger connection.

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