

Dads Guide To Twins How To Survive The Twin Pregnancy And Prepare For Your Twins

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Navigate the exciting yet challenging journey of twin pregnancy with our essential dads guide. Learn how to survive twin pregnancy by getting practical advice, expert tips, and vital preparation strategies to welcome your babies and thrive as a new dad to twins.

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Dad's Guide to Twins

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.

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.

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.

Expecting Twins?

Expecting Twins? 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. There is up-to-date information on current antenatal tests and how they work and are performed when two babies are being carried. How your babies present in the womb can affect your options of delivery. With contemporary artworks this is fully explained, as well as the birth itself and what happens if you go into premature labour. Many expectant mothers worry about how they will feed two babies; the book provides all the information to enable a mother to understand her options fully. Subjects such as whether the babies should sleep together or apart, how to manage getting out and about and looking after yourself in this busy time are also covered. There are case studies from real parents and medical advice from twin consultants making this a practical, emotional and professional guide to support you in this joyous yet overwhelming time.

You Can Two!

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.

Having Twins and More

Considers the needs of prospective multiple-birth parents.

It's Twins! Now What?

Whether twins are a delightful surprise or a bolt from the blue, one thing is certain: your life will never be the same again. Packed with tips and anecdotes from fellow parents of twins, as well as advice from professionals, this go-to guide will help you prepare for, survive and enjoy your first year with twins. Provides tips on all the essential topics, including:

- ° Preparing for the arrival of your twins
- ° Premature birth
- ° Identical twins
- ° Establishing healthy sleep and feeding routines
- ° Getting out and about
- ° Twin health and development
- ° What it means to be a twin

And much more!

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.

Winning the Twinning

Winning the twinning is a straight-from-the-heart description of the turbulent journey of a pregnant mother of twins. Dr Dipty Shah, practicing ophthalmologist & a first time author, gives a no-holds-barred account of the physical, physiological, psychological, emotional and sexual upheavals that a lady goes through during the toughest part of her life. From conception to delivering healthy twins, would-be twin

mom's journey is much more difficult than a singleton pregnancy and requires tremendous amount of social as well as family & peer-support. This book aims to strike a chord with those who are expecting multiple pregnancies.

Twins!

The likelihood of giving birth to twins has shot up from one-in-90 to one-in-40 in recent years, thanks to the escalating use of fertility treatments and the advancing age of first-time mothers. Today, more than 100,000 multiple births take place annually, but despite this astonishing statistic, there hasn't been an authoritative reference that adequately focuses on the unique concerns of the parents until now. *Twins!* gives parents comprehensive information on the physical, medical, emotional, and psychological issues involved in having twins. The first part of the book covers the pregnancy, birth, and postpartum experience, and discusses a broad range of twin-specific information such as the epidemiology of twinning, fetal and embryonic development, nutritional needs, and exercise. The second section covers the first year of life, discussing such topics as telling the twins apart, size and energy differences, and how to cope with the extra work. Additional features include discussions with parents of twins, in which they share their experience on a variety of topics; sidebars filled with fascinating facts; a workbook for recording the pregnancies progress; and several appendices.

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

Raising Twins

Offering practical advice for anxious parents expecting or already caring for twins, this handbook guides readers from the first news of twins' impending arrival and continues through their early childhood.

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

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

Twins

So you've found out the good news. How did you take it? Normally it is a choice of pure joy, pure terror or downright panic. In the event of any or all of these emotions, you will certainly be needing advice. Dads get overlooked, let's face it. It's about time that this changed. And that's why Johnny Pearce decided to write this book. From a dad who's been through it and come out the other side, this is a guide to help dads through the turbulent time of twin pregnancy, birth and those first years. Don't fret, this updated (second edition) book is also for mums who want an easy read with some great nuggets of advice and info. With humour and short sections for men with attention deficits, this book packs concise information and advice for fathers-to-be or panicked fathers-now. Get those nappies ready, get the talc on, apply the lotion and get stuck in, it's a white knuckle ride. "It's great! ... I like the accessible style that makes it readable for both men and women ... I'm betting that if a husband was given this or bought this, it wouldn't be long before their partner nicked it to read themselves ... really impressive" Karen Bleakley, Fareham and Gosport Twin Club

Emotionally Healthy Twins

Most parents try to treat their twins as individuals, but most unwittingly undermine their best intentions because they lack a practical set of guidelines for raising emotionally healthy multiples. Drawing on her unique experience as a twin, the mother of twins, and as a psychotherapist, Dr. Joan A. Friedman outlines the seven key concepts for helping twins develop into self-realized, unique individuals and offers parents specific strategies for each stage in their children's growth. From how to set up the nursery to handling playdates and extracurricular activities, from deciding on same or separate classroom education to encouraging grandparents and other family members to think beyond the pair to see individuals, Emotionally Healthy Twins will become the standard reference for parenting twins.

Twins in the World

In this compelling narrative Piontelli explores the different roles that twins play in societies around the world. In her travels around the world, Piontelli has studied the role of twins, especially throughout Africa, Asia, South America, and the Pacific rim, observing different cultural perspectives and how differing societies treat them.

The Holistic Guide to Twin Pregnancy

When I first started doing research on what to expect with twin pregnancy, everyone and everything said the same scary words over and over. High risk. Preterm labor. Automatic C-Section. Premature babies. Long NICU stays. Being holistically minded, I refused to accept these things as an expected part of my pregnancy. There had to be another way. There had to be a natural approach to twin pregnancy that did not end with me being cut open and my preterm babies whisked away to an incubator for an untold length of time. The Holistic Guide to Twin Pregnancy is an encouraging and positive look at twin pregnancy with an emphasis on a holistic approach to prenatal care. This book explores the science behind twin conception, nutritional information from several leading experts in the field of multiple pregnancies, and resources for birthing options for the expectant twin mother. Other chapters include support to promote wellness both physically and emotionally, as well as information from scientific backed journals regarding twin birth safety, and studies that support full-term gestation of multiples and natural delivery. It is a culmination of all the information I myself needed and sought out after finding out I was pregnant with twins. The twin birth rate is at an all-time high, as is the desire for a return to holistic and natural ways of approaching pregnancy and birth. This book is specifically written for women and their partners who are pregnant with twins and have a desire to take a more natural approach to their pregnancies. It is not often that a twin pregnancy, often inherently deemed high risk, intersects seamlessly with a holistic lifestyle; however, with the right tools and information, I believe it can be done.

Raising 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.

Healthy Sleep Habits, Happy Twins

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.

Breastfeeding Twins

" 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.

The Lone Twin

People are fascinated with twins - intrigued by their closeness with each other. But what happens when twins are separated, especially by death? Twin mortality is high, but it is not uncommon for a lone twin's loss, at any age, to go unmarked. They need extra help and support to take them through the loss of their 'other half.' The loss of a twin can be devastating to the survivor. Working as an Attachment therapist, Joan Woodward uses John Bowlby's theories as her conceptual base for her research. In this book, she suggests that the highly significant attachment that twins make with each other may begin, for many, before birth. She explains their closeness and tragic experience of death and bereavement. The Lone Twin includes parental attitudes to the surviving twin, the surviving twin's guilt, the ability to cope, and the effect of loss in childhood and adulthood. Of particular interest are those who lost their twin at birth. Throughout, the book is illustrated by the words of surviving twins' affecting accounts of their experiences of bereavement. This is an important and rare book for many professionals - counselors, psychotherapists, social workers, psychologists, and teachers - who come into contact with bereaved twins and yet have little understanding of the dynamics of twinship and of twin loss. Written in jargon-free language, the book is also for the twins themselves, their families, partners, and friends. It gives lone twins the chance to have their voices heard, and it gives professionals the opportunity to develop more effective ways of supporting the lone twin. This greatly expanded and revised second edition details the progress that has been made in the ten years since the book was first published, along with the growth of The Lone Twin Network.

The Twins' Little Sister

Twin sisters who already compete for their mother's attention have an especially hard time after their baby sister is born.

The Father's Survival Guide to Raising Twins

This is the first book on the market that is written specifically for fathers of twins by a father of twins. But with one major twist....It is from the male's point of view. Get a load of that, finally a book for fathers of twins written by a father of twins. Most of the books on the market today are written by women and don't have that male point of view that we need to relate to. So if you are ready for some real experiences to draw upon during the pregnancy through the first year then this is the book for you. Find out how to experience and react to unique, challenging adventures. Read the author's first person, humorous accounts, so you'll know what to expect. The book features over 40 unforgettable tips to help you achieve a balance in your life, such as how to deal with your wife's mood swings, to your parents, to how to plan out your sleeping habits and much more!

Everything You Need to Know to Have a Healthy Twin Pregnancy

Twins...triplets...quads...finally! The book that answers all your questions about multiple birth--written by a doctor who is a mother of twins herself Over ten years ago when Dr. Gila Leiter, herself an OB/GYN, was pregnant with twins, the book she desperately needed wasn't available. Now it is: Everything You Need to Know to Have a Healthy Twin Pregnancy. Taking you step-by-step through the processes of pregnancy and birth, Dr. Leiter shares her professional and personal expertise, providing answers to all your questions, plus practical know-how, psychological support, and extensive resources for this most joyous--and overwhelming--experience, whether you're having two babies...or four! Learn: The latest in fertility treatments and reproductive technology, and the probable outcome What to expect, trimester by trimester Concrete suggestions for working through your hopes, fears, and fantasies Who should seek genetic counseling How to avoid preterm labor and premature delivery--and what to do if it's unavoidable Recommended vitamins and minerals--plus do's and don'ts All about medications: what you can take, can't take, must take What you should know if you're going to have a C-section Specific ideas for nurturing yourself and reducing stress The birthing process and what to expect in the delivery room Twelve questions to ask the doctor you're considering choosing for your pediatrician What it's like to bring babies home--and what you'll need to manage your new family And much more

A Dad's Guide to Newborn Twins

Double the trouble, double the love—everything you need to be a super dad to twins Congrats, Dad—you're having twins! So what's next? A Dad's Guide to Newborn Twins is the comprehensive manual to prepare you for this new, exciting stage of your life. From the moment you find out about your new bundles of joy until the end of your first year, this book covers essential (and reassuring) tips and strategies for creating your own caring-for-twins toolkit. Find out how to apply for paternity leave, track milestones, feed two babies at once (very carefully!), calm their crying, and more. A Dad's Guide to Newborn Twins includes: All about twins—Whether it's dealing with potential birth complications or finding ways to sleep with two infants around, get advice that prepares you for the unique challenges of twins. Taking care of mom—Become a super partner as you power-up your knowledge and learn the best things to do at home, at the hospital, and during delivery. Shopping for two—Put your baby registry together in a flash with a convenient cheat sheet, as well as guidelines for choosing the best strollers, car seats, and more. Make sure you're ready to welcome two newborns into the world with some help from A Dad's Guide to Newborn Twins.

Parenting Matters

Decades of research have demonstrated that the parent-child dyad and the environment of the family—which includes all primary caregivers—are at the foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about

parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

Cymbeline

This book provides a comprehensive update on the management of multiple pregnancy, which is becoming more common, and is associated with increased maternal and perinatal mortality and morbidity. Offering a practical guide and a wealth of videos, images and illustrations, the book will help clinicians to feel more confident when caring for women with multiple pregnancy. Its main objectives are: To increase the level of knowledge of healthcare professionals involved in the care of these women; To update their knowledge in keeping with the recommendations of the latest national and international guidelines; and To promote a multidisciplinary approach to the management of women with multiple pregnancy.

Twin and Higher-order Pregnancies

"Mama Natural's Week to Week Guide to Pregnancy is the modern (and yet ancient) approach to pregnancy and childbirth. "Natural" recognizes that pregnancy and birth are normal, and that having a baby is a wondrous biological process and rite of passage--not a medical condition. This book draws upon the latest research showing how beneficial and life-changing natural birth is for both babies and moms. Full of weekly advice and tips for a healthy pregnancy, Grace details vital nutrition to take, natural remedies for common and troublesome symptoms, as well as the appropriate (and inappropriate) use of interventions. Pregnancy, childbirth, health, health and wellness, parenting, family"--

The Mama Natural Week-by-Week Guide to Pregnancy and Childbirth

This indispensable book explores the emotional, financial, and even physical changes the father-to-be may experience during his partners pregnancy. Written in an easy-to-absorb format and filled with sound advice and practical tips for men on such topics as how to make sense of your conflicting emotions, how pregnancy affects your sex life, and how to start a college fund, this volume reassures, commiserates, and informs. It also incorporates the wisdom of top experts in the field, from obstetricians and birth-class instructors to psychologists and sociologists. This new edition features the latest research on many topics, from the reasons for premature birth to nutritional supplements. The finances section has been updated; advice for expectant adoptive fathers has been added throughout; information for fathers expecting twins and other multiples is included; and the resources section and bibliography have been considerably expanded. Illustrated throughout with New Yorker-style cartoons that will make even the most anxious father chuckle, this book is the essential reference for all expectant couples.

The Expectant Father

A heartwarming and clever picture book from debut author-illustrator Mike Ciccotello, who is the father of fraternal Twins. Being a twin is great! Sometimes our friends can't tell us apart. A boy and his twin do everything together—leapfrog and piggyback rides, dancing and disagreeing, and everything in between! Their relationship has its ups and downs, but in the end, it's great knowing there's someone in their world who is just like them. This charming picture book is a sweet and silly celebration of twinhood—whether you look alike or not!

Guinness Book of Records

Approximately one in every thirty children born today is a twin or supertwin—a child of a higher-order multiple birth, such as a triplet or quadruplet. With twins and supertwins an increasingly growing population in preschool classrooms, early childhood professionals have more questions and concerns regarding the best ways to care for and educate preschool-age children of multiple births. Twins and

Supertwins addresses these issues and highlights the best program practices supported by recent research and study findings; includes information on physical, social, emotional, and language development; identifies unique needs of twins and supertwins; and offers guidance to create partnerships with families.

Twins

Children are already learning at birth, and they develop and learn at a rapid pace in their early years. This provides a critical foundation for lifelong progress, and the adults who provide for the care and the education of young children bear a great responsibility for their health, development, and learning. Despite the fact that they share the same objective - to nurture young children and secure their future success - the various practitioners who contribute to the care and the education of children from birth through age 8 are not acknowledged as a workforce unified by the common knowledge and competencies needed to do their jobs well. Transforming the Workforce for Children Birth Through Age 8 explores the science of child development, particularly looking at implications for the professionals who work with children. This report examines the current capacities and practices of the workforce, the settings in which they work, the policies and infrastructure that set qualifications and provide professional learning, and the government agencies and other funders who support and oversee these systems. This book then makes recommendations to improve the quality of professional practice and the practice environment for care and education professionals. These detailed recommendations create a blueprint for action that builds on a unifying foundation of child development and early learning, shared knowledge and competencies for care and education professionals, and principles for effective professional learning. Young children thrive and learn best when they have secure, positive relationships with adults who are knowledgeable about how to support their development and learning and are responsive to their individual progress. Transforming the Workforce for Children Birth Through Age 8 offers guidance on system changes to improve the quality of professional practice, specific actions to improve professional learning systems and workforce development, and research to continue to build the knowledge base in ways that will directly advance and inform future actions. The recommendations of this book provide an opportunity to improve the quality of the care and the education that children receive, and ultimately improve outcomes for children.

Twins and Supertwins

THE NEW YORK TIMES BESTSELLER* THE UNMISSABLE TIKTOK SENSATION* OVER 1.6 MILLION COPIES SOLD WORLDWIDE Grumpy, small-town barber + hopelessly romantic runaway bride = great big bust ups, all the tension and lots of steamy encounters! Escaping her seemingly perfect wedding, Naomi Witt arrives in rough-around-the-edges Knockemout, Virginia, running to the rescue of her estranged twin, Tina. Too bad for Naomi her evil twin hasn't changed at all. After helping herself to Naomi's car and cash, Tina leaves her with something unexpected: the 11-year-old niece she didn't know she had. Now she's stuck in town with no job, no plan, no home and a whole lot of extra responsibility. There's a reason local barber Knox doesn't do complications or high-maintenance women, especially not the romantic ones. But since Naomi's life imploded right in front of him, the least he can do is help her out of her jam. And just as soon as she stops getting into trouble, he can leave her alone and get back to his peaceful, solitary life. At least that's the plan, until their lives begin to entwine in ways they never imagined . . . *New York Times bestseller, 18 weeks from October 2022 - February 2023* *With 78.9 million views on #thingswenevergotover as of April 2023* 'I laughed. I cried. I laughed while I cried, and I definitely blushed' Book Addict

Transforming the Workforce for Children Birth Through Age 8

If you want to know how to raise twins the right way from a real life everyday expert, then get the "How To Parent Twins" guide. This guide is written by a real life parent James Lowery who has authentic experience in raising his twins. His lessons can help you become a better parent to your twins starting today. Having twins might seem to be daunting, but it need not be. Raising two young children is one of the most rewarding and exciting things in life. Of course, raising twins is more difficult than having one child, you need to become an expert on child psychology, a world class planner, and be prepared to miss out on a lot of sleep, but as you watch your babies grow into children and develop unique personalities of their own, you will experience constant joy and every day will be different. This guide is all about taking a practical approach to parenting twins. It helps you to plan your days around your children and get more from your time than you thought possible. The purpose of the guide is not to be

an exhaustive guide to parenting – every child is different, and with twins you will need to be incredibly adaptable. Instead it is written in order to give you an idea of what to expect, and to give you practical tips on some of the most common issues that parents of twins face in their day to day lives. Whether you already have twins or expecting them, you will find plenty of advice and useful tips to help you plan your days to get the most out of them so that you can spend as much time as possible helping your children to develop while also creating space for yourself to enjoy some peace and quiet. - When you read this guide, you will find out how to: - How to handle the news that you're having twins - Everything you need ahead of the arrival of your twins - The best type of pram for getting your twins around - How to plan your daily routine - The best way of getting your twins prepared for bed - What to look for in a baby sitter for twins - Making time for yourself when you need a break - Expert tips for bathing twins safely and easily - The secret to planning an evening routine - The simple way to have an evening away from your twins About The Expert James Lowery is the father of non identical boy-girl twins who were born in 2009. He describes having twins as the most important and exciting part of his life, and spends as much time as possible with them. Like many new parents, James and his wife were initially worried about how they would be able to parent two babies at the same time, but they soon found that with careful attention, planning, the support of friends and family, and by sticking to routine, he and his wife were able to enjoy their new arrivals. James is involved in a number of local parenting groups that help new parents of twins and multiple births get help and advice that they need in the early stages of their experience. When he's not working as a digital marketing consultant or concentrating on being a dad to his 3 children, James likes to get out into the great outdoors in order to find peace and quiet away from city life by trail running, hiking in the English Lake District, and cycling. He has also competed in a number of triathlons in order to raise money for the UK Diabetes association and Age Concern.

Things We Never Got Over

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 - how to cope with everyday practicalities: shopping, bathtime, 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.

How To Parent Twins

This text provides a comprehensive, up-to-date review of chimerism. The first part of the volume presents the causes of chimerism, specifically focusing on fertilization and early embryonic errors, pregnancy and multiple gestations, and transplantation and transfusion. The second part of the volume outlines clinical identification and consequences of chimerism. Chapters in this section focus on the effects of chimerism on testing in relationship determination and forensics, prenatal genetic testing and screening, and blood and HLA typing. This part also reviews new data concerning matching donors and recipients for transplantation, while outlining the risks of transplantation, such as graft-vs-host disease and passenger lymphocyte syndrome. Additionally, evidence on the role of chimerism in autoimmune disease and cancer is presented. Written by experts in the field, Chimerism: A Clinical Guide is a valuable resource for clinicians and researchers that will help guide patient management and stimulate investigative efforts.

A Contented House with Twins

The classic pregnancy guide from Dr. Barbara Luke and Tamara Eberlein, newly revised and expanded, When You're Expecting Twins, Triplets, or Quads is the revolutionary, nutritionally based prenatal program for the growing number of women pregnant with multiples. These proven guidelines for a healthy multiple pregnancy include updated diet and exercise recommendations for the postpartum mother and twenty-five new recipes.

Chimerism

A twenty-nine-year-old mother's harrowing and inspiring adventure through a high-risk twin pregnancy. One minute Crystal was sitting at a candlelight dinner in Paris with her husband. The next she was back home in Houston, sitting in her OB-GYN's office concerned that she was having a second miscarriage. But she was actually pregnant with twins! Since Crystal and her husband Ed already had a two-year-old daughter, Abigail, she couldn't imagine why mothering twins would be all that different. That is until she learns her twins have a life-threatening condition called Twin-to-Twin Transfusion Syndrome, meaning Baby B is transfusing blood (disproportionately) to Baby A. Crystal is declared too high risk, so her OB sends her to the 5th floor of the Houston Medical Center for the duration of her pregnancy. Sitting alone in her hospital bed, Crystal wonders how she'll pass the next few weeks, away from her husband and daughter. Soon she embarks on an emotional rollercoaster—from late night emergency ultrasounds to hospital baby blessings, sprinkled with comic relief from nurses and hospital staff. *Twin to Twin* is a raw and inspirational story filled with tenderness, vulnerability, and humor. It chronicles the wildest, most terrifying and challenging year of Crystal's life, which is also the most beautiful and eye-opening. Her hope is that it will bring strength to other women dealing with their own personal trials and tragedies, so they can also triumph. Praise for *Twin to Twin* "An "orphan" disease, expectant mothers with *Twin to Twin* (and their support systems) should adopt . . . *Twin to Twin*. An intimate account, told with flagging and unflagging optimism, Duffy's story ensures that others need not ride alone through this rollercoaster experience." —Suzy Becker, author of *One Good Egg* "Duffy's wit and self-deprecating humor helped her survive the realities and (sometimes devastating) physical and emotional truths of her high-stakes twin pregnancy. *Twin to Twin* is engaging, compelling, and yes, entertaining read." —Susan Krawitz, author of *Viva Rose*

When You're Expecting Twins, Triplets, or Quads

Twin to Twin