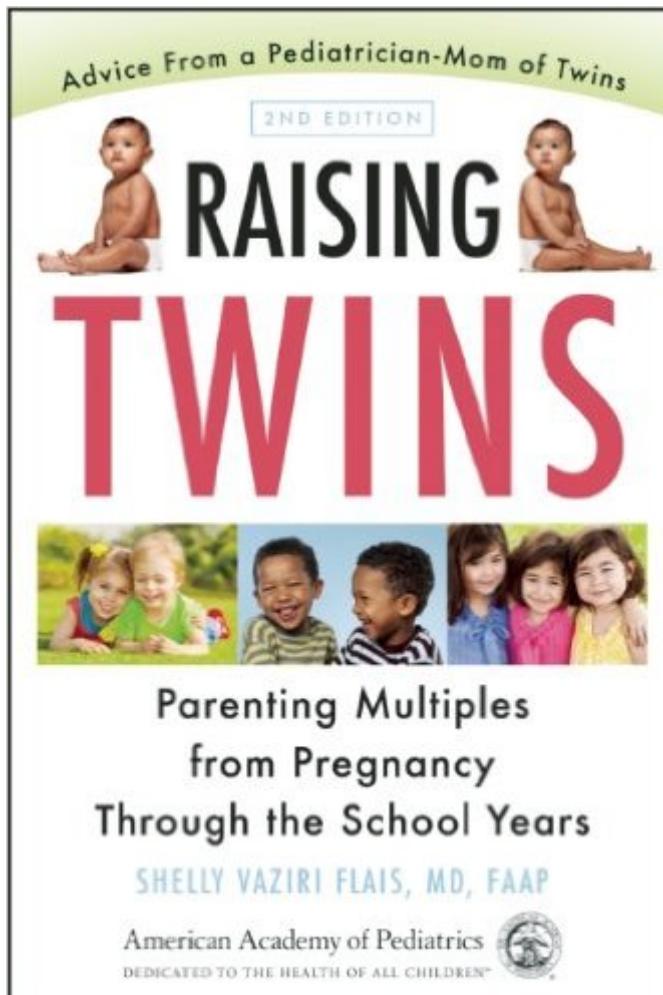


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# Raising Twins: Parenting Multiples From Pregnancy Through The School Years



## Synopsis

Even with years working as a pediatrician, Shelly Vaziri Flais, MD, FAAP, was nervous about what lay ahead when she was told she was pregnant with twins. Now, several years into parenting her twin boys, Dr Flais is sharing her wisdom and experience as a mom and her expertise as a doctor to help other parents prepare for and raise multiples with confidence. With insightful stories from her own experiences coupled with important information only a pediatrician can offer, *Raising Twins* will help parents:

- Prepare for the arrival of their twins
- Survive the first few days and weeks with advice on sleep schedules, feeding choices, and finding support
- Develop strategies to help successfully manage (and enjoy!) the first year of their twins' lives
- Negotiate the toddler years, including potty training, language development, big-kid beds, budgets, and discipline
- Understand the world of their twins as they become preschoolers, including socialization inside and outside the family, encouraging individualism, discipline and sleep issues

This second edition includes more additional information on parenting other multiples as well as chapters on new challenges multiples face once they reach school age.

## Book Information

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## Customer Reviews

I bought this book and had hopes of finding some great advice and comfort. Instead it just frustrated me more and made me more anxious about having twins. It provides a lot of useless advice about hiring a night nurse or having someone else share in the nighttime feedings. What about a single nursing mom? Or any mom that plans on nursing her twins? Its critical to establish breast feeding within the first month of a child's life so is the author suggesting using a bottle? The book does

mention formula a lot. I wanted more details on how to survive the first few months and nurse. Not bottle feed. If your looking for a book that provides details on raising twins then this book is not for you. Rather it provides a general overview.

This was an easy to read book with many good practical tips. I think the fact that the author has twins and is a pediatrician lends credence to what she writes. I think that this book is geared more towards first time parents in general. We already had a 4 yr old when our twins arrived. Much of the material, in my opinion, is valid for one child or twins. Thus, if you have a child/children or have read other books on the subject, I wouldn't necessarily recommend this book.

A must read! Excellent Resource for family's of multiples!! Practical and safe advice from a doctor who has the hands on knowledge of being a mom of twins too!! Hands down the best book! Easy read too!!

I bought this book for my daughter who is expecting twins. I wound up also reading it. It is a very practical guide for virtually everything you might wonder about in the process of having and taking care of two infants. I haven't had a baby in a very long time but I wish I had had some of the information and strategies given in this book when I had single infants. I was impressed by the guide for helping the babies sleep through the night, for example.

This book helped us so much in the early months of raising our twin boys and it continues to help us through each stage of their development. It is written by a pediatrician so you can feel safe knowing the information is accurate and research based. Dr. Flais also has twins of her own so you get real life advice as well. The book is easy to read and quickly find what you're looking for. One of my favorite parts of the book are the "Twin Tales" sections with real advice from other twin parents. It makes you feel like you're not alone and also gives insight to how other parents if multiples make it all work. Another extremely helpful part is the "Twin Tips" sections throughout the book. If you are short on time (and what twin parent isn't?), you can read these sections to get an overview of a topic and come back later to read more in depth. I would highly recommend this book to anyone currently raising or expecting multiples!

My favorite book about twins. Very practical, useful and to the point. I've applied many of the tips and advice and it has helped me a lot to raise my twins. I strongly recommend it!

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