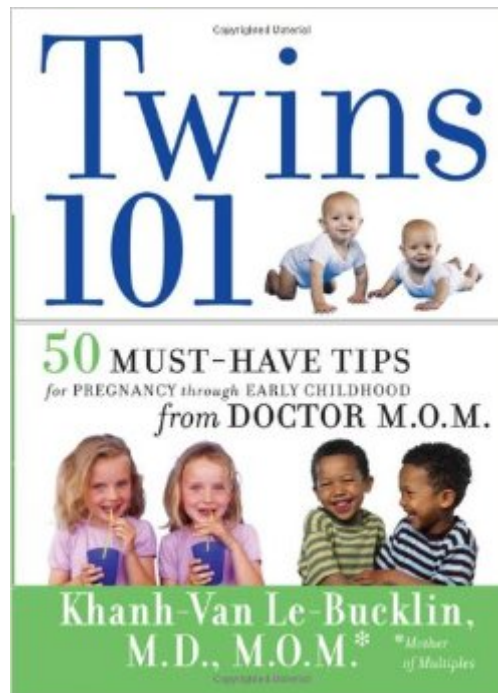


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# Twins 101: 50 Must-Have Tips For Pregnancy Through Early Childhood From Doctor M.O.M.



## Synopsis

"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 Sektish, 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, *Twins 101* guides families through each stage with insightful tips, practical advice, useful resources, and inspirational stories.

## Book Information

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## Customer Reviews

*Twins 101* is both informative and practical. Dr. Le-Bucklin's approach to understanding twins from conception, through delivery and into infancy is simple and easy to understand. I wish this book was around when I was pregnant with my twins. By the time I discovered *Twins 101*, my twins were 2, and even then, I still learned new and useful information. *Twins 101* is everything an expecting parent of twins needs to know. Dr. Le-Bucklin is a mom of twins, as well as a pediatrician. It comforts me in knowing she has been through it and understands it on a medical level, as well as someone who has personally experienced the joys of twins.

I'm a homeschooling Mama of 4 children and am expecting identical twin girls just after Christmas or New Year's 2010. When my husband and I found that we were expecting twins, the first thing we did was try to find as much information about twins and multiple pregnancy as we could. I've purchased 2 other books about twins, and I must say Dr. Khanh-Van Le-Bucklin's book is THE BEST!! The information she presents is straightforward and easy to read and understand. She touches on the most important topics and has wonderful little "tips" and fun facts throughout the book. The fact that Dr. Khanh-Van Le-Bucklin is a mother of identical twins herself (not to mention a pediatrician!) made me 100% comfortable and enthusiastic to read the book. There are special considerations for identical twins such as TTTS, and the author included lots of information on this topic as well as valuable resources. The thing that really struck a chord with me was the genuine warmth and caring that you feel coming from "Dr. M.O.M.". You really get a sense that you're listening to a friend who really cares and who wants the best for you and your babies! Some of the other books I've read lacked this key element completely and actually left me with feelings of fear and insecurity about having these babies! The encouragement yet honesty Dr. Khanh-Van Le-Bucklin delivers in *Twins 101* was such an encouragement! I'll have this book on hand for years to come and will happily recommend it to anyone expecting twins!

*Twins 101*, by a pediatrician and mother of twins, is an odd book, sometimes drawing on her experiences and other times on research. This makes it hard to tell which tips are based on universal experiences and which are mere anecdotes from Dr. Le-Bucklin's own life. There's a lot of useful stuff in here, such as shopping lists and health advice but other times the tips are trivial. One recommends dressing twins alike to increase a mother's 'bragging rights'. Another recommends buying a ball for the twins to play with. There's a section with advice on videoing the birth, an idea I find utterly distasteful. I got some good nuggets from this book but generally found it a lot less useful than *Raising Twins: From Pregnancy to Preschool* by Dr. Shelly Vaziri Flais. Unlike *Twins 101*, *Raising Twins* focuses on general advice of use to all families and shies away from presenting individual anecdotes as data.

I originally bought this book when it first was published and agreed with many of the other positive reviews, but did not have a chance to post my own review until now. I have recently had a chance re-read this book and still find that "*Twins 101*" is a great resource for expectant mothers of multiple. Dr. Le-Bucklin brings together medical expertise and personal experiences in a concise,

easy to read and understand format. This book is well organized and can be used as a reference. I find the tips and factoids outlined throughout the book very useful and easy to refer back to, as the tips/factoids are appropriately placed in the chapter topics. Also, the size of this book makes it easy to transport anywhere and is perfect for reading lying down (such as if you wanted to read in bed or are required to be on bed rest). This book also makes a great gift! Highly recommended!

Purchased this for my son & daughter-in-law who are expecting identical twin boys. This book is a good reference book that is easy to read with good info. It takes some of the scary out of the unknown.

My daughter is having twins in April. I bought this book for me to more fully understand the responsibilities, difficulties, and the JOYS of having twins. I found it very helpful - I counted my blessings many times things have gone well with our twins. The author discusses the realities of premature birth, breastfeeding, and all kinds of problems that can arise. Very good book.

What's nice about this book is it's broken down into 50 separate tips that you can easily search and read quick and come back to. You don't necessarily have to read the book in order; you can flip through and come back to sections. It's also a small book that fits in my purse so I can carry it around for a quick read when needed.

Excellent book! This is a must-have reference for any parent with multiples (twins, triplets, etc). Dr. Le-Bucklin has provided insight that allows parents to understand the sometimes overwhelming neonatal intensive care unit experience. This book is extremely well written!

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