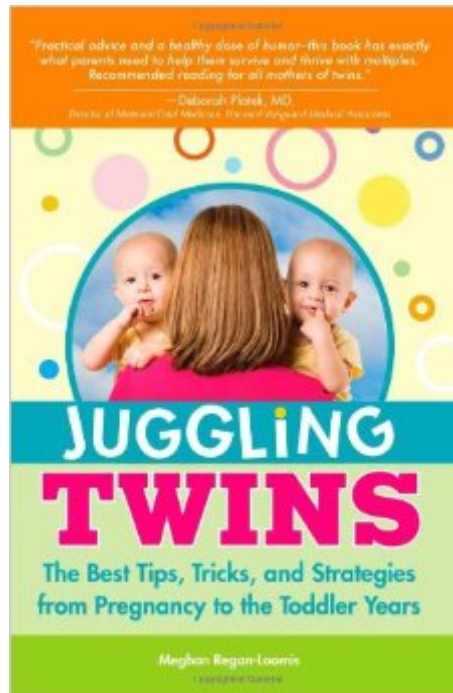


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# Juggling Twins: The Best Tips, Tricks, And Strategies From Pregnancy To The Toddler Years



## Synopsis

"Practical advice and a healthy dose of humor";this book has exactly what parents need to help them survive and thrive with multiples. Recommended reading for all mothers of twins."

Deborah Platek, MD, Director of Maternal Fetal Medicine, Harvard Vanguard Medical Associates

The best twin-tested tips used by real moms The stresses that come with raising two babies are numerous - but they are predictable and manageable. From a mom who's been there, *Juggling Twins* is a funny, realistic, and reassuring guide for every new mom of twins who may be asking herself, "Can I really pull this off?" From pregnancy to health issues, to eating, sleeping, bathing, and leaving the house, *Juggling Twins* is packed with the detailed, authoritative information that parents of multiples crave. Author and mother of twin boys Meghan Regan-Loomis offers an indispensable toolkit of solutions and techniques, designed to create order out of the chaos and help you catch your breath during this daunting and exhilarating time. You'll learn how to: Nurse two babies at the same time, comfortably and efficiently Get exactly the help you need from family and friends in those first few weeks Safely transport two babies at once when it's just you and them Survive the nights by breaking them into shifts (that include you sleeping) Stockpile the right food and supplies in advance of their arrival Maintain your identity and your marriage through the madness Get prepared, stay calm, and count your blessings (two!)";raising twins can be a wonderful, intense challenge that draws on the best in you.

## Book Information

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## Customer Reviews

At 32 weeks pregnant with twins i purchased this book. After focusing my entire time in just making it to 30 weeks in my pregnancy, it was time to be prepared for the actual babies! This book started out scaring the crap out of me! I NEED a night/day nurse? Its that bad??? OMG! I can't do this on my own? My poor husband had to listen to me freak out. I didn't WANT a night/day nurse. I wanted to do this on my own besides the obvious first week my mother in law comes and helps! Than the book goes into a few great tips about feed timing and schedules. But soon the book was COMPLETELY USELESS TO ME. Listen, i don't mind asking my friends and family for a bit of help here in there. And most of them are waiting to be asked or are going to ask me over and over again. But the things she suggests is down right rude. I would never ask any of my friends and family for such things. For goodness sake they threw me an amazing baby shower and i got some amazing gifts! Thats good enough for any type of financial support from them! Most of the book was filled with how to get things out of your friends and family and its just sad. If my family comes over and wants to do help. They will. I do NOT need to ask them. if they want to bring food to me they will. Thats the thing i hated most about this book. If you are blessed enough to have people in your life that love you. Than they will help you where they can. Not where you think they owe you. Please buy another book.UPDATE AFTER ONE MONTH WITH MY BABIES: I will first state that my twins were NOT easy babies. They weren't terribly difficult at first either. They slept a lot. They ate a lot. They cried. I came home from the hospital the next day after my c section.

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