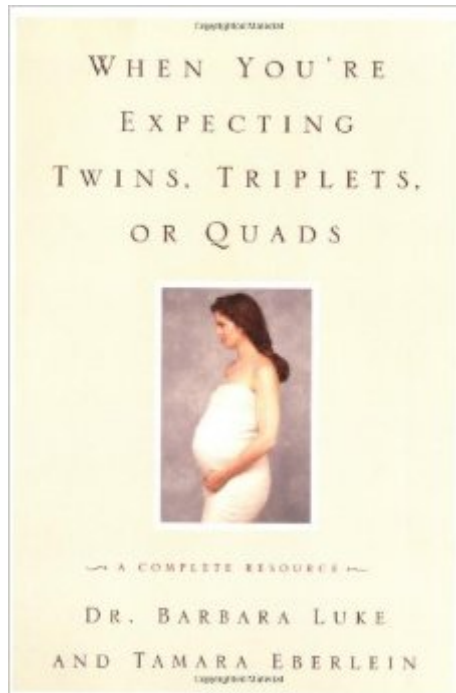


The book was found

When You're Expecting Twins, Triplets, Or Quads: A Complete Resource (Harperresource Books)



Synopsis

You're expecting more than one baby? Congratulations! Like all mothers-to-be, you're experiencing the full spectrum of human emotions: joy, fear, confusion, and excitement; maybe all at once. As a woman pregnant with more than one baby, you're feeling all these things...only more so! In *When You're Expecting Twins, Triplets, or Quads*, Dr. Barbara Luke, a renowned expert on the prenatal care of multiples, outlines a practical, nutrition-based program to keep you and your babies healthy and offers a comprehensive tour of what you can expect during your unique pregnancy and childbirth experience. Women who follow this program experience significantly fewer complications during pregnancy -- and their babies are born weighing 20 to 35 percent more than the average twin, triplet, or quad! Included is crucial information on: finding a qualified maternal/fetal medicine specialist dietary guidelines for maximizing birth weight safe limits on exercise and physical activity taking a leave from work and negotiating your best deal reducing your risk for pregnancy complications recognizing signs of preterm labor and what to do about Effective, encouraging, and up-to-date, *When You're Expecting Twins, Triplets, or Quads* is essential for you and your babies.

Book Information

Series: HarperResource Books

Paperback: 320 pages

Publisher: Perennial; 1st edition (June 1999)

Language: English

ISBN-10: 0060957239

ISBN-13: 978-0060957230

Product Dimensions: 0.8 x 5.5 x 8.2 inches

Shipping Weight: 11.2 ounces

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (477 customer reviews)

Best Sellers Rank: #1,589,543 in Books (See Top 100 in Books) #77 in [Books > Parenting & Relationships > Family Relationships > Twins & Multiples](#) #2388 in [Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth](#) #16749 in [Books > Parenting & Relationships > Parenting](#)

Customer Reviews

I thought this book was the single most useful book I read during my twin pregnancy. I have not found such a clear, concise and well-organized source of information on such topics as how much weight is necessary and healthy for an expectant MOM (mother of multiples) to gain, what a NICU

is, who works there and what they do, premature babies and the problems they might have, EXACTLY what to expect if you have a surgical delivery, and most importantly, the special precautions that expectant MOMs should take throughout their pregnancies. Reading this book helped me take the best possible care of my unborn babies and myself, not to mention making the most of my prenatal appointments, by educating me in detail on topics that other twin books only brushed across. When complications occurred I was prepared for them, I knew what was going on, and so I didn't panic. I did develop some potentially serious problems, gestational diabetes for me and IUGR for one of my sons (and no, I didn't develop diabetes from eating junk food; I have a family history of Type II diabetes). Despite these difficulties, I carried my identical twin sons to 37 weeks, and they weighed 5 pounds 5 ounces and 7 pounds 3 ounces at birth. My doctor later told me that overall, I had one of the healthiest twin pregnancies she had ever seen-normal blood pressure, no anemia, very few preterm contractions, no bed rest, and two healthy babies who were discharged to go home with me. I think the crash course in high-risk obstetrics that I got from reading this book is one of the chief reasons why. I have read two major criticisms of this book from fellow reviewers. The first is that the tone is unnecessarily frightening. The second criticism was that the book offers advice on diet that is not, shall we say, orthodox.

[Download to continue reading...](#)

When You're Expecting Twins, Triplets, or Quads: A Complete Resource (Harperresource Books)
When You're Expecting Twins, Triplets, or Quads 3rd Edition: Proven Guidelines for a Healthy Multiple Pregnancy
When You're Expecting Twins, Triplets, or Quads: Proven Guidelines for a Healthy Multiple Pregnancy
When You're Expecting Twins, Triplets, or Quads, Revised Edition
When You're Expecting Twins, Triplets, or Quads, Revised Edition: Proven Guidelines for a Healthy Multiple Pregnancy
Everything You Need to Know to Have a Healthy Twin Pregnancy: From Pregnancy Through Labor and Delivery . . . A Doctor's Step-by-Step Guide for Parents for Twins, Triplets, Quads, and More!
Magical Multiple Moments: Parents of Multiples Share Stories and Advice on Raising Happy, Healthy Twins, Triplets, Quads, and More!
Expecting Twins, Triplets, and More: A Doctor's Guide to a Healthy and Happy Multiple Pregnancy
The Everything Twins, Triplets, and More Book: From pregnancy to delivery and beyond--all you need to enjoy your multiples
The Everything Twins, Triplets, and More Book: From pregnancy to delivery and beyond--all you need to enjoy your multiples (Everything's®)
The Everything Twins, Triplets, And More Book: From Seeing The First Sonogram To Coordinating Nap Times And Feedings -- All You Need To Enjoy Your Multiples (Everything's®)
The Everything Twins, Triplets, And More Book: From Seeing The First Sonogram To Coordinating Nap Times And Feedings -- All You Need To Enjoy Your Multiples

The Everything Twins, Triplets, And More Book: From Seeing The First Sonogram To Coordinating Nap Times And Feedings -- All You Need To Enjoy Your Multiples (Everything (Parenting)) My Twin Pregnancy Week by Week: The Ultimate Planner for Moms Expecting Twins The Multiples Manual: Preparing and Caring for Twins or Triplets The Baby Bump: Twins and Triplets Edition: 100s of Secrets for Those 9 Long Months with Multiples on Board The Multiple Pregnancy Sourcebook: Pregnancy and the First Days with Twins, Triplets, and More Your Pregnancy Quick Guide: Twins, Triplets and More Freelance Writing (Harperresource Book) Raising Twins After the First Year: Everything You Need to Know About Bringing Up Twins - from Toddlers to Preteens

[Dmca](#)