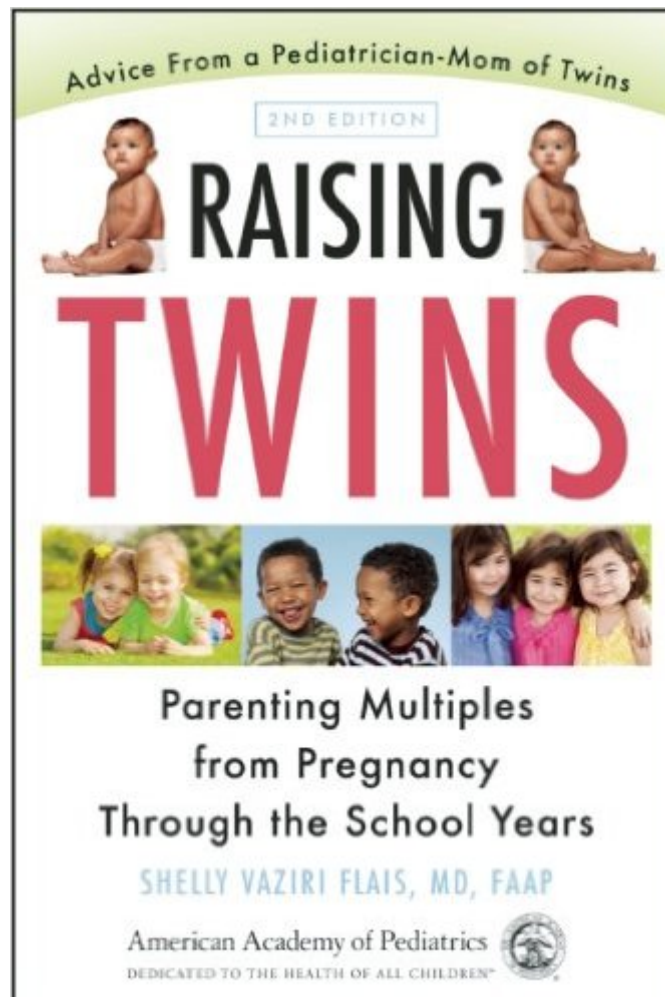


The book was found

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

Paperback: 250 pages

Publisher: American Academy of Pediatrics; Second Edition edition (October 14, 2014)

Language: English

ISBN-10: 1581108656

ISBN-13: 978-1581108651

Product Dimensions: 0.5 x 6 x 9 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (11 customer reviews)

Best Sellers Rank: #114,519 in Books (See Top 100 in Books) [#7 in Books > Parenting & Relationships > Family Relationships > Twins & Multiples](#) [#2091 in Books > Parenting & Relationships > Parenting](#)

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!

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

Raising Twins: Parenting Multiples from Pregnancy Through the School Years PARENTING: Single Parenting For Moms: A Guide in Raising Your Family and Being a Successful Mom (Parenting, Single Parent, Single Mother, Parenting Boys, Parenting Girls, Raising kids, Healthy child) The Art of Parenting Twins: The Unique Joys and Challenges of Raising Twins and Other Multiples Double Duty: The Parents' Guide to Raising Twins, from Pregnancy through the School Years (2nd Edition) Parenting School-Age Twins and Multiples Twinspiration: Real-Life Advice From Pregnancy Through the First Year (for Parents of Twins and Multiples) Pregnancy: The BEST Pregnancy Handbook For First Time Moms And Dads: Pregnancy, Motherhood, Childbirth, Pregnant, Healthy Kids, Healthy Children, parenting, toddlers ... diet, Breastfeeding, Newborn, Infant Care) Parenting: SINGLE PARENTS' BOOK: HOW TO BE THE BEST MOM AND DAD AT THE SAME TIME! 11 RULES ON HOW TO RAISE GREAT KIDS ALONE (Single, Parenting, Parenting Toddlers, Single Parenting) Parenting For Single Mothers: Being A Good Mom And Raising Great Kids (Single Parent, Single Mom, Parenting Boys, Parenting Girls) Positive Parenting: How to talk to your kids so they listen... Your guide to everything you need to know about positive parenting and raising children to ... Positive Discipline, Parenting Books) 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 (Parenting)) Magical Multiple Moments: Parents of Multiples Share Stories and Advice on Raising Happy, Healthy Twins, Triplets, Quads, and More! 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! Twin Sense: A Sanity-Saving Guide to Raising Twins -- From Pregnancy Through the First Year Dad's Guide to Twins: How to Survive the Twin Pregnancy and Prepare for Your Twins Dad's Guide to Raising Twins: How to Thrive as a Father of Twins Raising Twins: What Parents Want to Know (and What Twins Want to Tell Them) Raising Twins After the First Year: Everything You Need to Know About Bringing Up Twins - from Toddlers to Preteens

[Dmca](#)