

# The Mommy MD Guide

to

More than  
200 tips!



## Twins, Triplets, and More

Tips that *re* doctors who are also  
mothers of multiples use to raise  
their own twins, triplets, and more

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and Heather Karpinsky

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The Mommy MD Guide to Twins, Triplets and More: More than 200 tips that  
12 doctors who are also mothers of multiples use to raise their own twins,  
triplets & more



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The Mommy MD Guideline to Twins, Triplets, and More is filled with a lot more than 200 tips that 12 doctors who are also mothers of multiples use for their own families. It provides wit and wisdom on pregnancy and birth, feeding, diapering and dressing, sleeping, likely to work and school, coping with health problems, traveling, and fostering multiples' Welcome to the Mommy MD Guides! The book also features the following types of sidebars: When to Call Your Doctor sidebars offer crucial information about when to seek medical help Mommy MD Guides - Recommended Product sidebars feature items that Mommy MD Manuals found invaluable in assisting them with their own kids MomMy Time sidebars suggest methods for moms to relax, de-tension and love lifestyle! Each chapter opens with a special section featuring information regarding that one issue. Fast Facts: These are exciting stats and facts about multiples The Mommy MD Guidebook to Twins, Triplets, and More is the seventh publication in the favorite Mommy MD Guides series. unique personalities.



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