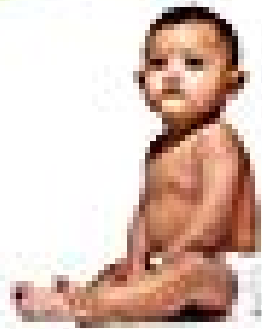


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Advice From a Pediatrician-Mom of Twins

2ND EDITION



RAISING



TWINS



Parenting Multiples
From Pregnancy
Through the School Years

SHELLY VAZIRI FLAIS, MD, FAAP

American Academy of Pediatrics

DEDICATED TO THE CARE OF ALL CHILDREN[®]



Shelly Vaziri Flais

Raising Twins: Parenting Multiples from Pregnancy Through the School Years



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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. With insightful tales from her own experiences coupled with important info just a pediatrician can provide, *Raising Twins* can help parents: Plan the arrival of their twinsSurvive the 1st couple of days and weeks with tips on rest schedules, feeding options, and finding supportDevelop ways of help successfully manage (and enjoy! Now, many years into parenting her twin boys, Dr Flais is posting her wisdom and knowledge as a mom and her expertise as a doctor to help other parents plan and raise multiples with confidence. livesNegotiate the toddler years, including potty training, vocabulary development, big-child beds, budgets, and disciplineUnderstand the globe of their twins as they become preschoolers, including socialization inside and outside the family members, encouraging individualism, self-discipline and sleep issues This second edition includes more additional information on parenting various other multiples and also chapters on new difficulties multiples face after they reach school age.) the first season of their twins'



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This content gave me the kind of information I was looking for. I wanted more emotional support of the differences of raising twins from singletons. That need to constantly become near your sibling but also to push apart and individuate is complicated and I'd love a resource that explores it over one that tells me common sense items about handling their schedule and their hygiene. There wasn't much info on carrying a child with twins. A lot of the material, in my opinion, is valid for one child or twins. I understand how exactly to organize my day time and bathe them when I could. This was an easy to read book with many good practical tips. This was an easy to learn book with many good practical tips. What about a single nursing mom? . We already acquired a 4 yr previous when our twins arrived. I have yet to locate a twins publication that knows how to address and support the various emotional experience of parenting twins and being a person in a twin set as a baby. Therefore, in case you have a child/kids or have read other books about them, I wouldn't necessarily recommend this publication. I think that resource is geared more towards first time parents in general... found this book to become a very practical and reference so far. Pregnant with twins and also have found this book to become a very practical and useful resource so far. I like the "inside info" via someone who is usually both a pediatrician and a mother or father of twins! I strongly suggest it! Very practical, useful and to the point. I've applied many of the advice and it offers helped me a lot to raise my twins. The best book about twins. The best book about twins. amazing book for parents of twins, especially since author is normally a mom of twins in addition to a pediatrician. Great book for parents of twins, especially since author is a mother of twins in addition to a pediatrician. Helpful, practical information to looking after infant twins. I bought this publication for my daughter who is expecting twins. I wound up also reading it. It is a very useful guide for virtually everything you might wonder about in the process of having and taking care of two infants. I haven't got a baby in an exceedingly very long time but I desire I had had some of the details and strategies given in this resource when I had one infants. The book does mention formulation a lot. Or any mom that programs on nursing her twins? But I don't know how to keep doing that in the face of constant emotional problems and pure exhaustion of trying to wake every day ready to outsmart the problems and joys of two infants. It just jumped correct in on how it will be once they're here. ... bought this book and had hopes of finding some great advice and comfort. I bought this book and had expectations of finding some very nice advice and comfort and ease. It's critical to establish breasts feeding within the 1st month of a child's life so is the author suggesting using a bottle? It provides a whole lot of useless advice about hiring a night time nurse or having another person share in the nighttime feedings. I think the reality that the writer has twins and is usually a pediatrician lends credence to what she writes. Disappointing. Didn't tell me anything I didn't know. Instead it just frustrated me even more and made me even more anxious about having twins. I was impressed by the information for helping the infants sleep through the night, for example. I wanted more information on how best to survive the 1st few months and nurse. Not really bottle feed. If you're looking for a resource that provides details on raising twins after that this book is not for you. Rather it offers a general overview. Concise, with excellent tips and medical information for parents of multiples. I must say I enjoyed this publication! Concise, with excellent ideas and medical information. That need to constantly be near your sibling but also to push aside and individuate is difficult and I'd love a book that e If you're looking for suggestions on logistics, it has you covered.



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