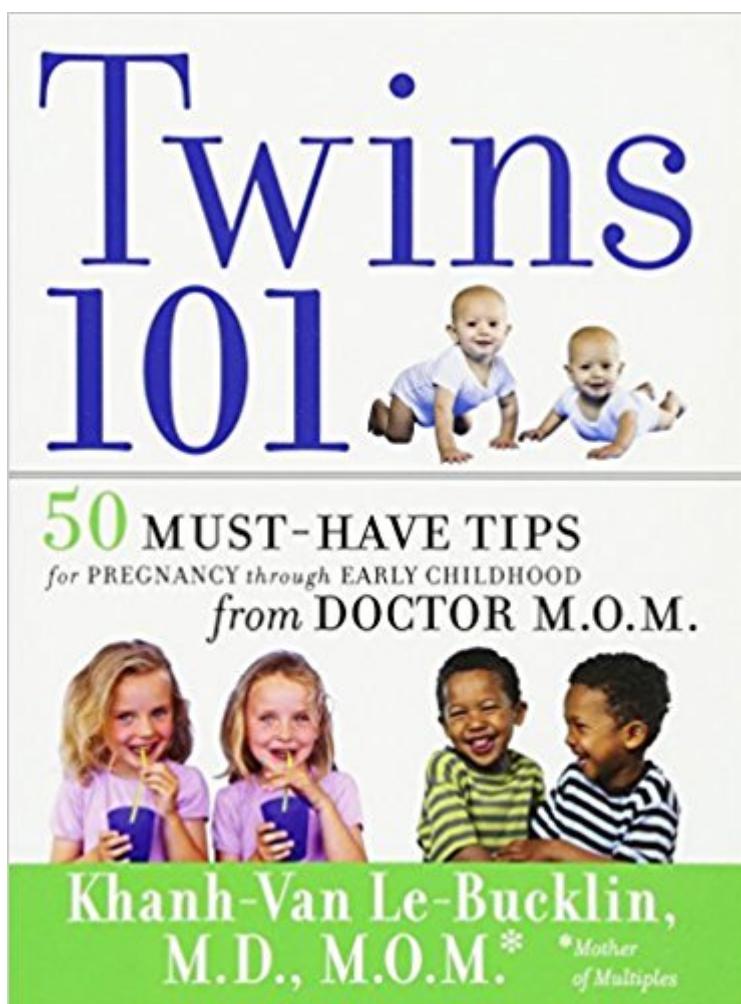


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# Twins 101: 50 Must-Have Tips For Pregnancy Through Early Childhood From Doctor M.O.M.



## Synopsis

"A must-read for expectant or multitasking mothers of multiples by an academic pediatrician and mother of twins, Twins 101 provides practical tips and wise words in a readable style that fits into the fast pace of these mothers' lives." •Theodore Sectish, MD, associate professor of pediatrics, Harvard Medical School; program director, Children's Hospital Boston Dr. Le-Bucklin's new parenting book is the first by a pediatrician who is also a mother of twins. No other pregnancy and parenting book for multiples offers this unique and much-needed perspective. Twins 101 features practical advice and well-researched information in an easy-to-read format. From maintaining a healthy twin pregnancy to meeting the daily challenge of caring for twins, Twin 101 guides families through each stage with insightful tips, practical advice, useful resources, and inspirational stories.

## Book Information

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## Customer Reviews

"When I found out I was having twins, I searched for books that would be able to give me research AND experiential based information, and there was nothing out there until Twins 101. This book is exactly what I was looking for • clear, informative ideas and tips that are based on the latest research and practice. As a professional in the field of child development and psychology for over 15 years, I plan on using it frequently with the parents of multiples I meet in my practice as well as personally with my twin girls." •Eileen Andrade Kitching, MS, CCLS, child life director, University of California, Irvine; mother of twins "Dr. Le-Bucklin's unique and humane

perspective makes her the perfect author of this much needed resource. Twins 101 is filled with practical advice and insights which will be welcome reading for all parents expecting or raising twins." •Henry Lee, MD, neonatologist, Stanford University "This book contains high-yield, easy-to-read tips making it convenient for busy, on-the-go parents of multiples. Dr. Le-Bucklin demystifies the NICU and familiarizes readers with medical jargon that can be overwhelming to new parents. Nobody could have been better qualified to write this book than Dr. Le-Bucklin as a pediatrician and an amazing M.O.M." •Henry J. Legere III, MD, pediatrician, Brigham and Women's Hospital, Boston; author, *Raising Healthy Eaters: 100 Tips for Parents* "This is a fantastic reference for any parent who has twins or multiples. This book provides exceptional insight for parents of twins that can relieve stress and anxiety in a fast-paced life." •Eric D. Schultz, D.O., M.P.H., pediatrician, Duke University Medical Center

Praise for Twins 101 "A must-read for expectant or multitasking mothers of multiples by an academic pediatrician and mother of twins, Twins 101 provides practical tips and wise words in a readable style that fits into the fast pace of these mothers' lives." •Theodore Sectish, M.D., associate professor of pediatrics, Harvard Medical School; program director, Children's Hospital Boston "Dr. Le-Bucklin gives life-saving information on subjects such as TTTS in a factual, yet compassionate way, leaving readers empowered and relaxed, as if they had just spoken to their best friend." •The Twin to Twin Transfusion Syndrome Foundation "Twins 101 is a fun, inspiring, anxiety- and stress-relieving guide filled to the brim with utterly practical tips. Dr. Le-Bucklin's warmth and wisdom shine in a fabulous nuts-and-bolts handbook you will treasure." •Alan Greene, M.D., clinical professor of pediatrics, Stanford University; author, *Raising Baby Green*

My daughter is having twins in April. I bought this book for me to more fully understand the responsibilities, difficulties, and the JOYS of having twins. I found it very helpful - I counted my blessings many times things have gone well with our twins. The author discusses the realities of premature birth, breastfeeding, and all kinds of problems that can arise. Very good book.

Very helpful for parents of twins, especially since author is a mom of twins herself as well as a pediatrician

Very easy read and has some good tips.

Twins 101, by a pediatrician and mother of twins, is an odd book, sometimes drawing on her experiences and other times on research. This makes it hard to tell which tips are based on universal experiences and which are mere anecdotes from Dr. Le-Bucklin's own life. There's a lot of useful stuff in here, such as shopping lists and health advice but other times the tips are trivial. One recommends dressing twins alike in increase a mother's 'bragging rights'. Another recommends buying a ball for the twins to play with. There's a section with advice on videoing the birth, an idea I find utterly distasteful. I got some good nuggets from this book but generally found it a lot less useful than *Raising Twins: From Pregnancy to Preschool* by Dr. Shelly Vaziri Flais. Unlike Twins 101, *Raising Twins* focuses on general advice of use to all families and shys away from presenting individual anecdotes as data.

Didn't find it helpful at all...

Great book. Full of helpful tips and ideas for moms expecting twins and parents of twins. Not a sit down and read book....more like a 5 minutes here and there read. Which is great with kids!

This book was so resourceful. Worth the time and money invested. I love the fact that the book had so many tips sprinkled throughout. Great read.

Lots of good info for twins

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