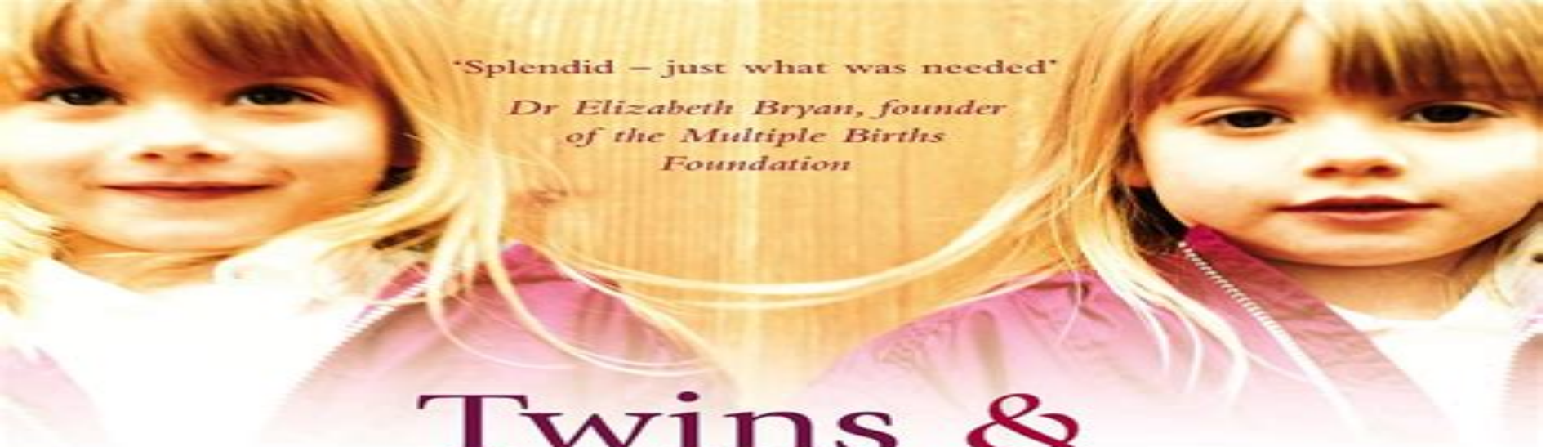




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Twins & Multiple Births

THE ESSENTIAL PARENTING GUIDE
FROM PREGNANCY TO ADULTHOOD

Dr Carol Cooper



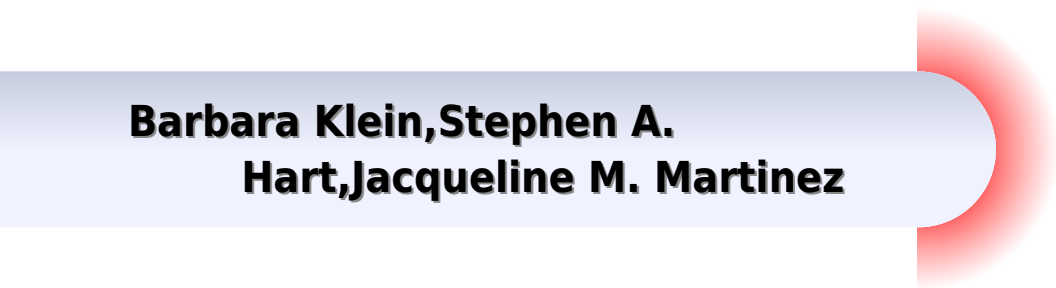
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TWINS & MULTIPLE BIRTHS ASSOCIATION

Twins Multiple Births The Essential Parenting Guide From Pregnancy To Adulthood

**Barbara Klein, Stephen A.
Hart, Jacqueline M. Martinez**



Twins Multiple Births The Essential Parenting Guide From Pregnancy To Adulthood:

Twins & Multiple Births Carol Cooper, 2011-05-31 Updated in 2013 with the latest statistics and guidelines this inspiring and enlightening parenting guide is for all parents of twins or more It s written by a practising GP and mother of twins who seamlessly combines her medical know how with first hand experience of having more than one baby at once With statistics on multiple births and useful resources as well as information on topics such as fertility treatment advances in prenatal medicine and surgery feeding schooling and looking after sick twins this book offers first hand professional practical and emotional advice to help parents cope with the development and rearing of twins from conception to adulthood Particular emphasis is placed on the relationship between twins as individuals as they grow up their relationship with others both inside and outside the family and sibling rivalry Also incorporating standard information on pregnancy birth what to expect and how the process differs from single births this is an essential enlightening and often amusing guide for every parent of twins

Twins, Triplets, and More Elizabeth M. Bryan, 1998-12-15 Twins and higher multiple births bring parents unique joys and unique challenges Dr Elizabeth Bryan founder of the Multiple Births Foundation addresses everything the parents of multiple births need to know from conception to adulthood For example The real difference among fraternal identical and half identical siblings Naming resisting the John and Jane urge Twin languages and their effect on speech development Treating multiples equally without homogenizing them How to ask for and manage help all parents of multiples need it Separation and independence getting the right mix The increased use of fertility drugs combined with the trend toward later motherhood has made multiple births more common than ever In frank but reassuring language Dr Bryan guides parents through the inimitable journey of parenting twins triplets and more

Twins William Viney, 2021-05-05 Human twins have many meanings and different histories They have been seen as gods and monsters signs of danger death and sexual deviance They are taken as objects of wonder and violent repression the subjects of scientific experiment Now millions are born through fertility technologies Their history is often buried in philosophies and medical theories religious and scientific practices and countless stories of devotion and tragedy In this history of superstitions and marvels fantasies and experiments William Viney himself a twin shows how the use and abuse of twins has helped to shape the world in which we live This book has been written not just for twins but for anyone interested in their historical global and political impact

Blooming Birth: How to get the pregnancy and birth you want Lucy Atkins, Julia Guderian, 2014-04-24 The busy woman s guide to taking control of pregnancy and birth *Exploring Twins* E. Stewart, 2016-01-19 Exploring Twins presents an analysis of twinship considered as a specifically social phenomenon Drawing upon a wide range of interdisciplinary historical and cross cultural data Dr Stewart argues that in both traditional and modern societies twinship represents a recurrent anomaly which calls into question the assumptions around which different types of society are organized Part One identifies and analyses the fascinating range of cultural and disciplinary approaches to the interpretation of twinship while

Part Two considers the possibilities for a distinctively social analysis of twinship **Twins 101** Khanh-Van

Le-Bucklin,2008-10-27 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 **3 On The Way** Mónica Vírchez Figueroa,2022-05-17 Being a mother of multiples and preemies is a great adventure which is unknown to many It involves a lot of attention commitment dedication and time to take care of your health at the same time as raising your newborn babies Be moved by the experiences of a mother who delivered her triplets prematurely in a foreign country with the help of the NIDCAP method in the Neonatal Intensive Care Unit It is not intended as an advice guide but it does tell the story of several years of experience for her her husband and their three babies Are you afraid of finding out that you will have a multiple pregnancy Do you know what it means to have babies born prematurely Can you imagine what life will be like for you and your babies in the Neonatal Intensive Care Unit Do you have any idea how exhausted you will feel during the first year Have you heard about the consequences of burnout and chronic fatigue In this book you will also find answers to your questions about what a high risk pregnancy and an emergency caesarean section can be like as well as different concerns such as premature birth and neonatal care psychological support networks and the monitoring of babies so that they can grow up in the best possible way As parents we are often faced with major changes in our lives and a myriad of different and contradictory emotions and feelings manifest themselves due to the big event Find out more Necessary care for the mother during a high risk pregnancy and in the postpartum The optimal neonatal care needed for premature babies and the help of the NIDCAP method Some complications and miracles that can occur in these fragile and sensitive babies Tips on how to be an active mother in the NICU The importance of follow up in premature babies Important topics such as chronic fatigue burnout and sleep deprivation as well as resilience and positive mental attitude You will value your new conscious motherhood through direct contact with your baby New Understandings of Twin Relationships Barbara Klein,Stephen A. Hart,Jacqueline M. Martinez,2020-12-23 New Understandings of Twin Relationships takes an experience based approach to exploring how twin attachment and estrangement are critical to understanding the push and pull of closely entwined personal relationships Based on the research expertise of each of the authors all identical twins in their own right and vignettes from twins across the globe this book describes the inner workings of the twin world showing how the twin world creates experiences that are often more

intense and intricately textured than those in the singleton world Chapters debunk myths surrounding twinship and analyze the developmental stages of the twin relationship as well as the effect of being a twin on one's mental health from different perspectives The authors articulate how attachment separation anxiety loneliness estrangement and the subjective experience of the twin and non twin other impact behavior thinking and feeling Through its careful study of the many psychological challenges that twins face throughout their lifetime this text will help psychologists scholars clinicians and twins themselves attain a deeper understanding of all interpersonal relationships

Pregnancy and Childbirth Suzanne Yates, 2010-02-22 Pregnancy and childbirth brings together for the first time western and eastern approaches providing a sound amalgamation of theoretical and practical information for bodywork practitioners world wide It describes in detail the application of massage and shiatsu from early pregnancy including work during labour and for the first year postnatally for the mother This is a useful source of information for massage therapists shiatsu practitioners osteopaths physical therapists chiropractors reflexologists aromatherapists acupuncturists yoga and Pilates instructors For Students and practitioners to use as a learning manual and reference tool the text provides Clarity of information Full text referencing Clear diagrams photographs and summary boxes Clinical accuracy reviewed by and with contributions from international specialists including midwives obstetricians osteopaths chiropractors acupuncturists aromatherapists and massage therapists

Twin and Triplet Psychology Audrey Sandbank, 2003-09-02 Information on the special needs and natures of twins and multiples is often difficult for professionals to obtain Twin and Triplet Psychology fills this gap helping professionals to be better equipped to offer advice to parents and twins alike Examining the psychology of twinship throughout the lifespan the book includes chapters on twins in utero temperament development and inter twin behaviour before and after birth antenatal and postnatal influences on family relationships twins with special needs the death of a twin twins in secondary school and adolescence

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