



Library

The Art of Parenting Twins: The Unique Joys and Challenges of Raising Twins and Other Multiples

Patricia Malmstrom, 1999 Paperback
Janet Poland

"CONGRATULATIONS--YOU'RE EXPECTING TWINS!" Remember when you first heard the news? After regaining the power of speech, you allowed the joy and anxious anticipation to settle in. Though family and friends simply suggest buying two of everything, parents of twins (triplets, quadruplets, right on up) need more than multiple strollers. For along with equipment, they need more facts, more advice, more patience, more support. Now help is here with The Art of Parenting Twins.

Whether you have just discovered you're expecting two (or more) babies, are about to give birth, are struggling through those incredible first weeks, or are engaged in the whirlwind of child-rearing, here are the answers and resources you've been looking for. Written by the president and founder of Twin Services, Inc., this complete up-to-date guide will give you the skills you need. The Art of Parenting Twins covers such vital issues as:

- Bonding with more than one baby
- Breast-feeding techniques
- Coping with multiples
- Managing sibling rivalry
- Helping your children achieve independent identities
- Understanding the special twin relationship
- Financing your children's future

And much more--including the latest research on special health concerns, mental and physical development of twins, and social behavior.

The Baby Book: Everything You Need to Know About Your Baby from Birth to Age Two

William Sears, et al 1993 Paperback

The Baby Book presents a practical, contemporary approach to parenting that reflects the way we live today. The Seares acknowledge that there is no one way to parent a baby, and they offer the basic guidance and inspiration you need to develop the parenting style that best suits you and your child.

The Baby Guide: The book that pays for itself

I'm Expecting, The 1998 Paperback
Baby Resource Company

- The Baby Guide will help you make your important decisions in nine months or less!
- Shop smart with baby product reviews and a special section to keep your shopping notes
 - Learn about important health issues including nutrition, exercise, labor pain relief, and cesarean birth
 - Laugh and cry with uplifting first person stories which give you real life experiences
 - Find out the latest info on the 90's nursery, child care, breastfeeding and cord blood banking

Baby: An Owner's Manual

Steve Tague, Julie Long

2003

Paperback

Congratulations on becoming a BABY owner! Your new acquisition, with proper care and maintenance, should provide you with many years of enjoyment. This manual is a complete guide to the care and operation of your new unit. Instructions for models XX-G, "Baby Girl" and XY-B, "Baby Boy" are included herein, with specific instructions for handling, filling, storing, transporting, cleaning, and troubleshooting. To keep your unit in proper working order, please follow all instructions carefully.

Warning: The publishers of this manual are not responsible for any damage unit causes to owner's home, property, or mental health. Please allow up to nine months for delivery.

The Breastfeeding Book: Everything You Need to Know About Nursing Your Child from Birth Through Weaning

Martha Sears, RN, William Sears, MD

2000

Paperback

How would you like to give your baby a gift that could raise his IQ by 10 points; cut medical bills; make your baby's eyes, heart, intestines, and nearly every other organ work better; reduce the risk of life-shortening, debilitating diseases, such as diabetes; and help your baby avoid many of the common complaints of infancy, such as ear infections, tummy upsets, even diaper rash? What's the magic gift that can do all these things? Your milk!... Breastfeeding will make it easier to care for your baby, and it will make it easier for you to know and understand your baby. It will affect the way you listen to your child, the way you communicate, the way you respond for many years to come....In the early days of learning to breastfeed, there may be times when you feel like tossing in the nursing bra and reaching for a bottle. You may be tempted to believe those advisers who suggest that formula feeding is easier, or just as good. Or, you may worry that you're "not the type" of mother who succeeds at breastfeeding. Yet, when you remember how breastfeeding benefits your baby, your family, and yourself, you will find the determination you need to overcome any obstacles and master the womanly art of breastfeeding. From America's foremost baby and childcare experts--the new breastfeeding bible for nursing mothers. In recent years there has been a tremendous resurgence of interest in breastfeeding as American women have discovered its unparalleled benefits to both mother and child. Yet first-time mothers often lack the support and the knowledge they need to breastfeed successfully. And books on breastfeeding frequently fail to address the practical challenges that confront many women (especially women who work outside the home) when they choose to breastfeed. For today's nursing mothers, The Breastfeeding Book is a godsend--with comprehensive, reassuring, authoritative information on:

- how to get started, with illustrated tips for getting your baby latched on properly
- increasing your milk supply
- making nurturing more comfortable
- breastfeeding in absentia
- pumps and the new technology associated with breastfeeding
- making sure your nursing baby gets the proper nutrition
- breast milk vs. formula
- breastfeeding and fertility
- nutrition and fitness while breastfeeding
- nighttime breastfeeding
- the father's role in breastfeeding
- and much more

Taking a realistic, contemporary approach, the Seares bring an age-old practice completely up to date. Their encyclopedic guide to the art and science of breastfeeding enables all women to experience and enjoy one of nature's most rewarding relationships.

Chicken Soup for the Woman's Soul

Jack Canfield, et al.

1996

Paperback

...women such as Oprah Winfrey and Kathy Lee Gifford provide stories that cover issues such as living personal dreams, overcoming obstacles, marriage, motherhood, aging, and self-esteem that affect women of all ages.

The Complete Book of Breastfeeding: Totally Revised Marvin S. Eiger, et al 1987 Paperback

The classic guide to breastfeeding, now updated for another generation of mothers

This totally revised edition of *The Complete Book of Breastfeeding* provides everything you need to know to make nursing your baby a deeply rewarding experience. Dr. Marvin Eiger, a nationally known pediatrician and breastfeeding authority, and Sally Wendkos Olds, an award-winning medical writer who nursed her own three children, provide the latest information on:

The new breastfeeding guidelines issued by the American Academy of Pediatrics

Proven new health benefits of breastfeeding--for mother and baby:

- What to do before the baby arrives
- Sexuality during the nursing period
- Breastfeeding and the working mother
- Expressing and pumping milk--a complete step-by-step guide
- How to build a support system including your husband, family, friends, and other nursing mothers--and when to seek help from a lactation expert

--PLUS--

Expert advice on positioning the baby, night feedings, drugs to avoid while nursing, nutrition, weaning, exercise, weight loss, a special section for dad, and much more

Everything You Need to Know to Have a Healthy Twin Pregnancy Gila Leiter, Rachel Kranz 2000 Paperback

Twins...triplets...quads...finally! The book that answers all your questions about multiple birth--written by a doctor who is a mother of twins herself.

Over ten years ago when Dr. Gila Leiter, herself an OB/GYN, was pregnant with twins, the book she desperately needed wasn't available. Now it is: *Everything You Need to Know to Have a Healthy Twin Pregnancy*. Taking you step-by-step through the processes of pregnancy and birth, Dr. Leiter shares her professional and personal expertise, providing answers to all your questions, plus practical know-how, psychological support, and extensive resources for this most joyous--and overwhelming--experience, whether you're having two babies...or four! Learn:

- The latest in fertility treatments and reproductive technology, and the probable outcome
- What to expect, trimester by trimester
- Concrete suggestions for working through your hopes, fears, and fantasies
- Who should seek genetic counseling
- How to avoid preterm labor and premature delivery--and what to do if it's unavoidable
- Recommended vitamins and minerals--plus do's and don'ts
- All about medications: what you can take, can't take, must take
- What you should know if you're going to have a C-section
- Specific ideas for nurturing yourself and reducing stress
- The birthing process and what to expect in the delivery room
- Twelve questions to ask the doctor you're considering choosing for your pediatrician
- What it's like to bring babies home--and what you'll need to manage your new family
- And much more

Games Babies Play: From Birth to 12 Months Vicki Lansky 1993 Paperback

Games Babies Play is a collection of activities that keep pace with baby's changing abilities. Each section includes developmental information, fun routines, songs, and rhymes.

The Girlfriends' Guide to Pregnancy Vicki Iovine 1995 Paperback

Beginning with the "10 Greatest Lies About Pregnancy" (number 10: Lamaze works), and ending with postpartum dementia, Vicki Iovine's Girlfriends' Guide to Pregnancy has fast become the laywoman's mouthpiece for the American pregnancy experience. Iovine is irreverent, sassy, and incredibly reassuring as she exposes the "truths" of pregnancy and childbirth, from sex to cellulite to cesareans. Iovine birthed four kids in six years, none of them twins, which certainly qualifies her as an expert. The Girlfriends' Guide to Pregnancy does reveal Iovine's particular cultural biases (pregnant or not, most of us don't have record-producer husbands, hang out with supermodels, or wear size-four pants) and philosophical beliefs (she's not a particularly strong proponent of natural childbirth or nursing), but, taken with a grain or two of salt, she provides many hilarious moments, acres of advice, and honest reassurance readers will find nowhere else.

-Amazon.com, Ericka Lutz

The Girlfriends' Guide to Surviving the First Year of Motherhood Vicki Iovine 1997 Paperback

Just had a baby? Lie down, rest your weary womb, and muster up a rousing cheer! (Shh! Don't wake the baby!) Now, from the author of The Girlfriend's Guide to Pregnancy, comes the book all new moms have been waiting for, whether they know it or not. Vicki Iovine talks turkey ... and stitches, and weight loss, and depression, and sex (trying it for the first time after labor and delivery? "Inebriate and Lubricate"). Vicki--yeah, I know I'm calling her by her first name but after reading this book you'll be on a first-name basis with her, too--is funny, informative, and utterly (udderly?) irreverent. New mothers have never had it so good.

-Amazon.com

Having Twins: A Parent's Guide to Pregnancy, Birth and Early Childhood Elizabeth Noble 1991 Paperback

This complete guide to multiple pregnancy is now fully revised and brought up to date with a decade's advances in research, in understanding the psychology of parents and twins, and in the author's expertise in guiding expectant and new parents through all aspects of having twins. More women than ever are having twins, and this book is ever more needed. And because every multiple pregnancy is by definition a special-needs pregnancy, the parents should have all the knowledge available to promote a successful outcome. Of particular interest in the revised edition are new chapters on prenatal psychology, prevention and treatment of premature delivery, twin bonding, and the experience of loss. The best and latest in prenatal care is stressed, with special attention to the importance of nutrition and physical preparation.

Healthy Sleep Habits, Happy Child: Third Edition Marc Weissbluth, MD 2003 Paperback

One of the country's leading researchers updates his revolutionary approach to solving--and preventing--your children's sleep problems

Here Dr. Marc Weissbluth, a distinguished pediatrician and father of four, offers his groundbreaking program to ensure the best sleep for your child. In Healthy Sleep Habits, Happy Child, he explains with authority and reassurance his step-by-step regime for instituting beneficial habits within the framework of your child's natural sleep cycles. This valuable sourcebook contains brand new research that:

- Pinpoints the way daytime sleep differs from night sleep and why both are important to your child
- Helps you cope with and stop the crybaby syndrome, nightmares, bedwetting, and more
- Analyzes ways to get your baby to fall asleep according to his internal clock--naturally
- Reveals the common mistakes parents make to get their children to sleep--including the inclination to rock and feed
- Explores the different sleep cycle needs for different temperaments--from quiet babies to hyperactive toddlers
- Emphasizes the significance of a nap schedule

Rest is vital to your child's health growth and development. Healthy Sleep Habits, Happy Child outlines proven strategies that ensure good, healthy sleep for every age. Advises parents dealing with teenagers and their unique sleep problems.

Natural Fertility and Pregnancy Anne Charlish 2004 Paperback

A perfect blend of medical facts and natural wisdom to take you from conception and pregnancy through to the birth and your baby's first few weeks. Covers diet, lifestyle, all the medical approaches, tests, and procedures. Many illustrations.

On Becoming Baby Wise: The Classic Sleep Reference Guide Used by Over 1,000,000 Parents Worldwide L Revised Gary Ezzo, Robert Bucknam 2001 Paperback

Scientists can put a man on the moon, but they can not answer the most basic question of early parenting: how to have a happy and contented baby who sleeps continually through the night like the rest of the family and a mother who is not in a perpetual state of exhaustion. Now, moms and dads need look no further than On Becoming Babywise.

Babywise is an exciting infant management plan that successfully and naturally helps infants synchronize their feeding, waketime and nighttime sleep cycles. Find out what over a million grateful parents worldwide have already learned. Discover the positive prescription for curing sleepless nights and fussy babies.

Recommended by doctors across the country.

Parenting on Your Own Lynda Hunter 1997 Paperback

In this comprehensive, how-to book for single parents, Focus on the Family's Single-Parent Family magazine editor Dr. Lynda Hunter offers practical, positive information on emotions, yourself, your kids, life skills, and financial management.

The Parent's Guide to Raising Twins: From Pre-Birth To First School Days-The Essential Book For All Those Expecting Two Or More Elizabeth Friedrich, Cherry Rowland 1984 Paperback

For anyone expecting twins-and for those already raising them-The Parents' Guide to Raising Twins is a practical and comprehensive resource. Cherry Rowland and Elizabeth Friedrich, both mothers of twins, have tapped into a wealth of guidelines and advice from doctors and nurses, as well as the personal experiences of thirty-five other parents of twins and triplets.

They map out the special problems and pleasures of:

- Being pregnant with twins: how to obtain an accurate diagnosis; prenatal care; complications to watch for
- Managing the early months: how to adjust to sleeping patterns; breast-feeding for two or more; the question of dressing twins
- Treating young twins as individuals: how to cope with the competitiveness (and closeness) between twins, and common misconceptions about "twinness."

The authors list clubs and organizations specially devoted to issues of rearing twins. With their help, no parent will feel alone in caring for more than one baby at a time.

Pregnancy Bedrest: A Guide for the Pregnant Woman and Her Family Susan H. Johnston, Deborah A. Kraut 1990 Paperback

Written by two women who experienced extended bedrest during their own pregnancies, this guide covers possible problems encountered in an unexpected high-risk pregnancy. This disruption of a "normal pregnancy" affects the entire family, and simple tasks suddenly seem huge hurdles. The authors cover setting up the bedroom, running the household, personal grooming, and just getting through each long day. While they strive for completeness, much of their advice is almost too specific. For example, in coping with unexpected disability leave, they matter-of-factly state, "your doctor must fill out your company's official leave slip The employee benefits specialist will mail this leave slip to you (with a set of medical claim forms)," and so on. Certainly not every reader's work situation will parallel this particular routine. However, there is useful information here for a very specific audience.

-Debra Berlanstein, Towson State Univ., Baltimore
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Pregnancy, Birth and Family Planning: The Definitive Work Alan F Guttmacher, MD 1986 Paperback

Original edition, 1937, with updates in 1947, 1950, 1956, 1962, 1965, and 1973, The author died in 1974 with instructions to update. Book was fully revised and updated in this edition.

Raising Twins: What Parents Want to Know (And What Twins Want to Tell Them) Eileen M. Pearlman, Jill Alison Ganon 2000 Paperback

Raising Twins guides you through the physical, emotional, and cognitive developmental differences and challenges specific to twins. Straightforward and reassuring, this book addresses the key issues that impact twins from babyhood all the way through adolescence:

- Sharing and comparisons
- Competition and rivalry
- The "secret language" of twins
- The good twin/bad twin myth
- Teen-specific issues like dating and applying for college
- And much more including lively, candid discussions with twins and their parent

Ready or Not... Here We Come! The Real Experts' Cannot-Live-Without Guide to the First Year with Twins Elizabeth Lyons 2003 Paperback

Uncertain where to start, how to coordinate endless double feedings, or how to control the whirlwind? Don't worry -Elizabeth Lyons and her "multiples sorority" will get you through.

In her first humor-filled, solution-packed, tell-it-like-it-is guide to raising twins, Elizabeth Lyons highlights the experiences and strategies of a group of friends who met in a multiples birthing class, and survived their pregnancies and first year with twins together.

Topics include:

- Preparing the Lair: Mandatory Gear for Babies AND Mom
- Getting Organized: The Key to Success
- Getting Those Babies on a Schedule - Preferably the Same One!
- Out and About with Twins: Methods of Appearing As Though You've Got It (and Them) Under Control

Lyons provides the all-important feeling of camaraderie that will keep expectant and new parents of twins smiling, remaining optimistic, and remembering how much they are blessed through it all.

Relieve Your Child's Chronic Pain : A Doctor's Program for Easing Headaches, Abdominal Pain, Fibromyalgia, Juvenile Rheumatoid Arthritis, and More Elliot J Krane, MD, Deborah Mitchell 2005 Paperback

Stanford Univ., CA. Consumer health text imparts information to parents on where to find care for their child's chronic pain. Differentiates child chronic pain from an adult's, offers therapy options, discusses the impact of stress on the hurting child and family, provides answers to a parents questions, includes patient success stories.

Secrets of the Baby Whisperer: How to Calm, Connect, and Communicate with Your Baby Tracy Hogg, Melinda Blau 2001 Paperback

When Tracy Hogg's *Secrets of the Baby Whisperer* was first published, it soared onto bestseller lists across the country. Parents everywhere became "whisperers" to their newborns, amazed that they could actually communicate with their baby within weeks of their child's birth. Tracy gave parents what for some amounted to a miracle: the ability to understand their baby's every coo and cry so that they could tell immediately if the baby was hungry, tired, in real distress, or just in need of a little TLC. Tracy also dispelled the insidious myth that parents must go sleepless for the first year of a baby's life - because a happy baby sleeps through the night. Now you too can benefit from Tracy's more than twenty years' experience. In this groundbreaking book, she shares simple, accessible programs in which you will learn:

- E.A.S.Y.- how to get baby to eat, play, and sleep on a schedule that will make every member of the household's life easier and happier.
- S.L.O.W.- how to interpret what your baby is trying to tell you (so you don't try to feed him when he really wants a nap).
- How to identify which type of baby yours is: Angel, Textbook, Touchy, Spirited, or Grumpy-and then learn the best way to interact with that type.
- Tracy's Three Day Magic-how to change any and all bad habits (yours and the baby's) in just three days.

At the heart of Tracy's simple but profound message: treat the baby as you would like to be treated yourself. Reassuring, down-to-earth, and often flying in the face of conventional wisdom, *Secrets of the Baby Whisperer* promises parents not only a healthier, happier baby but a more relaxed and happy household as well.

Should I Call the Doctor?: A Comprehensive Guide to Understanding Your Child's Illnesses and Injuries Christine A. Nelson, MD, Susan C Pescar 1986 Paperback

This is an in-depth reference book aimed at helping parents make sound judgments about their children's health. It covers virtually any medical emergency. A valuable opening section gives directions on when to call the paramedics, go to the emergency room, call the doctor immediately, or just make an appointment. Although the information is sound and the coverage very complete, the awkward arrangement of illnesses into large chapters with titles such as "Recognizing and Managing Serious or Potentially Serious Illness" is rather confusing. The table of contents is very detailed, but the lack of an index contributes to the difficulty of finding information quickly, particularly in an emergency. This is a well-written book, but the arrangement and lack of indexing detract from its overall usefulness.

-Debra Berlanstein, Towson State Univ. Lib., Baltimore
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Sign With Your Baby: How to Communicate With Infants Before They Can Speak Joseph Garci 2005 Paperback

This book teaches hearing parents how to use simple sign language gestures to communicate with their hearing infants before their infants can speak. Joseph Garcia uses anecdotes, practical guidelines and humor to explain the benefits and method for taking advantage of this unique form of early communication. He will help you recognize when your child is receptive to learning. He recommends which signs to teach first and shares ideas for games that can be fun and useful when introducing new signs. The book is also a useful reference with 145 clearly illustrated signs, enabling you to choose and teach the signs that will be most beneficial to you and your child. Includes quick reference guide.

Solve Your Child's Sleep Problems Richard Ferber 1985 Paperback

Addresses the common problems of children from one to six, this title includes cases as common as crying to sleepwalking and apnea. Includes a bibliography for additional reading.

The Strong-Willed Child: Birth Through Adolescence James Dobson 1978 Paperback

Dr Dobson's invaluable advice has reached more than one million families, helping parents effectively discipline headstrong children without breaking their spirit.

Twins to Quints: The Complete Manual for Parents of Multiple Birth Children

Rebecca Moskwiniski, 2002 Paperback MD

"(...) this book covers EVERYTHING FOR EVERYBODY! It will take you from pregnancy through the college years and beyond, and has information for the stay-at-home parent as well as the working parent, for those dealing with special needs to those coping with multiple loss. The information/advice is sensible because it is based upon the experiences of mothers of multiple birth children who belong to the National Organization of Mothers of Twins Clubs. This group definitely knows what parenting twins, triplets, quads and more is all about! The highlighted quotes included in the book show that this is a book written about real-life situations, with real-life solutions."

-A Reader

Twins: From Conception to Five Years

Averil Clegg, Anne 1983 Paperback Woollett

From prenatal care through age five, here is the most helpful, loving, and accessible book on twins.

Everyone adores twins, but only their parents fully comprehend just how joyous -- and how demanding -- having twins can be. With two babies to love, to feed, to care for, and to raise, there is twice the excitement and also twice the work. Having twins is a unique challenge and *Twins: From Conception to Five Years* provides all the help parents of twins need to rise to that challenge with the most love and the least stress.

Parents of twins must deal with practical arrangements and emotional issues that parents of singly born children never face. *Twins* comprehensively addresses these special issues in a way that standard child-care books do not. Based on years of study, personal experience, and hundreds of interviews, *Twins* provides a wealth of great advice, essential information, and useful photos and illustrations on all aspects of twin-care.

Here are answers to your questions about:

- Establishing a workable daily routine
- The mechanics of breast-and bottle-feeding infant twins
- Coping with parental exhaustion
- Whether or not to dress twins alike
- Special issues for fathers of twins
- How to encourage separate identities
- Twins at school
- Twins and siblings

Twins has everything you need to know about the pleasures, the trials, the wonders, and the work of raising your twins!

What to Expect the First Year

Arlene Eisenberg, et 1989 Paperback al.

From the authors of the 9.6-million-copy bestselling *What to Expect When You're Expecting*, here is *What to Expect the First Year* (over 5.6 million copies in print), the most comprehensive guide available on the next phase of parenting-newborn care.

Written with the same reassuring, lively authority as *What to Expect When You're Expecting*, the book is organized for ease of reference, leading nervous parents from month to month, check-up to check-up, even feeding to feeding. The chapters on each month address basic expectations of behavior and growth, as well as special concerns and decisions-from finding the perfect pediatrician to getting baby on a sleep-through-the-night schedule to choosing toys, shoes, and diapers. Equally important are the emotional issues a new baby raises for every member of the family-these are covered thoughtfully and thoroughly.

Additional chapters cover special subjects such as first aid, traveling with a baby, premature babies, adopted babies, and much more. Winner of the 1994 Parenting "Hall of Fame" Award from *Child* magazine's Child's Best Parenting Book Award. Selection of the Book-of-the-Month Club and Better Homes & Gardens Family Book Service.

What to Expect the Toddler Years

Arlene Eisenberg, et al. 1996 Paperback

Since the extended family no longer lives nearby, new parents often turn to books for advice on child care. These two new sources, although different in format and scope, provide useful information to parents with young children. The first volume of The Disney Encyclopedia of Baby and Child Care covers development from birth through age six, describing milestones and explaining care techniques. Boxes highlight important information. There are also sections on basic first aid and the common symptoms of childhood diseases. Volume 2 is an alphabetically arranged encyclopedia of child health and illness issues, with short entries on conditions and behaviors (e.g., aggression, toeing in, worms). A referral list of relevant organizations is included. The authors are pediatricians who provide current, high-quality information, but the material provided is at a ready-reference level. Readers seeking depth will need other sources, and this set lacks a bibliography. The authors of the successful "What To Expect" series offer a volume on the second and third years of life. This book contains 900 pages of useful information divided into four sections. Like the Disney set, the first part concerns development, milestones, pediatric checkups, and parental concerns, but the authors add valuable material on what parents should know and what they should teach toddlers. Part 2 on health and safety covers general care, nutrition, home safety, first aid, toilet training, and caring for children with special needs. Part 3 offers important information on the toddler in the family, including issues such as sibling rivalry, parenting techniques, working parents, child care, adoption, divorce, and death - topics not discussed in the Disney work. Part 4 is a ready-reference source offering activity suggestions, recipes, home remedies, the symptoms and treatment of common illnesses, and forms for charting growth, health history, and memorable moments. This is an outstanding source written by and for parents. Easy to use, affordable, and reassuring, it encourages parents to enjoy their children. More illustrations and first aid information and a bibliography would have been useful, but What To Expect: The Toddler Years belongs in all parenting collections.
-Barbara M. Bibel, Oakland P.L., Cal.
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What to Expect When You're Expecting

Arlene Eisenberg, et al. 1996 Paperback

Address what to anticipate at checkups and month-by-month developments. Includes concerns such as sexual activity, illness, and childbirth options.

When You're Expecting Twins, Triplets, or Quads, Revised Edition: Proven Guidelines for a Healthy Multiple Pregnancy

Barbara Luke, Tamara Eberlein 2004 Paperback

A Clinically Proven Program for Women Pregnant with Multiples, Completely Updated, with 50 Recipes for Optimal Birth Weight

You're expecting more than one baby? Congratulations! In When You're Expecting Twins, Triplets, or Quads, Dr. Barbara Luke's practical, nutrition-based program has been proven to lower complications, resulting in much healthier babies. This revision offers more nutritional information, 50 recipes to maximize birth weight, and new guidelines on nutritional needs and vegetarian options. It also includes updated information that reflects the most current obstetric and pediatric practices, such as expanded safety information on exercise and reducing your risk for complications.

The Womanly art of Breastfeeding: Fifth Revised Edition

La Leche League International 1991 Paperback

...written by the experts at La Leche League International. The Womanly Art of Breastfeeding is a comprehensive resource guide providing just about everything you need to know about how--and why--to breastfeed your baby. Latch on to this book for step-by-step guides to early months, common concerns, problems, and weaning. Additional sections on general nutrition, sleep issues, going back to work, discipline, and fathering are useful for all breastfeeding mothers. Unfortunately the black-and-white photos are not always as clear as they should be, and the informative line-drawings are too scarce.
-Amazon.com

The Working Woman's Guide to Breastfeeding Nancy Dana, Anne Price 1987 Paperback

If you're thinking about breastfeeding and going back to work, this book is for you. More and more mothers want the nutritional and emotional rewards of breastfeeding their babies and the personal and financial rewards of pursuing a part-time or full-time career. This book can show you how to do both!

Your Baby and Child: From Birth to Age Five Penelope Leach 1998 Paperback

Penelope Leach's *Your Baby & Child* is the most loved, trusted and comprehensive book in its field--with almost two million copies sold in America alone. Newsweek says that it is not only one of the best parenting books, but also "by far the most pleasurable to read."

This new version, completely rewritten for a new generation, encompasses the latest research and thinking on child development and learning, and reflects the realities of today's changing lifestyles and new approaches to parenting.

Penelope Leach's authoritative and practical style will reassure, encourage, inform and inspire every parent-to-be and new parent. *Your Baby & Child* is the baby book that responds fully to every parent's deepest concerns about the psychological and emotional as well as physical well-being of his or her children.

Dr. Leach describes--in easy-to-follow stages, from birth through starting school--what is happening to your child, what he or she is doing, experiencing and feeling. She tackles the questions parents often ask and the ones they dare not. Whether your concern is a new baby's wakefulness, a toddler's tantrums, a preschool child's shyness, aggression or nightmares, or how to time your return to work, choose day care or tell a child about a new baby or an impending divorce, the information you need to make your own decisions is right here.

Your Pregnancy Week by Week: Fourth Edition Glade B. Curtis 2000 Paperback

Because of the rapid rate of change to both mother and baby, doctors refer to a pregnancy in increments of weeks, not months or even trimesters; expectant mothers look for changes and compare the details of their pregnancies based on the same weekly schedule.

Indivisible by Two: Lives of Extraordinary Twins Nancy L. Segal 2005 Hardback

A leading expert on twins delves into the stories behind her research to reveal the profound joys and real-life traumas of twelve remarkable sets of twins, triplets, and quadruplets.

Indivisible by Two introduces us to an assortment of memorable characters, from the "Fireman Twins"--brothers who, though reared separately, are astonishingly similar in personality and behavioral traits--to the twin sisters who overcame one twin's infertility by having the other serve as her surrogate mother. We meet one of the few identical brother-sister pairs in the world after one of two sisters was surgically transformed into a man, and identical triplet brothers, only one of whom is gay while the others are straight. We see uniquely blended families--identical twin brothers marrying identical twin sisters, and Chinese twins adopted by different Canadian families yet raised as sisters.

Being a twin can also render the experience of historical tragedy uniquely painful. We meet Stepha and Annetta, survivors of Josef Mengele's heinous experiments in Auschwitz, and untangle the troubled lifelong tie between Jack and Oskar, born in the 1930s to a Jewish father and a German Gentile mother, one raised as a Jew in Trinidad and the other as a Catholic and a member of the Hitler Youth in Nazi Germany.

Segal unravels these stories and others with an eye for the challenges that life as a twin (or triplet or quadruplet) can pose to parents, friends, and spouses, as well as the twins themselves. These moving stories remind us how incompletely any theory explains real life--twin or not.

Positive Kids: Parents Have the Power!

Randy Myers

1999

Cassette

Randy Myers, Head Tennis Professional at Mesa Verde Country Club in Costa Mesa, California, father of two, and member of a family of ten children, shares the unique concepts he's learned from his twenty two years of motivating thousands of pupils, young and old, to reach beyond themselves to greater levels of fulfillment and success.

Feeding Your Baby

Mead Johnson and
Company

1995

VHS

Feeding Your Baby has been developed and produced by lactation consultants, doctors, nurses - and breastfeeding mothers. It provides helpful information on the following topics: Breastfeeding, Supplementing, Formula Feeding.

Feeding Your Baby: A Special Video for New Mothers

Mead Johnson &
Company

1994

VHS

Just as breastfeeding is a natural process, it's also a learned process - both for you and your baby. That's why your doctor is providing you with this three-part videocassette, Feeding Your Baby. By choosing to breastfeed, you're making the best decision for your baby's health and nutrition. In support and encouragement of that decision, Feeding Your Baby has been developed and produced by lactation consultants, doctors, nurses - and breastfeeding mothers. Breastfeeding and Beyond: The second part of Feeding Your Baby provides useful information for parents who want to combine breastfeeding with bottle feeding. The third part is designed for parents who want to use an infant formula.

New Mother, New Baby

Stanford University
Hospital

1991

VHS
