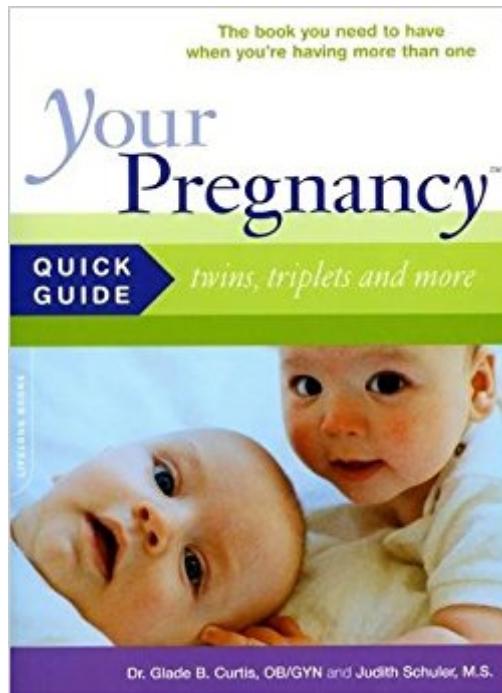




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# Your Pregnancy Quick Guide: Twins, Triplets And More



## Synopsis

Explanations of the special tests for mother and babies throughout pregnancy  
Information on the nutritional needs and target weight gain for mothers expecting more than one child  
From birth presentation to monitoring during labor, what may happen during childbirth  
Cesarean-section; the facts  
Information about premature birth and how you can protect yourself  
Suggestions for coping with pregnancy discomforts  
Advice if you're an older mother-to-be or working woman

## Book Information

Series: Your Pregnancy Quick Guide

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## Customer Reviews

Curtis, an obstetrician/gynecologist, and Schuler, who holds an M.S. and has coauthored pregnancy books with Curtis for more than 20 years, admit that being pregnant with two or more babies can affect women in many different ways. Yet there are some common issues, which they address here, covering everything from complications associated with multiple pregnancies to the various emotions women may have post-delivery. Although it is by no means comprehensive, this little guide gives women valuable information on weight gain, important tests, health and well-being during pregnancy, eating for more than two (including meal plans), premature births and delivery (both Cesarean and vaginal). Personal stories from women who've had multiple births (in sidebars called "The Good, the Bad and the Snuggly") are a nice change of pace from the otherwise objective (though never cold) narrative. The authors favor bulleted points and give frequent warnings that their advice here is merely a starting point. For a book of its size, it has a remarkably

comprehensive Resources section, listing Web sites for general information, breastfeeding information and more. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Dr Glade B. Curtis FACOG is an obstetrician and gynaecologist. Married with five children, he lives in Salt Lake City, USA. Judith Schuler has worked and co-authored books with Dr. Curtis for more than 20 years. Ms. Schuler divides her time between homes in Laramie, Wyoming and Tucson, Arizona.

This book was so helpful when I was pregnant with the twins. It gave me information that the regular pregnancy books didn't have. It answered many of my twin questions for a first time mom.

I already had the week by week book for a singleton pregnancy and that book gave more info of what I was looking for. Most the information in this book I had already read on-line or heard through on-line groups. However, I did enjoy the short meal plan it provides! Save the money and research on your own.

This book scared me of all of the negative things that can happen to me because I am pregnant with twins.

If you'd like to know what can go wrong, this is the book for you. It even ends by assuming your children will be very premature. And the 'good, the bad, and the snuggly' sections provide snippets from parents who've had everything from anemia, to conjoined twins, and the double threat of a vaginal delivery for one baby and an emergency ultrasound for the other. Where is the joy? Not in this book. We all know many terrible things can happen, and the internet can help with research of specific issues, which you'd still want to do if you came across something briefly mentioned in the book.

I read this book along with several others when I was pregnant with twins. I don't mind the "negative" twin stories since they are true and people should be aware of things that can go wrong so they deal with it as needed. I took the advice to drink LOTS of water (even when I already felt full) and take fish oil and very good quality prenatal vitamins. My twins were born at 39 weeks and each weighed 7 pounds. I never had swollen legs, bed rest or any pressing issues besides heart

burn. I credit this book and truly hope people take their advice as well.

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Everything You Need to Know to Have a Healthy Twin Pregnancy: From Pregnancy Through Labor and Delivery . . . A Doctor's Step-by-Step Guide for Parents for Twins, Triplets, Quads, and More!  
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