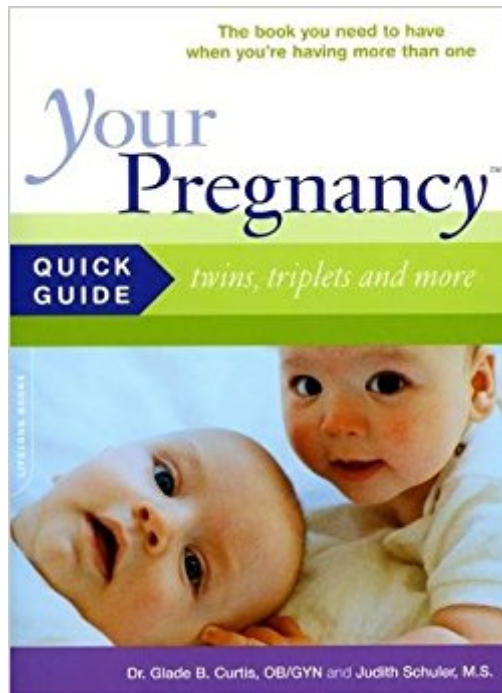




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Your Pregnancy Quick Guide: Twins, Triplets And More



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

Paperback: 224 pages

Publisher: Da Capo Press (June 28, 2005)

Language: English

ISBN-10: 0738210080

ISBN-13: 978-0738210087

Product Dimensions: 7 x 5 x 0.6 inches

Shipping Weight: 3.2 ounces

Average Customer Review: 3.2 out of 5 stars 5 customer reviews

Best Sellers Rank: #2,917,827 in Books (See Top 100 in Books) #100 in Books > Parenting & Relationships > Family Relationships > Twins & Multiples #3857 in Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth

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! The Multiple Pregnancy Sourcebook: Pregnancy and the First Days with Twins, Triplets, and More Your Pregnancy Quick Guide: Twins, Triplets and More The Everything Twins, Triplets, and More Book: From pregnancy to delivery and beyond--all you need to enjoy your multiples When You're Expecting Twins, Triplets, or Quads 4th Edition: Proven Guidelines for a Healthy Multiple Pregnancy When You're Expecting Twins, Triplets, or Quads 3rd Edition: Proven Guidelines for a Healthy Multiple Pregnancy When You're Expecting Twins, Triplets, or Quads: Proven Guidelines for a Healthy Multiple Pregnancy, 3rd Edition When You're Expecting Twins, Triplets, or Quads, Revised Edition: Proven Guidelines for a Healthy Multiple Pregnancy Dad's Guide to Twins: How to Survive the Twin Pregnancy and Prepare for Your Twins The Everything Twins, Triplets, And More Book: From Seeing The First Sonogram To Coordinating Nap Times And Feedings -- All You Need To Enjoy Your Multiples The Everything Twins, Triplets, And More Book: From Seeing The First Sonogram To Coordinating Nap Times And Feedings -- All You Need To Enjoy Your Multiples (Everything®) Magical Multiple Moments: Parents of Multiples Share Stories and Advice on Raising Happy, Healthy Twins, Triplets, Quads, and More! The Baby Bump: Twins and Triplets Edition: 100s of Secrets for Those 9 Long Months with Multiples on Board When You're Expecting Twins, Triplets, or Quads, Revised Edition When You're Expecting Twins, Triplets, or Quads: A Complete Resource (Harperresource Books) Dad's Guide to Raising Twins: How to Thrive as a Father of Twins The Princess Twins and the Puppy (I Can Read! / Princess Twins Series) The Princess Twins and the Birthday Party (I Can Read! / Princess Twins Series) Raising Twins: What Parents Want to Know (and What Twins Want to Tell Them) The Princess Twins Play in the Garden (I Can Read! / Princess Twins Series)

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