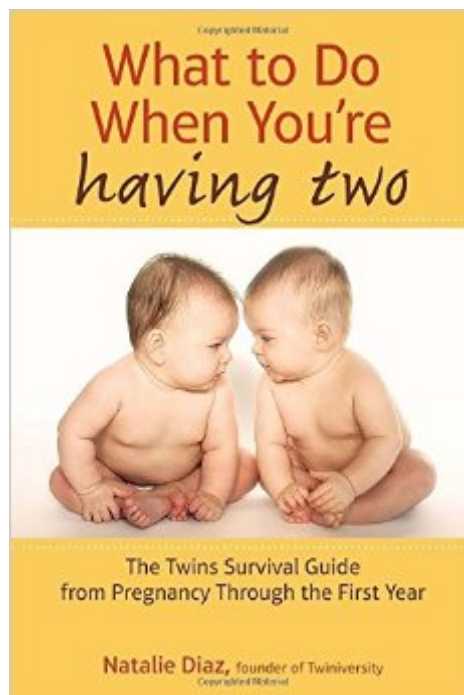


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# What To Do When You're Having Two: The Twins Survival Guide From Pregnancy Through The First Year



## Synopsis

The creator of Twiniversity delivers the ultimate survival guide for parents of twins! The rate of twin births has risen 79 percent over the last three decades, and continues to increase. A mom of fraternal twins and a national guru on having two, Natalie Diaz launched Twiniversity, a supportive website with advice from the twin-trenches. *What to Do When You're Having Two* is the definitive how-to guide to parenting twins, covering how to make a Birth Plan checklist, sticking to one sleep schedule, managing double-duty breastfeeding, stocking up on all the necessary gear, building one-on-one relationships with each child, and more. Accessible and informative, *What to Do When You're Having Two* is the must-have manual for all parents of twins.

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (126 customer reviews)

Best Sellers Rank: #6,985 in Books (See Top 100 in Books) [#1 in Books > Parenting & Relationships > Family Relationships > Twins & Multiples](#) [#6 in Books > Parenting & Relationships > Family Relationships > Siblings](#) [#23 in Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth](#)

## Customer Reviews

I have read a LOT of books on how to survive your first year with twins and this is by far my favorite. I really like the balance the author found between providing truly helpful advice and personal stories of being in the trenches. She has a great sense of humor and will make you bust out in laughter more than once, but her voice is also very warm and conversational. Like you're chatting with your wise mom-friend who's "been there, done that" and is ready to dish everything you need to know. I just survived my first year with twins and I wish this book existed sooner! Even if your babies are already here and you may be past the first few months, I still think it's a worthwhile read for the advice on sleep training and also on marital issues (something that most twin books I read didn't really cover in depth... the advice she gives is very helpful to me even after their 1st birthday...)

This book is by far, the best book for anyone about ready to have twins. It takes the fear out of raising twins. But here's why I really love this book: It's an easy read. It's clear and concise. It's lean and to the point. It's an easy read. It has everything you need to know. It's a must have survival guide all packed into one. Unlike other parenting books that are filled with information overload, the author keeps it sweet and simple. If you're having twins, it's the ONLY book you'll ever need. Trust me, I've purchased over 20 of them.

A quick, enjoyable read. This book offered practical tips that seem like they'll be very helpful once my twins arrive, and didn't leave me terrified. I can see myself returning to this book many times to refresh as my babies progress through their first year.

YOU MUST BUY THIS BOOK IF YOU ARE HAVING TWINS. I have purchased 8 books since discovering that we are having twins. This is by far full of the most useful information. My husband who rarely reads actually sits down and read chapters at a time. It is very informative and has a lot of great useful info.

Here's the deal: I freaked out when we found out we were having twins. TWINS. I rushed to the nearest bookseller and combed through their Pregnancy section. There were a lot of classic books ("What To Expect...", "Dr. Spock") and a lot of contemporary books that tried to be my friend ("Dude, You're Going to be a Dad!") I was really looking for something that was going to guide me (not instruct me or demand of me) through the major differences between single babies and twins. There were maybe four twins-specific books, and I thumbed through all of them. Then I picked this one up. I thumbed through it and immediately stopped on a section called, "Pregnancy Checklist." Not entirely comprehensive, but very close, and I was instantly filled with a sense of 'A checklist! I can do this!' I kept reading. There are some great tips on HOW to breastfeed twins (I had no idea how to hold them [she shows you four ways] or how to supplement with formula or how to adequately pump so that you're not over- or underproducing.) There are tips on how to choose baby gear for twins. The list goes on. There are subtle differences between what you do for a single baby versus for twins, and they make a world of difference (co-swaddling, who knew?) Although the Twiniversity site is plugged, I pretty much ignored it. I went online if I felt like it, otherwise I enjoyed the book. I also independently researched a lot of the products and suggestions to see how they would fit in with our family and lifestyle. There's even a reminder on how to keep connected to your partner/spouse

during and after this crazy whirlwind - that finally sold me on it.

I bought this book for my granddaughter who is having twins!! This will be her first babies; so, I knew she needed some help. She tells me she has been reading and getting a lot of information she really needed. She said she is recommending the book to her friends and anyone else she meets at the doctor's office. She loves it!!!

After trying for a 4th child, we ended up with surprise twins. I picked up a copy of this book at my local library because I was unsure of how useful it would be to an experienced parent who is new to having twins. Positives: It was a fun and easy read that put me at ease about getting through the initial shock of expecting twins and into more constructively planning and preparing for the pregnancy, delivery, and first year. It felt like having a chat over coffee with a seasoned twin mom, and I needed that. Negatives: Maybe 1/3 to 1/2 of the book was newish information to me, and it's light on breastfeeding information (get La Leche League's Mothering Multiples book if you plan to breastfeed!). Experienced parents who want one "Bible" of having twins, I'm not sure this is it. My take: Get this book if you are a brand-new parent AND expecting twins. She gives very practical advice on many aspects of baby preparations and care that you will find useful. Experienced parents, get this book if you want a baby "refresher" that is a fun read and provides a few practical tips to think about. If you plan to breastfeed, you will need another book, definitely.

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