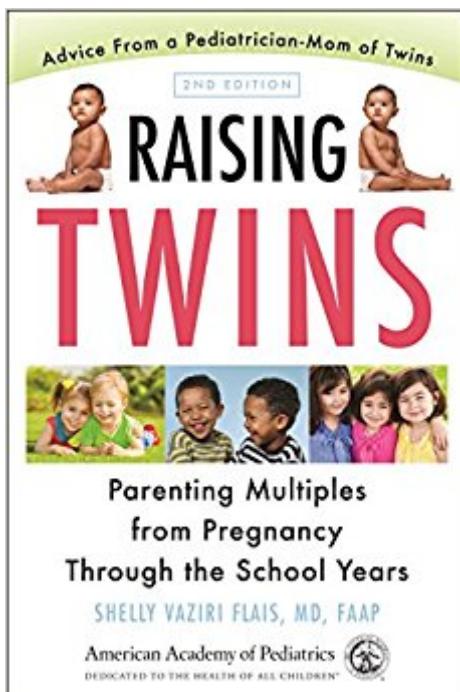


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# Raising Twins: Parenting Multiples From Pregnancy Through The School Years



## **Synopsis**

Even with years working as a pediatrician, Shelly Vaziri Flais, MD, FAAP, was nervous about what lay ahead when she was told she was pregnant with twins. Now, several years into parenting her twin boys, Dr Flais is sharing her wisdom and experience as a mom and her expertise as a doctor to help other parents prepare for and raise multiples with confidence. With insightful stories from her own experiences coupled with important information only a pediatrician can offer, *Raising Twins* will help parents: Prepare for the arrival of their twins; Survive the first few days and weeks with advice on sleep schedules, feeding choices, and finding support; Develop strategies to help successfully manage (and enjoy!) the first year of their twins' lives; Negotiate the toddler years, including potty training, language development, big-kid beds, budgets, and discipline; Understand the world of their twins as they become preschoolers, including socialization inside and outside the family, encouraging individualism, discipline and sleep issues. This second edition includes more additional information on parenting other multiples as well as chapters on new challenges multiples face once they reach school age.

## **Book Information**

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## **Customer Reviews**

Shelly Vaziri Flais, MD, FAAP, is a board-certified practicing pediatrician and mother of 4 children, including identical twin boys. An instructor of clinical pediatrics with Northwestern University Feinberg School of Medicine and Ann & Robert H. Lurie Children's Hospital of Chicago, she is also coeditor of *The Big Book of Symptoms: A-Z Guide to Your Child's Health*, as

well as a contributor for Sleep: What Every Parent Needs to Know. She has shared her reality-based parenting approach with national and local television, radio, online, and print news outlets, as well as contributed to Parents, Parenting, Twins, and Healthy Children magazines. The first edition of Raising Twins was honored at both the 2010 National Health Information Awards and the 2009 Midwest Book Awards.

This was an easy to read book with many good practical tips. I think the fact that the author has twins and is a pediatrician lends credence to what she writes. I think that this book is geared more towards first time parents in general. We already had a 4 yr old when our twins arrived. Much of the material, in my opinion, is valid for one child or twins. Thus, if you have a child/children or have read other books on the subject, I wouldn't necessarily recommend this book.

wonderful book for parents of twins, especially since author is a mother of twins as well as a pediatrician

Pregnant with twins and have found this book to be a very practical and useful resource so far. I like the "inside info" coming from someone who is both a pediatrician and a parent of twins!

My favorite book about twins. Very practical, useful and to the point. I've applied many of the tips and advice and it has helped me a lot to raise my twins. I strongly recommend it!

Didn't tell me anything I didn't already know. There wasn't much information on being pregnant with twins. It just jumped right in on how it will be once they're here.

I bought this book and had hopes of finding some great advice and comfort. Instead it just frustrated me more and made me more anxious about having twins. It provides a lot of useless advice about hiring a night nurse or having someone else share in the nighttime feedings. What about a single nursing mom? Or any mom that plans on nursing her twins? Its critical to establish breast feeding within the first month of a child's life so is the author suggesting using a bottle? The book does mention formula a lot. I wanted more details on how to survive the first few months and nurse. Not bottle feed. If your looking for a book that provides details on raising twins then this book is not for you. Rather it provides a general overview.

I bought this book for my daughter who is expecting twins. I wound up also reading it. It is a very practical guide for virtually everything you might wonder about in the process of having and taking care of two infants. I haven't had a baby in a very long time but I wish I had had some of the information and strategies given in this book when I had single infants. I was impressed by the guide for helping the babies sleep through the night, for example.

If you're looking for suggestions on logistics, this has you covered. I was looking for more emotional support of the differences of raising twins from singletons. I know how to organize my day and bathe them when I can. But I don't know how to keep doing that in the face of constant emotional challenges and sheer exhaustion of trying to wake each day ready to outsmart the complications and joys of two babies. I have yet to find a twins book that knows how to address and support the different emotional experience of parenting twins and being a member of a twin set as a baby. That need to constantly be near your sibling but also to push away and individuate is complicated and I would love a book that explores it over one that tells me common sense items about handling their schedule and their hygiene.

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