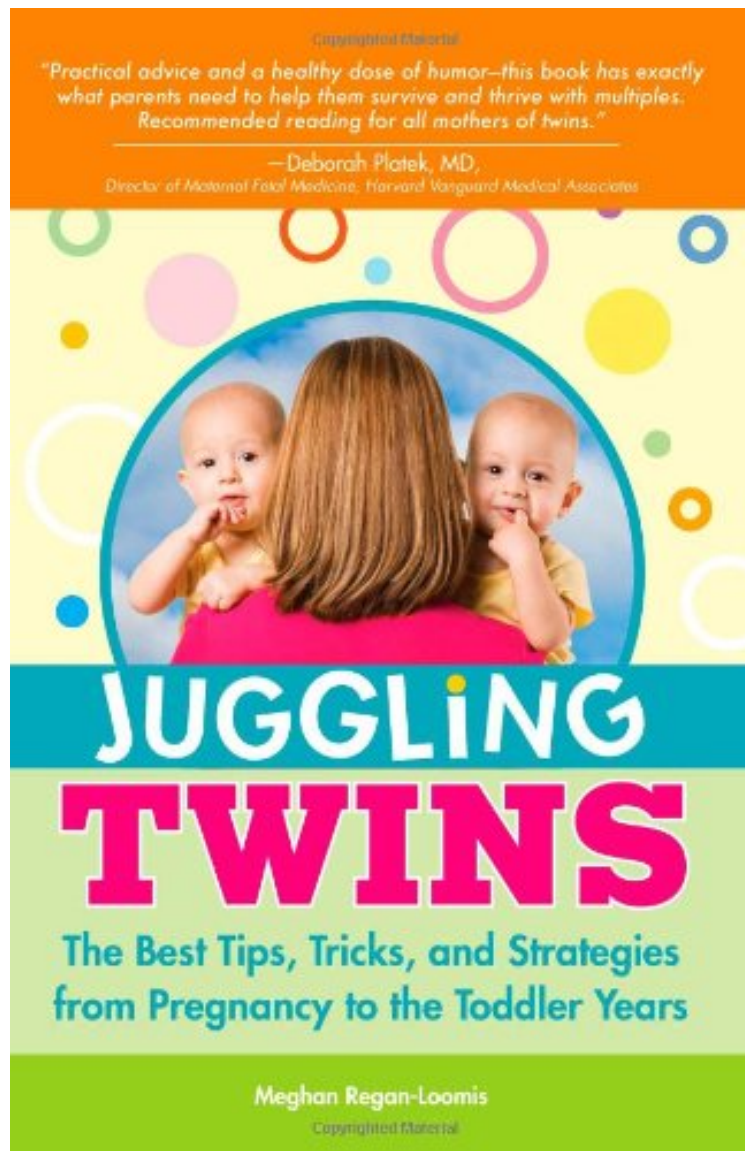


[E-BOOK] Juggling Twins: The Best Tips, Tricks, and Strategies from Pregnancy to the Toddler Years

# Juggling Twins: The Best Tips, Tricks, and Strategies from Pregnancy to the Toddler Years

Meghan Regan-Loomis

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**Meghan Regan-Loomis : Juggling Twins: The Best Tips, Tricks, and Strategies from Pregnancy to the Toddler Years** before purchasing it in order to gage whether or not it would be worth my time, and all praised Juggling Twins: The Best Tips, Tricks, and Strategies from Pregnancy to the Toddler Years:

6 of 6 people found the following review helpful. Appreciate the authors honesty!By CarrieThis book was so comforting to read as I was experiencing the first months of motherhood with my twin boys. The author is so right on while describing the thoughts and emotions you go through during the early stages of development and she is not afraid to tell the truth! My only regret is that I didn't buy the book BEFORE I had my boys as there is a lot of good info on how to deal with pregnancy and birth and the first weeks of their lives. I recommend this book to any expecting mom of twins! If nothing else, it reminds you to take a deep breath, relax, and enjoy your time with them no matter how crazy things may seem.2 of 2 people found the following review helpful. Some helpful tips and some not so muchBy TilbibI got this book because I was apprehensive about my husband going back to work and I was going to be at home all day with the twins. I can see why some people were put off by the author's writing voice. Some parts were funny but sometimes she was a little too matter of fact. For example she said to return all the clothes ppl give you and get those gowns that have the elastic on the bottom. Well a friend gave me those but my hubby and I hated them. You have to find what works best for you and your baby. The other thing she harped on was the need for a night nanny. Like really, how many people reading this book are going to have the resources for that. The most helpful part was the need and guide to put the twins on a schedule. Although her schedule didn't work the best for our babies it helped us find one that did. This helped us get lots more sleep. The first half the book was very detailed but then the second half seemed rushed. I would expect potty training to take up a chapter instead of a page and a half. So there are some good hints or ideas but the rest was so so.5 of 5 people found the following review helpful. Excellend information for the expecting parentsBy Michael K. MooreMy wife and I recently found out we are having twins and as first time expecting parents we were a bit in shock. My wife found and ordered this book and we have been reading parts together each night. The information in it is good, real-life information that comes from the author's own experience with twins. Some of it has been a real eye opener. We are looking forward to reading more each night. So far, everything in it seems helpful and the author has a great way to mix humor into the experience as well.

"Practical advice and a healthy dose of humor—this book has exactly what parents need to help them survive and thrive with multiples. Recommended reading for all mothers of twins." Deborah Platek, MD, Director of Maternal Fetal Medicine, Harvard Vanguard Medical Associates The best twin-tested tips used by real moms The stresses that come with raising two babies are numerous - but they are predictable and manageable. From a mom who's been there, *Juggling Twins* is a funny, realistic, and reassuring guide for every new mom of twins who may be asking herself, "Can I really pull this off?" From pregnancy to health issues, to eating, sleeping, bathing, and leaving the house, *Juggling Twins* is packed with the detailed, authoritative information that parents of multiples crave. Author and mother of twin boys Meghan Regan-Loomis offers an indispensable toolkit of solutions and techniques, designed to create order out of the chaos and help you catch your breath during this daunting and exhilarating time. You'll learn how to: Nurse two babies at the same time, comfortably and efficiently Get exactly the help you need from family and friends in those first few weeks Safely transport two babies at once when it's just you and them Survive the nights by breaking them into shifts (that include you sleeping) Stockpile the right food and supplies in advance of their arrival Maintain your identity and your marriage through the madness Get prepared, stay calm, and count your blessings (two!)—raising twins can be a wonderful, intense challenge that draws on the best in you.

About the AuthorWhen Meghan Regan-Loomis discovered that she was pregnant with twins, she searched fruitlessly for the book that would explain how to manage the logistics and challenges of caring for two babies at once. Discovering that it didn't yet exist, she vowed that she would figure out the answers and one day write the book herself. A veteran high school English teacher, she specializes in American literature, Shakespeare, Milton, and, more recently, *How to Burp Two Babies at Once*. A competitive tennis player who received her undergraduate degree from Kenyon College, she lives near Boston with her family.Excerpt. © Reprinted by permission. All rights reserved.Excerpt from Chapter 1: Getting Them Close to Term In my twin travels since having our boys, I have met so many families with multiples who have moving, sometimes tragic, sometimes nearly heroic stories about childbirth: the setting is usually the NICU, and the protagonists, two or three tiny babies who come much too early. Neonatal care has become astoundingly effective, and many of these stories now end happily after a frightening start and much arduous effort. But even when all seems well after the crisis period of weeks or months in the hospital, the lingering tragedy of the hidden harm produced by an early birth remains, and the eventual emergence of these problems is a slow drip of agonized worry and coping over years, whether the problems are as mild as slight learning differences or as severe as cerebral palsy. It is a difficult project for a woman's body, be it twenty-four years old or forty-three years old, to grow more than one baby at once and take them to term. Actually, it's a pretty tall order to do so with one baby. As common as having multiples is becoming, it is tempting for us to think that because everyone seems to be doing it, it must be a reasonable proposition. But in spite of the numbers of us having twins or more, it remains a daunting task right from the first trimester. While it obviously can be done, it is worthwhile to bear in mind that we weren't truly designed to make two at a time. We cannot simply assume that our bodies will figure out what needs to be done and obligingly provide, regardless of the level of our more conscious efforts. Dr. Barbara Luke's book, *When You're*

Expecting Twins, Triplets, or Quads (coauthored with Tamara Eberlein, published by Harper Collins, 1999), is a great resource for helping to ensure a healthy multiple pregnancy and delivery. When I was pregnant, we read it, re-read it, highlighted it, re-re-read, and marked important passages with stickies. It was completely dog-eared by the end of my pregnancy. In a nutshell, the author, who is a prominent researcher in prenatal nutritional issues, argues for the importance of substantial maternal weight gain in order to bring multiples to term. But please don't be contented with the nutshell version. Go get the book. Eat More and Slow Down The truth is that you can do a lot to increase your chances of getting your babies to term. Ironically, the most important elements to success are two ideas that have become completely counterintuitive for the modern western woman: to eat more and to slow down. Very quickly, you need to reorient your thinking so that you can see weight gain and rest as good things, even if they have been your tacit enemies since adolescence. The concept of needing more rest when gestating two babies would seem self-evident at some level, and yet most of us are so accustomed to catapulting ourselves through hectic, overscheduled days and into evenings of re-grouping, bill paying, housecleaning, and scheduling tomorrow's madness that "rest" or "slowing down" means doing all that except, perhaps, the dishes. It's difficult for us to imagine how life would proceed if we truly eliminated or lessened the activities that fill our days. The dry cleaning can't get itself. That disgusting bathtub won't self-clean. One ought to pay one's bills. Right? Sort of. Yes, life goes on. But your contributions to operations of the household must, must, must be diminished, and this is true even if you love being pregnant and have never felt better in your life. This is not simply a remedy for the suffering. It is a preemptive measure that will help ensure the babies' health. You need to rest every day, and at times of the day that would normally embarrass you as indulgences. This means a nap after lunch, or as soon as you get home from work, and an early—as in right after dinner—bedtime, even if you lie in bed and read for hours before sleeping. Even if you feel capable of pushing harder and getting more done, don't. If you wait until you are totally beat and aching to rest, you have waited too long. It's like getting an oil change for the car: if you can feel a difference in your drive afterward, you waited too long. This is preventative rest, not restorative rest. And someone else will simply have to pick up the slack on everything else from bathtub scrubbing to board meetings. You will probably be surprised to see how much more adaptable others are to your new status as a slug, compared to you yourself. Give yourself permission to give these babies the best chance they can have, knowing that it involves some sacrifices. Reality Check Research points repeatedly to rest and nutrition as crucial in determining the health of twin babies. Yet as convinced as I was by the logic of this research, I still struggled with the notion of pursuing a substantial weight gain. That is, at the same time that I was willingly and healthfully gaining seventy pounds over thirty-nine weeks, I was simultaneously sickened by the thought that perhaps I would only lose, say, eleven pounds of it. I had a hard time believing faithfully in my being able to lose that much, having struggled with my weight in the past. This was a strange emotional position to occupy: half of my brain saying, "Eat. Eat!" and the other half saying, "Oh Lord, will I weigh over two hundred pounds for the rest of my life?" The answer for me was no; in fact, I weigh less now than I have since high school. (My high school friends will tell you that this isn't terribly impressive, which is just one of the many reasons I no longer hang out with them...but you see my point, right?) Gaining more weight than your entire body weighed in fourth grade needs to become a goal, not a dread. Eat as much healthful, protein-filled, vitamin-packed food as you can manage. And then eat more. And then take a nap. There are all sorts of reasons that multiples sometimes come early, so it is simply incorrect and unfair to surmise that a mother of preemies didn't do everything she could to get those babies to term. At the same time, eating and sleeping are two behaviors that you can control that will help to give your babies the best possible chance they have to stay where they belong until they are fully cooked. As we used to say during my third trimester: in spite of the aching back and sleep disturbances, they are much, much easier to take care of while they're still inside you.