



# Twins

*Carol Cooper*

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**Twins** Carol Cooper

Written by two mothers of twins, one a doctor and the other a popular blogger, *Twins* provides expectant parents with everything they need to know about pregnancy, birth, and the year ahead.

Concise and easy to follow, *Twins* tackles twin terminology, what to buy, preparing and involving your other children, double feeding, bathing, taking the babies out and about, baby-proofing your home, sleep schedules, coping with sleep deprivation, the latest on twin development, bringing up babies as individuals, getting the support you need, and much more.

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