



# Having Twins And More: A Parent's Guide to Multiple Pregnancy, Birth, and Early Childhood

*Elizabeth Noble, Leo Sorger, Louis G. Keith*

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Now in a third edition, the best-selling guide on multiple births, *Having Twins - and More*, covers everything from conception through childhood.

With ongoing advances in assisted reproduction, increasing numbers of women are having twins, triplets, and more, and they're having them later in life. *Having Twins -- and More* is the original source parents consult for guidance through the multiple birth experience.

For three decades Elizabeth Noble, a respected name in the field, has provided expectant parents with everything they need to make informed, safe choices and give birth to healthy babies. This comprehensive handbook emphasizes optimal health as well as physical and emotional adjustments to bearing and raising multiples, and it offers striking new insights into risks, complications, and treatments -- candid information that is gathered only in this book.

Featuring tips on setting goals, assembling help, and reducing anxiety the latest nutritional information for mother and child details about the dangers of drugs and bed rest essential exercises for pregnancy and recovery information on the benefits of vaginal birth and breastfeeding facts about cesarean section and recovery tips for helping siblings adjust recommendations for parenting multiples with special needs more than 100 new photographs, charts, and tables exhaustive resources, expanded to include the Internet

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