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TWIN PREGNANCY
UPDATE (things aren't
going how we hoped)
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and double discipline are only a few of the many tips on raising twins covered in this handy must-have parenting guide . . . shares a double dose of practical information that I recommend all parents of multiples read prior to delivery and keep close at hand during the first few years."

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of twin boys! Offers tips and strategies for surviving (and enjoying!) the first few years of twins' lives. 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

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her wisdom and
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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

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little safer because they
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happen next. When possible, you could get your babies on the same sleep schedule which will give you a few minutes to not rush.

10 Parenting Hacks for Raising Twins

Here ' s what you can do: since twins are often born early, you ' ll want to make sure your nursery is ready for your

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babies by the time you 're 32 weeks pregnant. Beyond that, there 's only so much you...

Parenting Tips for People Raising Twins - What It's Like ...

Women expecting twins are more likely to give birth early (about 60 percent of twins are born prematurely, according

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to the March of Dimes), with the average twin pregnancy lasting 35 weeks. That 's not to say your little duo won ' t be perfectly healthy, but you will get some extra monitoring throughout your pregnancy, and your newborns may need to spend some time in the neonatal intensive care unit (NICU) if they ' re born weighing

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7 Surprising Facts About
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Health professionals usually aim for twins to

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be born at 37-38 weeks unless problems develop earlier or there ' s a good reason to delay birth.

About 60% of twins are born before 37 weeks, while single babies are born at around 40 weeks. If you know your twins will be born early, you can get ready for premature birth. Vaginal or caesarean birth

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Pregnant with twins?

About twin pregnancy |
Raising ...

Raising twins means they'll go through the same stages at the same time. They'll play with similar toys, eat the same kinds of foods (first purees, then chunky textures) and read similar books. Get ready for the same milestones, too!

"Twins can wean at the

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same time and then you'll put all those bottles behind you," says Dr. Woodring.

17 Reasons Why Raising Twins Is Easier Than You Think ...

Jul 17, 2020 Contributor

By : Zane Grey Ltd PDF

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